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Making a choice...
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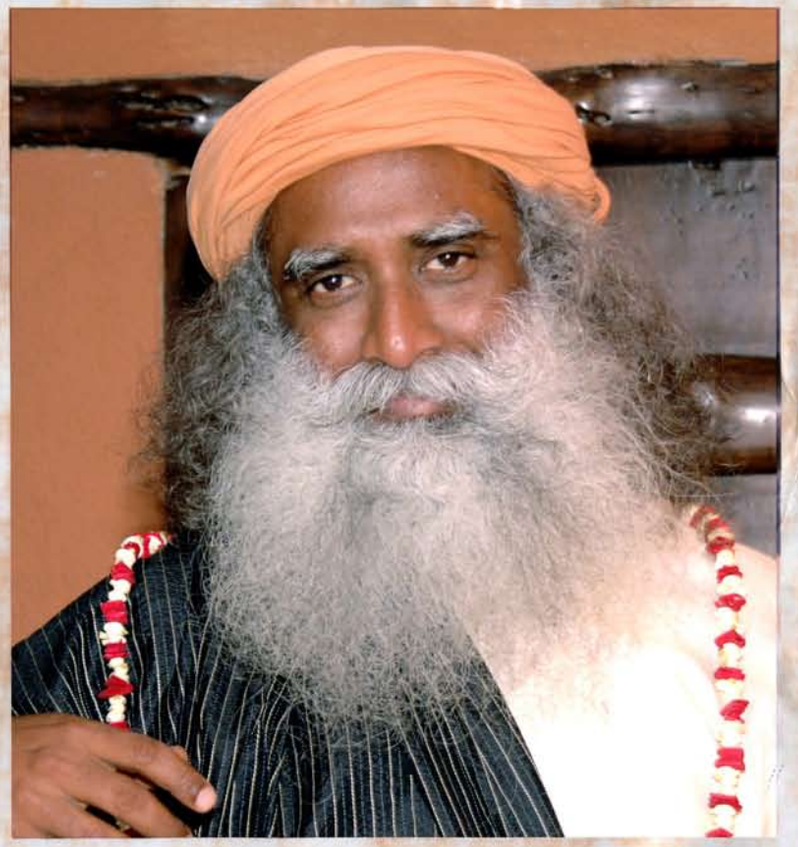
Does Spiritual path make me special?

For many people why a spiritual path seems to be a struggle is because their culture and their social situations have always taught them to be special. Their whole effort in life is to become special. To be special means to have something that others don't have. Your desire to possess something that others don't have is not a specialty - it is a perversion. Right now your only joy is that somebody else does not have what you have. If this is the only pleasure in your life we call this perversion, not specialty.

In trying to be special, your life is going away. But to think that somebody doesn't have what you have is a pleasure. It is because you have set yourselves on this track that the spiritual process seems to be difficult. Some time ago our yoga program brochures used to say "From ordinary to extraordinary". People thought that they are going to become special by doing the program. So they came and asked me, "How are we going to become special?" I told them, "You are going to become 'extra' ordinary, more ordinary than other people."

Spirituality is not about becoming special. It is about becoming one with everything. This desire to become special, this disease has come to people simply because they have not recognized the value of the uniqueness of their being. It is simply because they have lived on the surface for so long; their whole effort is to be special. As long as this effort is on, you are only working counter to the spiritual process. The whole dimension of spirituality is to melt and become one with the existence, not to stand out like a sore thumb.

In so many ways the mind always wants to be special. That is the nature of the mind. Logically, it can only compare. The moment this comparison comes, competition starts. The moment competition starts, all life sense will disappear, because now it is only about being better than others. It is because of this foolish endeavor that today



we have this ridiculous situation where we have to teach people about their own nature. We have to remind people about their original nature, simply because they are just lost, trying to be like somebody else.

So, the more you try to be special, the further you go away from the truth. And all the suffering and mental illness have come from this want of being special. So instead of deriving perverse pleasure from the fact that somebody doesn't have what you have, if one genuinely makes the effort to become one with everything, then this struggle will completely go away. If you recognize your uniqueness and also every other being's uniqueness, you can neither become less nor more than anybody.

To be continued...

Sadhguru is a Realised Master, Yogi and profound Mystic of our times. A visionary, Sadhguru asserts that peace and happiness are not the ultimate goals of life, but the most basic needs in every human being. He developed Isha Yoga as a powerful method for individual transformation leading to human emancipation. A glimpse of his life and work can be found in the books of Encounter the Enlightened and Mystic's Musings.
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