

No punnya, no paap



Sadhguru

IF YOU make a list of all the things that you consider sin according to, let's say, the five major religions of the world, then you will understand that to be alive is a sin. Isn't it?

So, if you don't feel guilty about something does that mean that you will not go to the temple or church or mosque? Fear and guilt are the two tools on which religion has been running for a long time. If there is no fear in people, there is no guilt, and as a result very few would visit these places. Most people go only because there is fear, guilt and greed. These are the three forces which are driving you. Look at the prayers: "Dear God, give me this, give me that, save me, protect me". What is this? Greed, guilt and fear, isn't it?

Religions have turned the fundamental processes of life into sins, so that you always feel guilty. Therefore, you must always go to the temple or church or mosque and pay the necessary money and respects — and this is how the whole damn thing has been running. Isn't it?

What I am telling you is — do whatever you want, but please understand that for every action you perform there is a consequence. If you can bear the consequence joyfully, do whatever you please. If you are the sort who will cry when the consequence comes, then right now you need to calibrate your actions.



If you are the kind who doesn't worry about what happens to you — if you are going to be hanged tomorrow but will still go ahead blissfully — then do whatever you want. What is the problem?

Every single action, whether physical, mental, emotional or even energy action, in fact whatever you perform, has a consequence. Are you ready for the consequence? Being a human being you must have that much fore-thought, isn't it?

There is no sin. So does it mean everything is *punnya*? No. No *paap*, no *punnya*. It's all made up by people to keep you under check and control. Your sense is the best control, not guilt. I believe human intelligence is able to exercise control. There is no need for some God to control you. If you allow your intelligence to function it will control you, isn't it? It will bring sense to your life.

— *SADHGURU JAGGI VASUDEV, a yogi, is a visionary, humanitarian and a prominent spiritual leader. An author, poet, and internationally-renowned speaker, Sadhguru's wit and piercing logic provoke and widen our perception of life. He can be contacted at www.ishafoundation.org*