WORST STRESS IS A UNIVERSAL PROBLEM. HOW SHOULD ONE DEAL WITH IT?

Sadhguru:

It is not your lifestyle, your work, your family or the situations in which you exist which cause stress. The cause is your inability to manage your system - your body, mind, emotions and energy. It is your lack of understanding and your inability to use this system the way it should be used.

What can you do about stress? You need not do anything about it. Stress is like friction in a machine. There is friction either because the parts are not moving properly or there is dirt in the mechanism. The friction you have, the more efficient the machine becomes.

I am not talking about managing stress or keeping it under the surface. I am talking about how not to create it, because stress is your creation. If you start a simple yogic process, you will find your whole system begins functioning as it is meant to do. The mind becomes calm, there is no such thing as stress. You can be most effective in your life only when every thing is at complete ease within yourself. If your whole system is not functioning coherently, then naturally there is no such thing as stress.

Q: Divorces are becoming common.

What is the right approach towards a peaceful marital life? Most couples complain of boredom in marriages?

Sadhguru: Relationships have become a problem because we are not using it to enhance our own selves, we are trying to fill the gaps in our lives. If relationships have to be really beautiful, it is very important that a human being turns inward and looks at himself or herself in a very deep way before looking at someone else. If you become a source of joy by yourself and your relationships are about sharing your joy, not squeezing joy out of someone else, you would have wonderful relationships with anyone. Is there anyone in the world who would have any problem with you if you are going to share your joy with them? No. You are trying to extract joy from them. That is the problem is the reason. If your relationship is about extracting something out of someone, it does not matter how much you manage, there will be countless troubles. If your relationship was an offering to the person who is next to you right now, everything would be fantastic.

Q: Petty crimes as well as heinous ones such as rape and murder are on the rise. We have leaders with blood on their hands. Can we change this fabric of society with individual effort?

Sadhguru: It has become a fashion to talk about how horrible the politicians are. Politicians did not land here from the sky. They are among us who stood up to do something. Now, for whatever reasons, they have become the way they have become - and we cannot generalize that because you do not know how many have become like that and how many haven't. Whenever I go to public meetings, people say "The politicians are corrupt." I ask a simple question, "If you are driving in your city, and there is no policeman, how many of you will stop at a red light? Not even 10%! So if I make you

know how to keep the world. So, don't worry about your duty, see how to nurture yourself to the highest possible level. Then you will be able to help everyone.

Q: How can one align the mind, body and soul in a way that holds the three together in a fine balance?

Sadhguru: In yoga, we look at the human body as five sheaths. The first sheath is called annamayakosa or the "food body," because what you call as the physical body is just a heap of food. The second sheath is calledmanomayakosa or the mental body. These two layers can only function in connection with the third dimension, the energy body or pranamayakosa. You can compare this to computers today - there is hardware and software, but by themselves they cannot do anything unless you plug the computer into power supply.

Pramanayakosa is the dimension in which most of the yogic practices function. If you keep your pranamayakosa in perfect balance and fully activated, there can be no such thing as disease either in your physical or mental body. Keeping the energy body in full flow is not about doing healing or things like that. This is about going to the foundations of your energy system and activating it in a proper way by building a foundational yogic practice that establishes your energy in such a way that your bodymind mind are naturally connected.

Q: How does one evoke happiness from within?

Sadhguru: As there is a science and technology for external well being, there is a science and technology for inner well being. Yoga is an inner technology. When I say yoga, don't think in terms of impossible physical postures or twisting yourself like rubber bands. This is a deeper understanding of your own body, mind and energy, and about creating an inner situation where you are joyful and peaceful by your own nature. Being peaceful and joyful is not the ultimate goal in life; it is the most fundamental thing in a human being's life. If you cannot be peaceful and joyful, you are incapable of exploring any other dimension within yourself.

Sadhguru speaking about our duty as human beings and how to reach our potential.

Q: Who is a good human being? What are his primary duties towards himself/ her and society?

Sadhguru: As a human being, your only duty is that you grow to your full potential. If you grow into your full potential, your way of being is absolutely useless. The best things will happen around you; there is no need for you to do any duty. If you don't know how to make yourself happy, is there any possibility of you making the world a happy place to live in? If you do not know how to manage your body, mind and emotions, can you manage the world? It is not going to happen. If you do not know how to keep yourself, you will definitely not

am not wishing it upon you, but you may be dead, isn't it? Because the physical is under constant threat. Nobody can avoid it. It is fundamental simply because your experience of life has not gone beyond the physical. If we had explored and established ourselves in other dimensions of experience, the body would not be such a big issue. But now, no matter what kind of teachings other people give you, whether someone tells you that you are atman, paramatman or whatever else, your whole experience is going to be limited. In the fear of losing it is natural. But if you establish yourself in other dimensions of experience, the body becomes an easy thing to handle. Life or death won't make such a big difference.

Q: Do you think we control our destinies or does destiny control us?

Sadhguru: What you refer to as "destiny" are those situations which are going on without your permission; they seem to be unfolding themselves without your intent. I know you have been told that God is making your destiny and plotting your life for you, but I think you are adult enough these days. There is no such thing as destiny. When you are making something you have created unconsciously.

You are doing more things unconsciously than consciously. I would say, for most average people, we are creating our destiny only about two percent of their life is conscious. They create an enormous amount of their life unconsciously, which leads them in all the wrong directions.

The whole effort of all spiritual processes is to see that you create your life consciously instead of blundering through it. Once you make that effort, you will see more and more of your life becomes self-determined, not pre-determined. If you have mastery over your physical body, 15 to 20% of your life and destiny will be in your hands. If you have mastery over your mind, 50 to 60% of your life and destiny will be in your hands. Even more than that. You then have over 80% of your life.

Sadhguru is a Realized Master, yogi and mystic who has founded Isha Foundation, an international public service organization that strives for ultimate human well-being. For world-wide programs information visit www.ishafoundation.org

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