When The Sky Begins To Speak To You

Sadhguru Jaggi Vasudev

When the sky begins to speak, it is the time for all life to listen. Before human beings constructed buildings that separated them from the elements, they would have experienced the rains on another level of intimacy and intensity altogether.

Powerful experience

For me, rain has always been a powerful spiritual experience. As a child, the first drops of rain falling upon me after a long summer spelled ecstasy. Later, when the mystical dimension opened up in my life, the rains took on an even deeper significance. Even now, if it rains, I make sure I go out and get soaked.

For those who lived outdoors or had to produce their own food, "Will it rain today?" would have been one of the most important questions of their lives. Even today, despite the brutal force of jet power, no pilot will ignore a storm. So, if you are connected with the outdoors in any way, you are always particularly alert to the possibility and implications of wet weather.

Significance of rain

What makes the rains so significant? The contact between earth and boundless space always exists, but during the monsoon this transaction deepens. The earth grows more receptive, more alive, entering into a profound and intimate embrace with the rest of existence. But it is also possible for human beings to use this time of heightened natural receptivity for their own spiritual benefit.

Over 70% of the human body is water. This means you are actually a water body! When you are dry, you seldom realise that. When you are wet, you know that. So, the rains are a wonderful opportunity for you to deepen your connection with the natural world and experience your kinship with the element of water.

Deep connection

Rain is an opportunity to recognise your integral connection with the universe. You were traditionally encouraged to take a dip in the pond or tank before you entered the Indian temple. Water does not merely cleanse your body; it cleanses you on other levels as well. When you enter a consecrated space with a wet body, your powers of perception are hugely enhanced and you are more easily connected to its sacred possibilities.

A large lingam is a subtle energy body with all seven chakras operating at their optimal capacity. This specially consecrated energy form is capable of sowing the seed of liberation in anyone who sits in its precincts. It is a charged space, but it is subtle. So, your ability to experience the lingam is enormously augmented by taking a dip in a water tank, particularly if it is energised by a rasa linga like the one at the Isha Yoga Centre in Coimbatore.

The five elements

The human body and the larger cosmic organism are made up of just five elements - earth, water, fire, air and space. So creation is the magical play of five simple ingredients or pancha bhutas. Whether you desire individual wellbeing or the bliss of union with the universe, you need to enter into a certain harmony and alignment with these elements, because these are the building blocks of your physicality.

Rain is seasonal. Cosmic grace is certainly not seasonal. But it is possible for every spiritual aspirant to make use of the tremendous transformative possibility that the monsoon offers. A profound dimensional shift occurs if you are able to perceive that it is actually "you" raining upon "yourself". After such an experience, you will never be the same again.

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