

MISCELLANY

JOY IS YOUR VERY NATURE

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

What is joy about? Joy is definitively not about anything, because joy is not something that you do; joy is something that you become. If you do not disturb the basic process of life within you, joy is a natural outcome. Joy is not an achievement, joy is your original state.

In yoga, we are looking at a human being as a strata of five bodies. In the original terminology, we say *Annamaya Kosha*, *Pranamaya Kosha*, *Manomaya Kosha*, *Vignanamaya Kosha*, and *Anandamaya Kosha* — physical body, mental body, energy body, etheric body and joy or bliss body. Bliss body is the appropriate word, but Ananda can also be interpreted as joy. So the deepest core of you is joy.

The reason why most people do not know joy is that their physical, their mental and their energy body are not in alignment. The core of you is joy, over that there are four layers. If they are properly aligned, an overwhelming expression of joyfulness will naturally happen within a human being. People may achieve this state in different ways, but it doesn't last. Now we are looking at the technology of keeping these three bodies constantly aligned so that joyfulness is not an accidental happening; joyfulness becomes a normal condition, a natural way of living for you.

Yoga has always been talking about various types of joy. *Brahmanand* means the very creation is joy. What you see as the physical, what you see as the mental, what you see as physical energies is just the surface coat; the deeper core, the source of creation is joyfulness. When we say "*Brahmanand*," we are talking about the Creator Himself being joy or joyfulness. If the Creator is joyful, sitting somewhere in heaven — what is the point? The Creator or what you refer to as the source of creation is not sitting somewhere else. If you look at your own body, from the moment of birth to now, how much it has grown, and this growth did not happen because of any external stretching, this happened from within; the Creator is constantly functioning.

So the source of creation is within you right now, and that is joyfulness. If this fundamental force of creation finds expression in your life, if you allow it to move out, joyful is the only way you can be. If you are not entangled

with the modifications of your mind, joyfulness is a natural way. Your misery has come because you lost control over your own mind; your ability to handle the mind is gone. One knows misery in one's life not because of external circumstance. Outside situations can cause physical pain; suffering and misery are always created in the mind.



You have the necessary intelligence to choose to be joyful, because "I want to be joyful" is a fundamental longing in every human being. The very life within you is longing to be joyful because the nature of the fundamental source of creation within you is joyfulness. The reason why joy is not a constant factor in your life is because you are trying to handle it from the wrong end.

When you were a child, you were joyful by your own nature. You did not need much to be joyful. Somebody had to make you miserable, that was your condition. But today, somebody has to make you joyful. You are hoping that someday, somebody will come and make you joyful.

Whether it is a man or a woman, or a Messiah or Son of God, or God himself, all of them have come and gone, but they failed. If you do not understand and come to terms with this basic fact in your life, you being joyful is very, very remote. Just by chance, here and there it may happen,

joy by accident, not by intent. Joy because of something, not as a way of existence.

If you depend on the outside to bring joy to you, you need to understand, the outside never happens 100 percent the way you want it. Not one person in this world will happen exactly the way you want them to happen; not your husband, not your wife, not your parents, not your children, not your friends - nobody. So when this is the reality, at least this one person - you - must happen the way you want it to be.

So if you do happen the way you want yourself to be, the very natural choice is joy. What we are talking about as *Inner Engineering* or inner sciences is not seeing joy as something that you have to attain, but seeing joy as the very basis of your life. If you become in tune with your own basic existence, joyfulness is the only way you will be.



Questioner: Sadhguru, what is the difference between devotion and addiction?

Sadhguru: Addiction is usually to substances. Devotion is towards something that you hold; you can only be devoted towards something that you hold way above yourself. Devotion cannot be practiced. It cannot be cultivated or cultured. When you are overwhelmed by something or somebody that you see something or somebody way above yourself, far beyond yourself, naturally devotion comes. It's very natural.

Addiction happens because you taste something and you like the experience of it. The more you taste, the more hooked and trapped you are.

Interestingly, a devotee looks more than an addict himself. See, an addict can hide his addiction but a devotee cannot hide his devotion. That's his problem. Even a drug addict, who has certain degree of control over himself, can look very normal and deceive the whole world, but a devotee is not capable of such deception or pretence. He just bursts forth anywhere, he cannot hide it.

A similarity between the two is both devotion and addiction can create a certain pleasant or ecstatic experience within a person. People are getting addicted to something because the experience is strong. Will you get addicted to the neem balls? Never. You have to eat it consciously. Everyday you have to think, 'Should I do it?' People get addicted to tobacco, coffee, alcohol and various kinds of drugs because it's creating some pleasant experience. They will never get addicted if it puts them off.

Devotion means your emotions have become sweet, very sweet. The ways of a devotee may look utterly silly, illogical and

stupid for a thinking person, but a devotee is very intelligent. Think about this: You have 24 hours in a day to spend the way you want. What would you consider intelligent? Spending your time in utter intelligence or in complete turmoil with all sort of problems which have no relevance to the ultimate reality? A devotee is very intelligent because he has understood the fact that if you spend all your time in complete pleasantness, nothing entangles you. There is no pain. It may not seem logical. The concept may look silly for an intellectual person, but there is a very deep life sense involved in a devotee's attitude towards living. Dissected and analysed it doesn't make sense. And the historical fact is more people have attained the Ultimate through devotion than any other way.

It is devotion which also causes ecstasy, not the lumps of chemicals that are labeled 'ecstasy.' Imagine a pill which you could pop to be permanently ecstatic — great! But the problem is such pills just gets you on a high for a while only to dump you in such a bad way and ruin you completely in the process. They shrink your physical capabilities and mental capabilities.

Devotion, on the other hand, hugely enhances you. No true devotee, however insane with ecstasy, will ever jump off a mountain or a high rise building. But did you know that this is what people who were addicted to the LSD did in the past? Yes, they simply jumped off high rise buildings during the 60s in the US because they thought they were free and could fly.

The difference between the two can be summed like this: addiction shrinks you, devotion enhances you. Addiction can give you moments of pleasantness. Devotion gives you a constant sense of pleasantness. Addiction pushes you to a corner, makes you totally exclusive to a point where it breaks your body and mind and makes you neurotic. Devotion makes you that inclusive. So one destroys you, another enhances you. That is the big difference.

Source: Isha Foundation