Experience Life, Don’t Judge It

SPIRITIOLOGY | SADHGURU JAGGI VASUDEV

Whatever judgment you make, it is all a question of what kind of identification you are coming from; accordingly you make a judgment. In terms of social well-being, some judgments have to be passed for the larger population’s wellbeing, but all judgments in terms of life are meaningless and unnecessary.

Whatever you think about that which is not yet, it amounts to prejudice, isn’t it? A prejudiced conclusion will lead to distortion of perception. Let’s say you came from the United States right now. You came to India, landed and met one wonderful person. “Oh! Indians are so wonderful!…” We have surprises for you. Or you met one nasty person in the airport, “These horrible Indians…!” No, that is not the reality, isn’t it? In a moment you enjoyed something, that is fine, relish that. Where is the need to make a conclusion? Instead of living an experience, you are trying to make knowledge out of it.

Many years ago, I met a scientist in a food research institute and this man has spent over 27 years doing research on apples. He collected every kind of apple from everywhere in the world. He has them in his laboratory in different conditions doing various kinds of experiments and he told me that he has never tasted an apple in his laboratory because he knows everything about it. But you do not know an apple till you put it you mouth, isn’t it? That is the best way to know it, but he knows everything about it. Like this you can know about life without knowing anything about it.

Don’t make conclusions about everything. Simply experience them. That is when you know about life without knowing anything about it.

So whether it is an apple or a person or any experience, you do not have to draw a conclusion. Just experience it for what it is. It will go very deep into you. The reason why what we are referring to as divine has not touched you is, you have too many conclusions in your head. What you call as knowledge is just your conclusion about life, isn’t it? This is why they said Adam ate the fruit of knowledge and fell, because the moment you eat the fruit of knowledge, you fall from the experience and the grace of life.

Acceptance simply means experiencing everything just the way it is. Not making conclusions about it. You need knowledge about material things, but you do not need knowledge about life, and you cannot have knowledge about life. Suppose, right now there is somebody whom you met 25 years ago, somewhere. That somebody was doing something you did not like. So you thought this person is not ok; but now you find this person sitting right there in front of you. Now the moment you see him, your mind says “Oh my God he is not ok, why is he here?” In 25 years time, this person might have become the most beautiful human being on the planet. But your mind will say he is not ok. Because you have knowledge about him, you have no way of experiencing him right now the way he is. So do not make conclusions, just experience everything the way it is. That is when you know life.

The writer is a world renowned spiritual leader.