

Transform Yourself Transform the World

Sadhguru Jaggi Vasudev is an international spiritual Master, author and authority on yoga, with profound spiritual and cultural insights on health and human values.

Questioner: When I look at all the violence, destruction and misery in the world, I feel humanity should be able to do much better than that. How to become better human beings, more loving and more concerned about one another and the planet? How to make this a better world for all?

Sadhguru: This is an aspiration that is there in every human being, but we are always trying to work towards it from the wrong end. People are trying to be loving. People are trying to be good. But if you look at yourself, if I happen to meet you when you are very happy and joyful, I'm sure you are a very loving, generous, wonderful human being. This is true with every human being.

This is an opportunity that every human being has — either to exist here as a piece of creation or to exist here as the source of creation. If you are the source of creation or if you are in touch with the source of creation, do you really have to worry about your health or your wellbeing?

If I happen to meet you or anybody when they are in a state of unhappiness, frustration or some other sense of unpleasantness within themselves, that is when they could be nasty. So, there is no point trying to be loving, trying to be pleasant to somebody else — when you are feeling pleasant, you are naturally pleasant to everyone around you.

With morality, with ethics, people will always find ways to subvert these values. But when a human being is feeling joyful, when he is feeling very pleasant within himself, he is naturally nice to everyone around him. So, my whole work is just to bring that about, to make human beings truly blissful because that is the best insurance we have.

Questioner: Especially in this time and age, the human body is polluted from the air, the food and the water that we take in. Are there spiritual processes to detoxify?

Sadhguru: Definitely there are... But essentially, whatever body we have right now, though we have given the

raw material from outside in the form of food, it has been created from within. So, that which creates the body is within us or the source of creation is within us. If you eat a banana, over a few hours, this banana becomes part of a human being. Food transforming itself into a human form is not a simple thing, it is a

The fundamental thing that human beings have to work towards is to make themselves truly blissful and joyful. Trying to produce good human beings has never really worked. When people are joyful, they are all wonderful human beings. Joy is the best insurance against all evil.

great phenomenon. But such a fabulous phenomenon is happening for most people in unawareness; they are not aware of how this happens. If you become aware of this, you will also have access to that dimension which is the source of creation.

If you have a repair job to do, would you go to the local mechanic or to the manufacturer? Definitely, if you had the access, you would go to the manufacturer; if you have lost access, you would go to the local mechanic. So, instead of just looking at health as a separate aspect of life, if we look at life as to how it is happening and if we are in touch with the fundamentals of that, health is a natural outcome. The spiritual process means just this: you are not looking just for

The spiritual process is always a quest, a seeking; that is why when you say, "I'm on a spiritual path" you say, "I'm a seeker." When you say, "I'm religious," you say "I'm a believer." There is a significant difference, because believing means you have assumed something which you do not know; seeking means you have realised that you do not know, which is an enormous amount of flexibility.

another piece of creation, you are looking for the source of creation.

If that process is on in a human being, health is very naturally taken care of.

Questioner: If enough people hold high spiritual ideals, is it possible to influence our environment in a positive way?

Sadhguru: Definitely yes; it is just that most of the time, belief systems are passing off as spiritual practices. The moment you believe something, if you believe "this is it," you are bringing a certain rigidity into the very life process that you are. This is not a spiritual process.

Whenever you think, "I do not know something," you are very flexible. Whenever you think, "I know it," you become rigid. This rigidity is not just in attitude, this rigidity just percolates into every aspect of your life and this rigidity is the cause of an enormous amount of suffering in the world. There is no such thing as society, there are only human beings. Where is the society? Society is just a word. How human beings are, that is how the society will be. So, creating human beings who are flexible and willing to look at things rather than being stuck in their ideas and opinions definitely makes for a different kind of society. And the very energy that such human beings carry will influence everything around them.

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