Prison Break!

Soul 2 Soul

Sadhguru
Isha Foundation

A seed of any kind in the world can find its ultimate potential through simple nourishment. A mango tree just needs soil and nourishment, it does not need a Guru for its fruits to become sweet. When this is so, why is it that a human being, who seems to be of the highest potential of all life on this planet, is not able to get to his ultimate nature? What is the nature of this trap? Why is outside help needed? Why can’t it be an inside job?

It is so, since you are imprisoned. The very nature of the prison is such that it does not provide tools to break through. Everything that could help you to break through has been taken away in some way. If it has to be an inside job, at least a substantial number of prisoners should get together and push the gates or walls or whatever it is. But if an individual prisoner makes an attempt all by himself, the chances of him getting out of the prison is quite remote.

The moment you are trapped in this mechanism of ‘myself,’ you will not even realize that there is a possibility beyond the way you exist right now. What you call as ‘myself’ is self-created because who you are right now is just a memory of the past. Everything that you are right now is just a memory. You have built a prison not with the intention of imprisoning yourself. It has been built with the intention of self-preservation. The walls that you build for self-preservation are also the walls of self-imprisonment.