Guru's physical presence

Soul 2 Soul
Sadhguru
Isha Foundation

Questioner: To grow spiritually, is it necessary to be in the physical presence of a Guru?

Being in the physical presence of somebody is needed because your perception is still so dependent on what you hear and see. Unless you see with your eyes that there is somebody sitting there, your perception does not open up.

Many people are actually not mature enough to be in the physical presence of a Guru because if you are in the Guru’s physical presence, your judgements about him will not stop. You will watch the way he eats, the way he drinks, the way he speaks, the way he mixes with people, what he does, what he does not do. From this, you will helplessly form opinions. The more opinions you create within yourself, the less receptive you become. This is one reason why a lot of Gurus always kept themselves out of reach of their disciples. Once in a way they appeared but the rest of the time, they were only available to two or three people around.

They did not do this because they had an allergy for people or because they thought they were too big to mix with people. It is just that, this was their device. They knew, if people ate, slept and walked around with them normally, people would miss their whole aspect and would just get entangled with the Guru’s personality. So being in the Guru’s physical presence can be a blessing but can also be a big barrier because then, you will helplessly make your opinions about him.