ARE YOU LIVING YOUR LIFE SENSIBLY?

Sadhguru

First of all this needs to be understood, if there is no love in your heart you are anyway an adulterer. For convenience or comfort, if you have given yourself to any aspect of life, not necessarily a man or a woman for that matter, without love in your heart if you have given yourself to any aspect of life, you are an adulterer. So am I against adultery? In that sense, yes.

But from the perspective of what is considered socially as adultery, it is individual. For every action that you perform there is a consequence. Most people are not willing to face the consequences when they come, but without facing consequences, they want to have situations that they enjoy. Anybody who is not willing to joyfully accept the consequences that come to them for whatever actions they perform, is just a fool; and a fool is somebody who is against himself in so many ways.

If you are turning yourself against yourself because you have given in to an aspect of your body or your emotion or something, then definitely it is not OK, because you will bring suffering to yourself. Anybody who simply goes about bringing suffering to themselves for whatever reasons they have, it does not make sense, isn’t it?

What makes utmost sense to you, you must do that. Is this wrong, is that wrong? That is not the point. Are you living your life sensibly? or are you a slave of something? That is the question. A senseless life is sin, isn’t it? If you live sensibly in a way that the creator will be proud of you, it is fine. If you have just given in to either the ways of your body or your emotion or your mind, and are going against yourself, it is not sensible.

So much senselessness, is it wrong? I am not saying it is wrong, it is just very limited and stupid. Anything that is limited and stupid is not worthwhile. So I would say adultery is not worthwhile. It is stupid and senseless to give into something which seems to be everything today but tomorrow will make you feel like a fool. That is a senseless way to live. You must live in such a way, with so much sense that god should be envious of you. If you show such sense, there is no right and wrong with your life. If you do not have such sense, everything is wrong with your life.

-Sadhguru is a yogi, mystic and visionary, and a prominent spiritual leader. www.ishafoundation.org