Nonphysical energy which "lubricates" our passage through existence

Sadhguru speaks about ojas - a nonphysical energy which "lubricates" our passage through existence, so that life happens effortlessly.

Sadhguru: The three main processes which must happen to keep the physical body going are respiration, ingestion, and excretion. Even if you have no thought and no emotion, you can still go on. But respiration, ingestion, and excretion must happen to keep the physical body going. All these three things are mainly assisting in converting one form of physical matter into another. For example, agriculture means you make mud into food. Digestion means you make food into flesh and shit. These are all different processes where you are converting one form of physical existence into another. You eat a carrot; you make it into a human being. Tremendous job, isn't it? Eating is not a simple thing. You eat a simple vegetable and transform it into a human being. If it goes by the evolutionary scale, it must take ten million years. In one afternoon, you are doing it. It is not a small phenomenon. Without understanding the significance and the miracle of what you are doing, you are going on.

If you understand and if you really experience the miracle, that you are converting simple things like water and food into a human possibility - it is a tremendous job that you are doing. So converting one form of physical existence into another is a natural process which is always happening in you. This is nature.

If you go by the laws of physical nature, then naturally, self-preservation - the main instinct and the main process. All these three things - respiration, ingestion, excretion - are also connected with self-preservation. If self-preservation is happening well, then the next immediate thing that the physical existence demands is protection. But that is also self-preservation - preservation of the race. So, even protection becomes a secondary level of self-preservation. So, the physical knows only self-preservation - and that's good. If the physical, did not have any sense of self-preservation, you wouldn't exist.

Beyond Boundaries

Now you want to cater to a higher dimension within you. There is another part of nature in you which wants to expand, which wants to become something else, which is not willing to settle for the limited. It wants to become boundless. The boundary is always of the physical. Physical means always between two boundaries, isn't it? Nonphysical means no boundaries. So moving from the physical to the nonphysical also means moving from the bound to the boundless. To move from bound to boundless, you don't have a vehicle. Right now all that you have is physical. So you are trying to create a vehicle for yourself which is nonphysical, but can still retain a certain form. Ojas is that dimension where you generate a nonphysical energy, but still it has its own individual form. So that is used as a vehicle.

If you create sufficient ojas around you, your passage in this existence will be well lubricated. You will see life happens effortlessly for you. When you go, you go more smoothly. So much turmoil may be happening around you, everybody is going through the turmoil, but sometimes your passage is always clear. You keep going. Once you are like this, you can take violent risks in your life, you know. Recklessly, you can live. At least other people think you are reckless, but you know where you are going so there is no hassle about it. You can live in such a way that other people think you are superhuman, simply because you have well-rounded ojas hanging around you. Your passage is well lubricated in the existence.

In the Far Eastern cultures, an enlightened person may experience frustration in their quest for the Ultimate. He tells us how one can pursue spirituality without creating unnecessary difficulties for oneself.

Sadhguru: Spirituality is not difficult. It is just that there is a certain sublimeness to it that people are unable to get. The hopelessness of it is that the very effort that you make to dissolve, is also karma. You will not grow unless you create a desire, "I want to grow, I want to reach this." At the same time, if the desire goes on, that itself is karma - it goes on creating new karma. However, if you can reach a state where you handle life with great involvement and intensity, and still don't have a hoot about it, then it's very easy. You must be deeply involved, you must do things like your life depends on it, but actually it should not matter at all. Whatever you do, it must be just the way the situation demands; nothing more, nothing less. The moment it matters to you, you become a vested interest. Whether it is for satisfaction, happiness, money, or because you want to go to heaven, the moment you do it with some purpose behind it, you become a vested interest. The moment you become a vested interest, there is no spirituality in you.

People talk about, "Don't expect the fruit of the action," and they misinterpret it as, "The result does not matter." The result does matter. When we do something, we do it so that it works, isn't it? When you perform some action, you think about it and constantly apply yourself so that it works. It is just that it personally does not matter. You neither gain nor do you lose from it. You do it if the situation needs it. If it is not necessary, you just roll back everything and sit quietly. Once you have this freedom within you, then, karma becomes a conscious thing.

If you have to know a very deep area of involvement with something that does not mean anything to you, it can happen only when there is no fear of entanglement. For this to happen, either you must be crazy, or you must be drunk with blissfulness, or you must have fallen so in love with something that nothing matters. Without one of these three qualities, it is difficult to do something with great intensity and still not be bothered about what it is.

Sadhguru. V. Vasudeva is a contemporary mystic rooted in strongly in worldly and pragmatic matters as he is in inner experience and wisdom. Named one of India's 50 most influential people, he has addressed prominent global forums on issues as diverse as socio-economic development, leadership and spirituality. He has served as delegate to the United Nations Millennium Peace Summit and the World Peace Congress and has been a special invitee to the World Economic Forum (2006-2009), the Australian Leadership Retreat (2006) and TED (2009).

His interviews are featured in The New York Times, BBC, Bloomberg, CNN and CNBC. He is the author of several books and co-author of the Amazon Bestseller "Midights with the Myths". His public talks frequently draw crowds of over 300,000 people. Founded by Sadhguru, Isha Foundation is a non-religious, non-profit organisation with over 200 centers worldwide and over one million volunteers. Isha Foundation offers Inner Engineering Online - a practical approach for inner transformation in a fast paced world. The course designed by Sadhguru presents simple, yet powerful tools for an individual to experience life on a deeper level with more awareness, energy, and productivity. This program is an ideal opportunity for those with time and travel constraints to experience the same profound effects of the traditionnal Inner Engineering program, which has impacted millions of people over the past 25 years. To learn more, visit the free Introductory Talk, or to register visit www.InnerEngineering.com

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