Your needs and desires

Soul 2 Soul
Sadhguru
Isha Foundation

Questioner: Sadhguru, I am on spiritual path, Shouldn’t I still fulfill my needs and desires like food, sex, sleep?

Sadhguru: You are confusing basic requirements with dispensable desire. Food and sleep are basic requirements. You don’t desire them. When you are tired you sleep, when you are hungry you eat. These are required for your survival.

Discounting those two, let’s address the other desire that you mentioned: sexuality. Let’s look at it truthfully. Your desire is not for sex. One part of the fact is that your hormones have hijacked your intelligence. Another part is there is a lot of pleasure attached to sex. Yet another part is you are desperately trying to become one with somebody. But no matter how hard you try, sex does not work this way. Now, you may ask, “Oh, should I give this up?” There is no need to give up anything. When you were a child a doll or teddy bear was more important for you than anything else. But as you grew up other things interested you more than your childhood doll. You hang on to certain teddy bears today because you don’t know anything better. If you taste something of a bigger dimension, these insignificant dolls you have as desires will naturally fall off.