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SADHGURU JAGGI VASUDEV

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Is sadhana a must for enlightenment?

Enlightenment never happens. It is there; it is always there. The sadhana that you do is just to see it is there. You are not doing sadhana to construct divinity within you. All you will construct is only ego.

Everybody in the US is talking of self-development. How to develop the self? You can develop the body; that is fine. You can develop the mind; that is fine. You can develop the ego, which everybody does anyway. How can you develop the self? And if you could develop the self, better discard it, because it is incomplete stuff.

If something is already all-pervading, eternal, how to develop that?

Self is one thing that you cannot develop. And if it can be developed it is better you put it in the store room like everything else. That is why Gautama said: "You are non-self. You are Anatma". People were talking too much about atma, and then slowly it took the egg shape. So now he knew a chick will come. People will sit on it and make it hatch also [laughs].

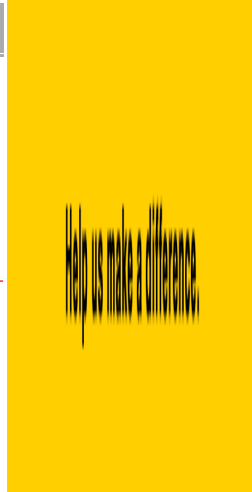
Initially they said, hell and heaven. To which he said, "There is no hell and heaven". That we also know, but it is about reaching the Divine, God. He said, "There is no God". That we also know. Our Upanishads also say we are Atma. He said, "There is no Atma". Then they said, No, no, no the consciousness! He said, "There is no consciousness". It is just that you are conscious that there is no consciousness; that is all. See, everything he demo-lished because everything that can be demolished must be demolished. That is the whole sadhana.

What is sadhana?

Sadhana is not about building something. It is not about creating divinity within you, not about becoming enlightened. It is simply there. Sadhana is just a way of opening your eyes. Sadhana is like an alarm bell. Some people need an alarm to wake them up. You know, these days kids have those new James Bond watches. In these watches there is a small knife-like object which comes out and pricks you, along with a beep sound. So if somebody is too thick-skinned then we have to really poke. The whole thing is a process of just waking up, that is all. We are just stuck to one level of reality.

Waking up to another level of reality, can it just happen?

If your involvement with this is total, you transcend it. Or you are not at all involved, absolutely no involvement with what's here, then also you see the other. These are two ways, either with 100% involvement or zero involvement. Then you become loose in the present reality. Then you see the other reality within you.

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So never seek enlightenment. The moment you start seeking you get rooted into this reality. Without seeking you must work, that is the thing. When people have nothing to get they can't be intense. That is their problem right now. That is exactly what you need to learn.

When a person doesn't seek anything but still he can act totally, with utmost intensity, and then there is a way, you know. If you seek, then something else happens; you get entangled with this, then nothing happens. If you just eliminate this one calculation — What can I get? and simply you know how to throw yourself into everything that is around you, then 90% of the sadhana is over in one stroke.

(Isha Yoga eight-day programme Mar 30-Apr 6. Introductory talk open to all, Mar 28, 7.00 p.m. at Auditorium, Institutional Area, Lok Kala Manch, Lodhi Road. Contact: 9810357857, 9818691660.)

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