It does not matter what you want to be in the world, whatever you do external-ly, in some way you are always trying to be like somebody or be better than somebody. The very word "spirituality" fundamentally means that you are not trying to be like anybody else. The inner journey is to lose this race, to be out of this race within yourself, because you are not trying to be like anybody, nor are you trying to be better than somebody. You are coming to a state where being "myself" is more than enough.

The very process of spirituality, the whole of spirituality is to become in such a way that, "I am complete by myself. I don't need to become anything or try and make myself into something. If I simply sit here, I am absolutely, all existence is within me." The ultimate goal and the process itself is such that it is not necessary to be like anyone else. Each individual can be in his own way and still be progressing.

The problem is, you keep evaluating yourself by your own standards as to whether you are progressing or not. This evaluation should not be done by you. When you were in school, you did not do the evaluation. Though it would have been quite simple to do it, it was somebody else who did the evaluation for you. When even that is so, then walking on the inner path, why do you struggle by evaluating yourself? There is no need to evaluate yourself. The thing is to simply do what is necessary. All the evaluation and what needs to happen will happen in a completely different dimension. You cannot do spirituality, you have to allow it. If you allow it, it will happen. To allow is the whole issue if you want to be mature. Otherwise, all the time you want to meddle with it; you cannot keep out of it.

The sadhana is just to mature your energies in such a way that if you sit down, you don't need to do anything. You are willing to allow whatever happens to happen. If you want small, petty things to happen to you, you can do it, but if you really want something enormous to happen to you, this "you" is not needed. If you know how to keep yourself aside, it will happen. "How do I do that?" You cannot do that. You just have to allow it. Yoga means to bring your energies to that level of stability where you can just be. You are not trying to do anything, not trying to get somewhere, simply allowing it to happen.

It does not matter how much you aspire for it, if you don't do the right thing, what has to reach you will not reach you. It does not matter who is around you. Even if your Guru is sitting right next to you, your mind can be somewhere else. For somebody else, who is sitting a thousand miles away, it could be that the very thought of the master can be so powerful for him that it can hurt him. This is very much possible because it is not a question of distance, it is only a question of your willingness to look at it. If you don't look at it, help will not come. So, doing the right thing is just allowing it to happen. This is not a race that you have gotten yourself into. This is a way of settling back into yourself.

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