A powerful way to transform yourself

Recast your image within

Every human being, either consciously or unconsciously, through the process of what we call life, creates a certain image, a certain personality of himself. This image that you have created within yourselves has nothing to do with reality. It has nothing to do with the self, your inner nature. It is a certain image that you have built, most of the time unconsciously.

Everybody has some image of what they are. Very few human beings have built a conscious image of themselves. All others have built images according to whatever kind of patterns or external situations they fell into.

Is it possible to create a new self-image consciously, the way you really want to be? If you are intelligent enough, if you are aware enough, you can recast your image, whichever way you really want it. But you should be willing to leave the old one. Instead of acting unconsciously, you act consciously. You can create that kind of image which supports you best. That kind of image which creates maximum harmony around you. That kind of image which has least friction. You create that kind of an image which is closest to your inner nature. What kind of an image do you think is closest to your inner nature? Please see, the inner nature is very silent, not dominant but very forceful. Very subtle but very forceful. Now that is what we need to do: the grosser elements within you-your anger, your limitations must be chopped off.

Think about it for the next one or two days and create a proper image for yourself: what should be the fundamental nature of your thought and emotion. Before we create something, let us really see if what we are creating now is better than what we have. Choose a time when you will not be disturbed. Sit comfortably with your back rested and be relaxed. Now, close your eyes and visualize how other people should experience you. Create a whole new human being. Look at it with as much detail as possible. See if this new image is more human, more efficient, more loving. Visualize this new image as powerfully as you can. If your thought is powerful enough, it can even break the bonds of karma. The karmic limitations can be broken by creating a powerful visualization of what you want to be. This is the opportunity to transcend all your limitations of thought, emotion and action.

An author, poet, and internationally-renowned speaker, Sadhguru's wit and piercing logic provoke and widen our perception of life. www.ishafoundation.org