Effort To Look Special is Worst of Diseases

Whether I face, any kind of situation, any kind of people, the moment I sit, I just look at them and I don’t even have to think. I just see them as a part of myself and speak to them as I would speak to myself. When you speak to yourself, you can say whatever is needed. There is no difficulty in it; there is no greatness about it. You just do whatever needs to be done.

Once there is a sense of inclusion, awareness and consciousness comes naturally. Awareness is life. Life is awareness. There is no other way to be. It is only because of exclusion that awareness has to be practiced. People are trying to be aware simply because they have excluded themselves from everything.

So what is needed is consciousness. Consciousness is not individual, consciousness is always all-inclusive. If you are conscious, everything is included. You neither need to be aware nor difficult. You need to be special function to the fullest of your intellectual capability without any hesitation.

In the Bhagavad Gita, Krishna says, “Hesitation is the worst of sins!” Very strange, isn’t it? Murder is not the worst sin. Robbery is not the worst sin. Rape is not the worst sin.

Hesitation is the worst of sins because in hesitation, you don’t live. Krishna is not a teacher. Krishna is an affirmative statement of life. He is saying that anything that is not life is the worst sin—adharma. “Don’t hesitate!” does not mean to jump into every pit that you see. Your intelligence is capable of choosing and deciding in a moment whether you need to do something or not.

People who become such exclusive characters in the world. Most of your exclusiveness, you have created unconsciously. A part of it, you have created consciously because you thought that this is the way to get attention from the world, by trying to be special. Especially in Western cultures, right from childhood, they are training you to be special. Trying to be special is the worst of diseases because once you get this disease, there is no salvation for you. Wherever you go, you have to do something stupid to prove that you are special. Isha Yoga is not about being special. It is about being extraordinary.

In the old brochures, we used to say Iskha Yoga—Ordinary to Extraordinary. People thought if they come to the programme, they would become very special. After they arrived, I would tell them, “No, you will become ordinary rather than others. Extraordinary!”

When there is no effort to make yourself special, when you are simply ordinary, you will stand out as extra-ordinary. All-inclusiveness is extra-ordinary. It is just a way of life.

When I say inclusion, it is not my philosophy, it is not something that I have made up—this is the way existence is. It is being ordinary. In the old brochures, we used to say Iskha Yoga—Ordinary to Extraordinary. People thought if they come to the programme, they would become very special. After they arrived, I would tell them, “No, you will become ordinary rather than others. Extraordinary!”

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