Your Fundamental Responsibility

BY SADHGURU

The fundamental responsibility of every person is to become a joyous human being.

No matter what you are pursuing in life, whether business, money, family or spirituality, everything is just an attempt to be happy. You have always understood that to be happy means you must be able to do what you want to do, what you want to achieve in the outside world. Being happy and peaceful is considered the ultimate aspect of a successful life, but it is really the most fundamental aspect of life. Wellness equals being peaceful and happy. The level of happiness and peace may vary from person to person, but what all people aim for is to feel happy. Some are conscious of it, some are not, but this is the fundamental goal of every single action a person performs.

In many ways people's happiness is dependent on external situations. When you are dependent on external situations, you will never know true joy in your life, because you will never have absolute control over the outside. When you seek happiness through your action, you are always enslaved to the external. When you are enslaved, you will always have some level of suffering. It does not matter what a person has, he will still long to have something more all the time. Until a man finds the inner basis of happiness, he will always live as a beggar.

Whatever you understand or experience as happiness, or love, or peace in your life has a certain inner basis. Today, if you lose your mental peace your doctor will give you a pill. These chemicals enter your system and make you peaceful, maybe for just a little while. In other words, what you call peace is a certain kind of chemistry within you. Similarly, what you call joy, love, suffering or fear; every human experience has a chemical basis within you. The spiritual process is just to create the right kind of chemistry where you are naturally peaceful, naturally joyful. When you are joyous by your own nature, then the very dimension of your life, the very way you perceive and express yourself in the world will change. The very way you experience your life will change naturally.

Your life will not attain fulfillment by mere action. In every state of life, you thought, 'If this happens, my life will be complete.' You got that and three days later threw it into the dustbin. Life did not attain fulfillment. Fulfillment will not come because of some event or some action. Only if your inner nature is complete, will you attain fulfillment. The whole process of yoga is to gain absolute control over your interior self. It is possible to move from a state of external enslavement to inner completeness, which is the state of being unbound. If your inner nature is unbound, your life is also unbound. You can either sit with your eyes closed or you can perform a different action - both ways your life can be complete. When a man has reached this state within himself, where his actions are only to a certain extent, required for outer situations, then he is a complete person. If within you, your inner nature has attained fulfillment regardless of the external situation, we can say that you have are unbound. This is a state of true happiness.

First, we need to know that the basis of our misery is that we have established ourselves in untruth. We can deeply identify with that which we are not. Somewhere along the way, we have begun to identify with things around us. We identify with our body and mind; that is the source of suffering. Spirituality is simply the process of no longer identifying with what we are not, to shed the layers of conditioning so we know what we are not. When that is complete, we arrive at something that cannot be discounted. This discovery will be the recognition of divinity, and we will see that there is no reason for misery in the world. “Next Inner Engineering Program: 10th Oct in Porvorim Contact: 9822100305, goa.ishafoundation.org” Sadhguru, a yogi, is a visionary, humanitarian and a prominent spiritual leader. An author, poet, and internationally-recognized speaker, Sadhguru's wit and piercing logic provoke and widen our perception of life. www.ishafoundation.org