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Yoga

• **Destiny**

You don't know who is driving your car. It is always you. But if it crashes you would like to believe it is because of someone here or beyond. Destiny is something that you have been creating unconsciously. You can also create it consciously. You can rewrite your destiny. All that we are doing in the form of spiritual process is just that. You decide where you want to go, taking the next course and destination. It is in your hands.

If you can touch that core in you, if you can for one moment, experience that the source of creation is within you and shift your whole focus to yourself, you can rewrite your own destiny. All the time your focus is scattered, because what you consider as 'myself' is your house, your car, your wife, your child, your pet, your education, your position, your power and your other identities. If I strip you of all these things, including your body and mind, which are just accumulations, you will feel like a nobody, yes or no? So what you call 'myself' is spread around you right now.



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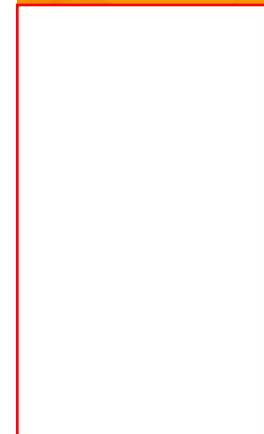
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When I say 'you', it is you, not this carpet, not this wall, not your child, not something else. When I say 'you', it's just you. If it shifts to this, you can rewrite your destiny whichever way you want. Right now, what is 'you' is spread out; you are a scattered being. You're not an established being; you are a scattered being. You still have to gather all this mess, put it aside. Then it becomes you. You still have not become you; you are a crowd, isn't it? The crowd's destiny is always predestined. Once you become an individual – individual means, it comes from 'indivisible'. It cannot be divided anymore; it is this. It cannot be here and there. Once you become a true individual, your destiny is yours. I want you to understand this. Why in the spiritual process people who are in a hurry for spiritual growth are not getting into marriage, children and relationships, is because the moment you have a wife or a husband, you cannot help it, 'me' gets identified with the other. Otherwise, they will not let you live, isn't it? Once you get identified with things that you are not, when that which you accumulated becomes you, in your experience, you get scattered.

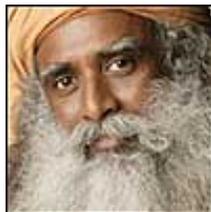
That is how deep the bondage with the body is. It is the source of all attachments. You don't have to go on searching for non-attachment somewhere else. You don't have to go about distancing this and that in your life, but once you get scattered, your destiny becomes predestined. Whichever way your karma, it just goes that way. If you become an individual, the significance of Sanyasin or Bhramhacharya is just this: shifting your whole focus to you. When I say 'you', it is just 'you', not even your body or your mind. If you are unable to be like that, you just choose one more identity. When you say 'you', make it 'you and your 'Guru'. You attach yourself to the Guru without any hesitation, because you have no entanglements from the other side. You can get as entangled as you want with him; he is not going to get entangled. The moment you are ripe, you can drop it. With other relationships, it is never so. If you get entangled, even if you want to become free,

the other will not let you go. Either you can rewrite your own destiny or, if such awareness does not come, we can very easily rewrite destiny if you can just give yourself to me. So don't worry about the predestined thing. You just create a longing to grow, to dissolve, to know. What has to happen will happen. Why are you worried about all those things?

Once you become an individual, your destiny becomes yours. If your destiny is in your hands, will you choose bondage or freedom? What would you choose? Freedom, because the very longing of life, the deepest longing of every life is to become free, to become free from the very process that we refer to as life or death, to become free from that itself. So once your destiny is happening in awareness, the next step will just happen by itself, because life within you has the intelligence to choose freedom, not bondage. Only because your destiny is being created in unawareness, you go about weaving bondages around yourself.

Sadhguru Jaggi Vasudev

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Sadhguru Jaggi Vasudev is a realised master, Yogi and a profound mystic of our times. Sadhguru developed Isha Yoga - Yoga of the Divine, a scientifically structured programme, as the vehicle to transmit a deep experience of the Self that changed his life completely about two decades ago.

Belonging to no particular tradition, Sadhguru incorporates what is most valid for the modern seeker. Isha Yoga flourishes today as a spiritual science for hundreds of thousands of initiates around the world.

An accomplished poet and an author of several books, his latest book - '[Mystics Musings](#)' - is one of the most candid unveiling of the mystical dimensions of life.

Isha Foundation, founded by the Sadhguru, also administers the Dhyanalinga multi-religious temple and meditation shrine, an ashram, and a yogic hospital at the Isha Yoga Centre, located on 50 acres at the foothills of the Velliangiri Mountains, 30 km from Coimbatore.

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