Sadguru

The significance of cleanliness

As a child, keeping yourself and your surroundings clean was likely a requirement placed on you, going into blissful adult life and others. But beyond these societal expectations, keeping a clean house and environment have a deeper impact on your spiritual development? Sadguru discusses the significance of cleanliness.

Sadguru: Shaucha, or cleanliness, is an important aspect of one’s spiritual development. Cleanliness is not just about the beauty of our surroundings. Everything that we perceive through our sense organs can either create faith or wellbeing within ourselves.

Whatever we perceive, if it is pleasing upon our senses, we experience it as one. If it is unpleasant, we experience it as another. If our surroundings are not pleasant upon our senses, then they are the images that we create in our mind, and the projections that happen unpleasantly out of our experience turn unclean.

When you create unpleasantness like this, going into blissful states of experience and consciously generating the feeling of uncleanliness becomes difficult.

Whether you are miserable or joyful, or you are determined essentially by what you are doing within yourself. A spiritual process essentially means everything that you are doing consciously – your experience of life is determined by it. If this has to happen, it is important that our senses open up to perceive something as unpleasant.

If you make your bed...

I am sure that in every culture you have been told at some point – not by your parents, but by your grandparents – about how to keep your clothes and bed clothes. In India, in particular, they say that if you leave your bed clothes crumpled and unfolded, ghosts will come and gather. When you sleep, they will trouble you and trouble you. I think in English there is a saying, “As you make your bed, so shall you lie upon it.”

This is essentially about the forms around you. Today, scientists tell us that the whole of existence is just one energy manifesting itself in a million different ways. As energy has generated forms, forms can take in energy. Any form around you is generating a certain type of energy. The kind of forms we build, the kind of formations we hold around us and the kind of structures we live in have an enormous impact on the energy around us. That is what we are. If there is a little more awareness about the way we act, we can arrange ourselves and the way we keep things, we can create spatial arrangement in a way that is conducive to looking inward, and which makes our spiritual process much easier.

If you want to drive from point A to point B, you can only drive through anything, but if a proper road is laid out, you would get there easily. In that context, if the spatial arrangement we are organized in such a way that it is conducive for inward looking, it will happen much more easily.

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