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INNER REALM

Relationships beyond expectations

Sadguru Jaggi Vasudev

Why do human beings need a sense of relationships? All that matters is the nature of the relationship, the fundamental aspect is, you have a need to relate. People are forming physical, psychological, emotional, social, financial, political - they could be in any kind. I may claim many things for whatever purpose we have formed a relationship, there is no point. If the expectations are not fulfilled, relationships will go bad.

There are needs within a human being have risen because of a certain sense of insecurity. People are forming relationships to experience a certain sense of completeness within themselves. This portrays life as if we are re mains poor or very much in pain. Why is it feeling incomplete? Why is it trying to fulfill itself by making a partner with another piece of life? The fundamental reason is that we have not explored the life in all depth and dimension. Though that is the basic issue, there is a complex process of relationships as such. There are expectations and expectations.

We may claim many things for whatever purpose we have formed a relationship, but if those needs and expectations are not fulfilled, relationships will go bad.

If you go about doing management with this there are no way you can gauge it 100%. If you try to mind read the other person and make a complete analysis try to fulfill their expectations, you will become a dragnet. There is no way to do that, but that is not the basis of a beautiful relationship. If you are forming a relationship to get happiness, then that happiness is outside of you. And that person is going to keep you unhappy. If you do this, you is going to be painful after sometime.

But if your life becomes an expression of your joy, not in pursuit of happiness, but in the expression of joy, then your life is naturally wonderful. Shifting your life from the pursuit of happiness to an expressing yourself is what needs to happen if relationships have to really work on all levels.

Right now, your body, mind, emotions and on a deeper level, your very energies, are made in such a way that you still need relationships. If your body goes and you end up in a relationship, do not call this sexuality. If your mind goes in search of relationships, we call this companionship. If your emotion goes in search of relationships, we call this love. If you go in search of relationships, we call this yoga. All these efforts are just one thing with something else, because somehow, being who you are right now is not enough.

But a science of yoga is about this. The word “yoga” literally means “union.” Whatever is the longing behind any relationship, you will never really know that oneness. But if you experience all this life all around you as a part of yourself, now the way you exist here will be very different. Now relationships will become a way of looking towards the others’ need, not about your need, the others have no need of your own anymore.

Once there are no complications within you and everything that you do becomes conscious, relationships will become easier and more a longing, no more a struggle.

Sadguru, a yogi, is a visionary, humanitarian and environmental spiritual leader

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