Rigidity

Life is just a regression for most people. Whatever advantage you were born with, you have not enhanced it, you have only taken it backwards.

During the practice of yogasanas, you realise how rigid you are physically. It takes a little more awareness for you to know the rigidity in your mind and emotions. Somebody who is very rigid in his thoughts and emotions believes that he is perfect because he does not allow room for any other way of looking, thinking or feeling. When you meet this man, you think he is pig-headed, but he thinks he is perfect.

Similarly, there can be rigidity on the energy level. For someone whose energy is very fluid, on the very first day of the simplest kriya, the energy will start moving and transforming. Whereas for another person, even after practising it for a long time, nothing seems to happen. This simply depends on how malleable the energies are. The rigidity in all these dimensions isn’t really separate, they are all interconnected. The rigidity in one dimension manifests itself into the others.

On Patanjali’s path, yoga is a system where it does not matter what kind of a fool you are, what level of unawareness you are in, what kind of karmic bondages you have, there is still a way for you. If you are willing to at least bend your body, you have already broken one karma. If your forehead touches your knee, you have broken a physical karma. This is not a joke; it is quite an achievement for a person who has never done it before. This simple limitation would have increased with the time goes by. A day will come when you are totally rigid, both physically and mentally.

This is happening to everybody. Look at your own life and see how flexible you were at the age of ten, both physically and mentally. At the age of twenty, the flexibility is considerably less and at the age of thirty, most of it has gone. Not only physically, mental rigidity has also set in.

The path is actually very simple, but because of you, because of your personality, it has become extremely complicated.

But if you allow the Master’s Grace, then the path is very simple, as the path is the destination.

(Sadhguru, a yogi, is a visionary, humanitarian and a prominent spiritual leader, www.ishafoundation.org)