

Spirituality, Divinity And You

It is very important that the spiritual dimension of life be brought into people's lives. Many have developed an allergy to spirituality because somebody or the other has always told them that spirituality means leaving everything and going to the mountains. Even if you'll wanted to go, there would not be space enough for all of you. You had

Then you begin to experience that which is not physical, the spiritual, the Divinity of your true nature.

So, there is something else that needs to be looked at, something beyond these dimensions.

Even if I erase all your memory you will still be here. Right? Your family will disappear, your status will disappear, your business will disap-



Sadhguru Jaggi Vasudev

Sadhguru Jaggi Vasudev 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 program information, visit www.ishafoundation.org Toronto local contact 416 300 3010 or email Toronto@ishafoundation.org

better learn how to be spiritual in your office, in your home, on the streets, wherever you are. You had better learn that, because spirituality is about the inner self and not what you do on the outside. Spirituality is an inner science that creates a conductive inner atmosphere because the quality of life depends on the within. That quality depends on how joyous and how peaceful you are at this moment. You have completely neglected this dimension. Unless you do something about the inner self you will not know what it means to be peaceful and joyous, you will not know how to go beyond the limitations of being just a physical body and mind.

See, your body is simply accumulation of what you have gathered from the Earth - when you leave you can't take an atom of this body along with you. So this body is not really yours. Your mind is not yours too. It is also just an accumulation - what you have gathered from the environment you were brought up in.

When you transcend the limited experience of what you know as yourself, your experience of life will naturally be in a different dimen-

tion. Then you begin to experience that which is not physical, the spiritual, the Divinity of your true nature. If you are ready and willing to experience life in deeper dimension, to be truly happy, I have methods. Then you can begin to experience the joy and blissfulness of knowing who you really are.

pear, and everything that you own in the world will disappear. But you will still be here. Beyond all the things that you identify yourself with there is something called 'you' that will still exist. That 'you' is not subject to what you accumulate from the outside. But unfortunately that 'you' was so covered and crowded with other things that you never allowed yourself to look at it. You always thought that what you are identified with is much more important than who you really are. If your focus shifts then the other dimension can start opening up for you.

The whole process of spiritual science, yoga in particular, is to somehow elevate you to an experience that is beyond the five sense organs. When you transcend the limited experience of what you know as yourself your experience of life will naturally be in a different dimension. Then you begin to experience that which is not physical, the spiritual, the Divinity of your true nature. If you are ready and willing to experience life in deeper dimension, to be truly happy, I have methods. Then you can begin to experience the joy and blissfulness of knowing who you really are.