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■ SADHGURU

Tantra literally means technology. And because a lot of westerners have started writing books on tantra, slowly the word tantra in most people's mind means unbridled sexuality. Tantra has nothing to do with sex. Tantra is just a method – technology is designed to create what you want. Physical technologies are all about creating physical situations the way we want them, and when human minds try to create what they want, they will ask for many things. If all your prayers were answered, your life could truly be a disaster. Fortunately, most of them are not answered.

So tantra does not believe in creating what you want in terms of the physical existence around you, but is focused on what is generally considered as paranormal, in creating forms and identities

Tantra:

An ancient technology

which will function way beyond your own intelligence. Tantra essentially focuses on making an intelligence beyond one's present capabilities available. In yoga it is known as tantra yoga – learning to use your body, your mind and your energies as just instruments of life so that it becomes available to a much higher possibility.

So, if one wants to have this capability of being truly able to create as the Creator did, the most fundamental thing is to be able to keep your personality off your imagination. Once you build this in your imagination, there is another step of infusing it with life energies so that it becomes a live process by itself. The tantric traditions acquired mastery over these things.

Generally, people do not know how to act towards something that does not concern them, or they are not involved in it. If you can cross that limitation, you can do such miraculous things. It can become like that only if you can take away your individual person from your thought, your emotion, your activity and your energy.

All the yoga that you are doing here is fundamentally to take away your individuality from simple things that you do

– a very deep reverse of what has happened in the world today. At one point in time, they were preaching, "You must believe in God", now they are preaching "You must believe in yourself". That was bad enough, this is horrible. "If I don't believe in myself, how can I be confident? How can I act in the world? If I do not build my self-esteem, how can I operate in the world?"

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Right now, the very air that you breathe is doing such complex functions to keep you alive. Does it have any self-esteem? If it had, it would go into your lungs and tickle you and do something else with you. Without any inhibition, without any fear, we can inhale this and take it inside. Is there any one person whom you can take inside with total confidence? Do you know what they will do once they get inside? The individual identification has become so strong that it has completely dislocated the human being from his original nature. He has stopped operating as life. If he operates as life and just life alone, his capabilities are immense and do not need to be limited to what is contained within his physical form, because he has access to everything.

