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Body, the greatest gadget

{SPIRITUAL BLISS}

BY SADHGURU

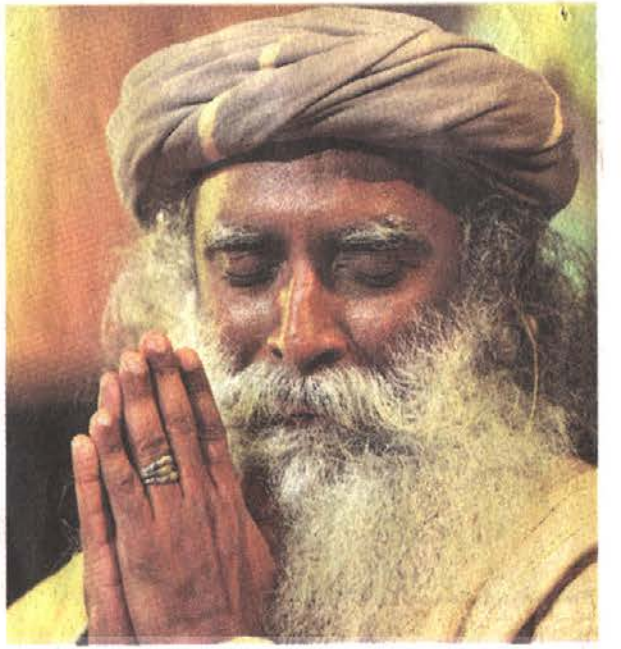
Recently, some cell phone companies in India conducted a survey and found that ninety-seven percent of the people are using only seven percent of their phones capabilities. I am not talking about the smartphone. I am talking about basic phones. If manufactures reduce the phones capabilities by ninety percent, people will not know the difference.

If you are using only seven percent of a little gadget like a phone, what about your system, which is the gadget? This gadget that has created every other gadget, what percentage of it do you think you are using?

Well below one percent, because for your survival, to conduct your life in the material world, you do not even need one percent of your system's potential. Your body is capable of perceiving the entire cosmos. If you prepare it properly, it is like an antenna – if you hold it in the right position, it can grasp everything in the existence.

One fundamental aspect of yoga is learning to use your body like an instrument. Most people are so identified with their bodies that they experience it as themselves. This human system is not a simple mechanism. You can play on it and do the kind of things that you would never have imagined possible. When you are identify with your body and look upon it as "myself," then you will either be proud of it or ashamed of it. Once this problem arises, you cannot use it as an instrument. There is a way of living whereby you can make the body an instrument that becomes the very axis of the universe. This possibility is available only to human beings, because the human body has a different capability altogether.

Only when it comes to physical prowess, you cannot compete with a single animal. Not even an insect.

As a human being, you have certain capabilities that go beyond the survival instinct. And these are most important. Yet, most human beings instead of looking beyond the needs of survival have just raised their standards of survival. Survival at one time meant getting a meal or two a day. Now, survival means you must have a Mercedes. We are raising the bar, but still it is only survival. This is an unintelligent way of using the human mechanism. The body can be just a mass of flesh, driven by simple instincts, or it can be made into a powerful instrument – an instrument that can bring the Divine into your direct experience.

(Sadhguru is a prominent spiritual leader; www.ishafoundation.org)