You are joy

Joy is not a thing that is found outside; it's your inherent nature

- By Sadhguru Jaggi Vasudev

Why do people consume alcohol? Why are they mad about sex? Why do they go behind drugs? Why do they want to jump off mountains? Somewhere, every human being wants to know life in a deeper way than he knows it right now, seeking a deeper experience somehow.

Everything that you have done so far has been in pursuit of joy—whether you went for a job, sought a career, built businesses, made money or built families. The whole science and wisdom of what we refer to as inner nature or inner engineering or inner sciences, is not seeing joy as something that we achieve in our life but seeing joy as the very basis of life. Joy is not the goal; it is the square one of your life. Other things can happen, only if this one thing happens. Otherwise, you will live constantly with the fear of misery striking at you. Anything can happen to you at any moment; that is the way of life.

Right now, if you look at your life, everything that you are doing is in pursuit of joy. You are a joy industry. If you are a joy industry you need to check it from when you were a child, your production has improved or depleted. Now that you have grown up, have got your own life, your own bank account, your own stuff going, has your joy multiplied, subtracted or divided?

Let us pose a question. In the last 24 hours, how many moments of joy have you known? From yesterday to today, has it improved or has it fallen? Are your joys in profit or loss? Every person should do this like a checkout at the end of the day.

The reason why joy is not a constant factor in your life is because you are trying to handle it from the wrong end. If you want the very way of your being to be joyful, if you want joy to become your quality, you have to understand how it grows, not the other way round. From the other end, while once in a way, you can buy it in the market, it never lasts.

When you came into this world, you came without any investment. So whatever happened with your life, you were in profit. But now, you have no perception of life or life-sense in you, simply an ego-sense. All the time, your one and only problem and the very basis of your misery is that life is not happening the way you think it should be happening. If everything happens the way you and everybody else wanted it to, can you imagine how it would be? The world would be destroyed in no time! Fortunately it's not happening our way.

If you depend on the outside to bring joy to you, you need to understand that the outside never happens per cent your way. It happens only to an extent.

Those who expect an ideal situation are not in sync with external reality. When this is the case, at least one person, you, must happen the way you want yourself to be. If you did happen the way you want yourself to be, joy is the natural choice. This is not something that you have to desire, that you have to pursue, that you have to attain. If you fall back into your original nature, joyfulness is the only way you will be.

Right now, one of the main reasons why you are miserable is, instead of falling back into your joy, you are trying to pursue joy. Not understanding that the seat of experience is within you, you are trying to put all your energies out towards something, as if joy is hanging out there.

The reason why this need to accumulate is so strong is because there is a certain sense of insufficiency. You want to be something more than what you are right now. But even if we make you the king or queen of this planet, you will not stop, you will look up at the stars. You are greedy because your inner nature wants to find boundless expansion.

There is nothing wrong with your greed; it is actually a spiritual process. It is just that you do not give it proper expression. If you want to get there, you need the right kind of vehicle. Something within you is longing for boundlessness. If this longing has to be fulfilled, it cannot be through physical means.

If you are capable of making yourself joyful for one moment—I say 'making yourself' because you are either making yourself miserable or joyful—you are capable of making yourself joyful all the time. Have you ever experienced anything called 'past' or 'future'? You remember the past, you imagine the future, but your experience of life has always been in this moment. Right now you are in this moment, tomorrow you will be in this moment, hundred years later if you exist, you will be in this moment. So, this moment is eternity.