The struggle with duality

Once you start a spiritual process, there will be a struggle within. There will be moments when you will think that people who are just eating, sleeping and doing little else are better than you. This struggle occurs because your past is like an animal — savage and crude, but some where in your mind you also think of a future full of divinity. You are unable to handle this struggle where your past pulls you towards itself, while your future draws you another way. Though you are not sure about it, yet something within you says that a divine future awaits you. But when you reach out for it, the animal in you pulls you back. You start thinking, “Oh, to hell with all this. Let me just eat, sleep and do things that I want to. Who the hell cares what happens later?” But a few days later you will notice that the animal in you refuses to sleep. It again aspires for something else.

Every human being goes through this struggle. If you leave your aspirations unfulfilled, you won’t be able to live with yourself. And if you don’t heed to the animal in you, it will keep bothering you. Millions of people have made the mistake over and over again of rejecting one and going for the other. They struggle in the vortex of the animal and the divine. Some people decided to just settled to listen to the animal, while others go all out to seek the divine. Both lead to struggle and leave a void.

The solution is to channelise your energies in such a way that both the animal and the divine appear trivial to you. Both are little things, toys that you can play with; you are above both. The moment you identify something as good and something else as bad, it is a trap. You have to reject one, but once you reject one, you are only a part, you will never be whole. So the very process of yoga is to transcend both — the God and the animal. You are leaving it behind and going beyond. Yoga is a systematic process of spiritual unfolding.

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