

The Mind-matter Connection

Discourse: Sadhguru

Is the psychological completely divorced from the existential? Look at your own psychological activity: Where is it coming from? The information you have gathered may be partly existential, but most of it is psychological. There is scientific proof that information you acquire through the five senses, what you see, hear, smell, taste and touch, is not the way it seems. And just experientially, you can see how anytime you can create a new process in your mind, if you are willing. However, the existential is just the way it is. Nothing changes about it.

Your mind, the psychological dimension of who you are, is constantly looking for variety and so is creating something new. It has nothing to do with the existential, because the existential has always been the same. The only thing valuable in your life right now is your psychological process.

The psychological has meaning; it is like wearing clothes. Clothes cover our bodies; they also decorate us. They can be a statement of who we are. You can do a million things with clothes. But if you don't wish to, you can simply discard them.

The psychological has nothing to do with reality. So, does the psychological have any value? This is like asking if your clothes have any value. As long as you are alive, as long as you live in a society, they have value and meaning, depending on the context. In public, the kind of clothes I wear would have a meaning. If I am in the middle of nowhere, in a desert, whether I wear clothes or not has no meaning. The psychological is like that; it has contextual meaning. If you want to be in a certain place, you need to maintain your psy-

chology in a certain way. So in that context, the kind of psychological process you carry within you right now is important.

The psychological process is your creation. The existential is the Creator's creation. You cannot exist here without the psychological, so enjoy it. But if you get lost in the psychological, then you will completely miss the existential. If you get enamoured by your own creation, you will totally miss the Creator's creation. The existential is not your doing; it is simply there. But the psychological is your creation, so you can make it happen the way you want it. It can be a 100 per cent conscious process.

If what happens in the mind sphere is your conscious choice, then, it is a beautiful garden. It has nothing to do with the existential. But you can use the psychological as a stepping stone to either lunacy or freedom. You can use it to become compulsive, or to become conscious. It is a device of your making, so you must make it the way you want it. And the process being a conscious one, you would not create anything other than blissfulness for yourself. On-

ly when you are blissful by your own nature—that is, you are no more an issue of any kind—you can deal with the issue of existence. Only when your mind is free of fluctuation will it be capable of reflecting reality the way it is.

Seven-day Inner Engineering programme starts with free intro on June 9 and 30, 6.30 pm, Prabhadevi and Ville Parle. Call 9820866227, 9987578984.

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