Address yourself not god

BY SADHGURU

In the yogic tradition, Shiva is not worshipped as a God. He is considered Adiyogi – the first yogi – and Adi Guru – the first guru – from whom yogic sciences originated. When Shiva imparted yoga he did so in different languages, which has created a lot of confusion.

His first disciple was his wife, Parvathi.

Parvathi asked Shiva, “What is the way?” Eager to learn, she sat before him like a disciple. She wanted to do complex processes. Shiva laughed and said, “Leave all that. Come and sit on my lap.”

This may sound like a man’s trick to get a woman to sit on his lap, but he did not just make her sit on his lap; he made her a part of himself. If you have to make somebody a part of yourself you must shed a part of yourself. It will not happen any other way.

Then, when the seven disciples or the saptarishis came Shiva spoke as if the ultimate truth was a million miles away. He taught them intricate practices and showed them various types of sadhanas. A whole phenomenon was revealed.

When Shiva’s close friends the ganas came, he neither asked them to sit on his lap nor did he teach them sadhanas, he just said, “Let us just drink together.” They drank and got intoxicated and just danced and lived together.

That was the yoga.

The same man, on one level, is saying that there is no distance between you and truth, “It is right here, just sit on my lap, that’s it.” To another set of people he is speaking as if the truth is a million miles away. And to yet another set of people he is offering a socially unacceptable spirituality.

In this manner, Shiva spoke different languages to impart the science of yoga because yoga never addresses the Ultimate; yoga only addresses the person who is sitting here now. God need not be addressed; it is you who needs to be addressed because it is you who has the problem. It is you who has the possibility of making every simple aspect of your life into great misery or great joy.

With just a small twist, the same actions can make a huge difference to your experience. What you consider a very wonderful love affair can become a horrible experience if you bring a little bit of unwillingness into you. So it is you who needs to be addressed, not the Ultimate.

This is the mistake the world has made. They have constantly tried to address the Ultimate, never the people. The moment you address the Ultimate you will experience all kinds of imaginary distortions in your head.

You do not have to worry about the Ultimate. The Ultimate is not struggling. The Ultimate is not crying out to you, “Come to me and embrace me.” It is the being who is struggling, crying, and experiencing upheavals over every little occurrence and therefore it is the individual who needs to be addressed. This is the essence of yogic sciences – addressing an individual as they are right now.

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