In this Beautiful Life, Make No Way for Ego

SPIRITUALITY | SADHGURU JAGGI VASUDEV

During the practice of yoga asanas you realise how rigid you are physically. It takes a little more awareness to know the rigidity in your mind and emotions. Somebody who is very rigid in thoughts and emotions, believes that he is perfect because he does not allow room for any other way of looking, this is called rigidity and rigidity is almost the same. When you meet this man, you think he is pig-headed, but he thinks he is perfect.

Similarly, there can be rigidity on the energy level. For somebody whose energy is very fluid, on the very first day of the simplest kriya, the energy will start moving and transforming. Whereas for another person, even after practising it for a long time, nothing seems to happen. This simply depends on how much you own the energies are. The rigidity in all these dimensions isn't really separate, they are all interconnected. The rigidity in one dimension manifests itself into the others.

On Patanjali's path, yoga is a system where it does not matter what kind of a fool you are, what level of unawareness you are in, what kind of karmic bondage you have, there is still a way for you. If you are willing to at least bend your body, you have already broken one karma. If your forehead touches your knee, you have broken a physical karma. This is not a joke; it is quite an achievement for a person who has never done it before. This simple limitation would have increased with the time you go by. A day will come when you are totally rigid, both physically and mentally.

This is happening to everybody. Look at your own life and see how flexible you were at the age of ten—both physically and mentally. At the age of twenty, the flexibility is considerably lower. By the age of thirty, most of it has gone. Not only physically, mental rigidity has also set in very severely. Life is just a regression for most people. They are not growing, they are going backwards. Even with what little assets they have come, they don't grow. They just go backwards, unfortunately. Whatever advantage you were born with, you have not enhanced it, you have only taken it backwards.

The path is actually very simple, but because of you, because of your personality, it has become extremely complicated. The path by itself is not complicated. The complicacies that one encounters on the spiritual path are not because of the path. The complicacies are only there because of the mess that is your mind. The path is very simple, but because you are there, it becomes extremely complicated. Now if you do not sit within you. You become rigid, as if rigor mortis has set in. You need the Master's Grace to quell the madness of your mind. If you allow the Master's Grace, then the path is very simple.

If you simply sit here now, everything will pulsate with the existence. If you just sit here, your whole being will pulsate with the existence. You have kept your energies suppressed to such an extent, the mind has become so oppressive that it suppresses life to the point where nothing moves except what is needed to support the ego. Your energies are moving only to the extent of what supports the ego. When your entire being, energy rises within you, everything is dissolved. The ego knows it very well.

When all energy is cut off, the ego will feel very weak. So, it just allows the amount of energy which supports and feeds it well. If the energy becomes too much, the ego will be shattered. If kundalini begins to rise, everything will be shattered. Nothing dies in the rising of kundalini, there will be just a force merging with everything around you.

The author is a prominent spiritual leader.
www.iskashifoundation.org