Blissfulness Beyond Bounds

The word ‘spirituality’ is one of the most corrupted words on the planet. It has been used and misused in a million different ways, largely because of ignorance, but many times out of unscrupulousness. This has generated a high level of confusion and doubt in people’s minds as to whether spirituality is really worthwhile in the end.

You can think about God, you can think about liberation, you can think about spirituality, but the thought itself cannot be spiritual; it is a psychological process. Mind, body and emotion are different dimensions of life. There is nothing right about them, there is nothing wrong about them. It all depends on how you use them — but they cannot be spiritual.

Spirituality does not belong to the physical realm. When we say spirituality, we are talking about a dimension that is beyond this integrated mechanism of body, mind, emotion and physical energy. But this play is so beautifully constructed that it is complete by itself. Though this and the rest of existence are the same, because of its integrity it looks absolutely individual right now. This creation is so perfect within itself that you could forget the Creator, and still it would go on. Creation does not need to draw from anything. The problem is, once one realises the perfection of what this is, people will forget God and they will lean on something else. If one does not lean on anything else, if one does not need anything from the outside, either a relationship, psychological or emotional help, nothing, one becomes like the Creator. A piece of creation naturally transforms itself into the Creator itself.

The essence of the spiritual process needs to be understood as a means to generate the necessary intensity to break the limitations of the body and mind so that you are out of your individual nature. Enlightenment is beyond logic; there is no logic there. There is nothing, so you cannot ruin it. When there is nothing, then everything flows through you. Whatever has to happen in this existence, it has to flow through you; you become the gateway. If you have the inclination, the whole of existence is within your grasp — you can explore almost everything.

Once this is achieved, there is a tremendous freedom to create anything that you want around you or within you or anywhere in the world. Because the very fundamentals of life are in your hands. Suddenly, there is no limitation of time and space anymore. If this capability has to come, the first and foremost thing is to get into ecstatic states — absolutely limitless ecstasy.

An author, poet and internationally-recognized speaker, Sadhguru is a wise and piercing logic provoke and within our perception of life. www.lifeoffoundion.org

NO LIMITS: Spirituality is not of the physical realm