Unlock Your Energies Through Regular Yoga

SPIRITOLOGY | SADHGURU JAGGI VASDEV

For many people, yoga probably means some impossible physical postures. This is a very distorted idea of what yoga is. Yoga means to be in perfect tune. When you are in yoga, your body, mind and spirit are in absolute harmony with the existence. When you fine-tune yourself to such a point that everything functions so beautifully within you, the best of your abilities will naturally flow out of you. Have you noticed that when you are happy you have endless energy? Even if you don’t eat or sleep, you can go on. Just a little happiness liberates you from your normal limitations.

Yoga is the science of activating your inner energies in such a way that your body, mind and emotions function at their highest peak. When your body and mind function in a completely different state of relaxation and a certain level of blissfulness, you can be released from so many things that most people suffer from. Suppose you have a nagging headache. It is not a major disease but it takes away your capability for the entire day... just that throbbing takes everything away. With the practice of yoga, your body and mind can be kept at their highest possible peak.

There are also other dimensions to yoga. When you activate your energies, you can function in a different way. Right now, you consider yourself to be a person and are identified with many things. But what you call as “myself” is actually just a relatively small amount of energy. Today, modern science tells us that everything is the same energy manifesting itself in a million different ways. If that is so, what you call the Divine, what you call a stone, what you call a man, a woman or a baby are all the same energy functioning in different ways. Everything is the same energy, but functioning at different levels of capability.

Similarly among human beings, though we are all made of the same energy, we still don’t function at the same level of capability. What you call creativity or talent, what you call your ability to do things in the world is just a certain way your energies function. Energy functions to create rose flowers in one plant and jasmine in another but it is all the same energy manifesting itself. If you gain a little bit of mastery over your own energies, you will simply and naturally do things that you never imagined possible. This is the experience of any number of people who have started doing yogic practices. It is the inner technology of creating situations the way you want them.

Today, we build huge buildings with the same material that people used to build little huts. They thought that was all they could do with it. Initially, human beings thought we could only dig mud and make pots or bricks out of it. Now, we dig the earth and make computers, cars, and even spacecraft out of it. It is the same energy. We have just started using it for higher possibilities. Our inner energies are also like that. There is a whole technology as to how to use this energy for higher possibilities. Every human being must explore and know this. Otherwise, life becomes very limited and accidental.

People take so much care to maintain their machines. You send your car or motorcycle for servicing. But have you done any servicing for your body and mind? If you bring in a simple yogic process and do a little bit of servicing every day for the body and mind, suddenly you will function much better. Once you start activating your inner energies, your capabilities happen in a different sphere altogether.

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