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Yoga

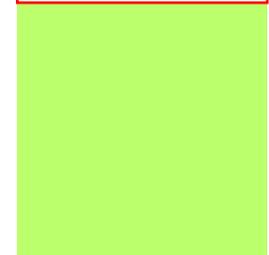
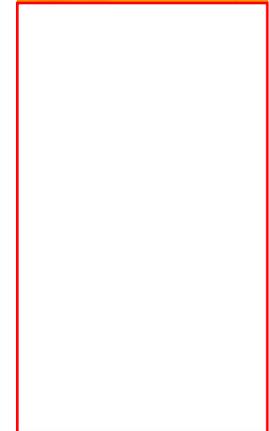
• From stagnation to stillness

Stagnation is a certain disease. It is anti-life. Stillness is a tremendous amount of life not manifesting itself in any way. It is just there – potent. That is God. God is stillness, not stagnation. The mind is stagnation. Sadhana is a force which moves you from stagnation to stillness, but between stagnation and stillness, when they are together, there seems to be very little difference, since your logical mind only understands in terms of moving and not moving. Not moving is stagnation, but stillness is also not moving. This non-movement, you may call it stillness or stagnation because it's purely subjective.



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If you look at it objectively, stillness and stagnation are about the same. Physically, they could be seen as about the same, but qualitatively they are worlds apart. A person who is meditating and a person who is sleeping may look about the same. One is sitting and sleeping, another is lying down and sleeping, that is all. For a person who doesn't know the difference, that's all he sees. Have you seen with how much sarcasm people look at meditation – those so-called dynamic people of the world? They think it's for people who don't even know how to sleep.

Externally, there may be no difference between stillness and stagnation. Internally, there is a tremendous difference. From stagnation to stillness, from ignorance to enlightenment, that's the difference. In a way, it is the same thing, only the quality has to change, that's all.

But how can you know the qualitative difference when you're drowned in ignorance? This is why the movement of sadhana has to go in full circle. Depending on how stupid a person is, that is how long the sadhana has to be. Physically and mentally, push yourself to the limit and see what is there. If you stop for every little discomfort, you will never know what it is. Just push yourself to the limit. Physically, mentally, emotionally, in every way push yourself to the last point, either you must go mad or you must get enlightened, that's all there is; and we will not allow you to go mad, don't worry.

That is why I keep asking you, "What is your priority? What is it? You have to increase it." Every time I ask that question, you have to push it up one more notch. To the point of discomfort you have pushed, but don't let up, push it up one more point and yet another point. It has to be pushed to the ultimate, to the optimum. Only then can the mind dissolve by itself. You don't have to do any other sadhana.

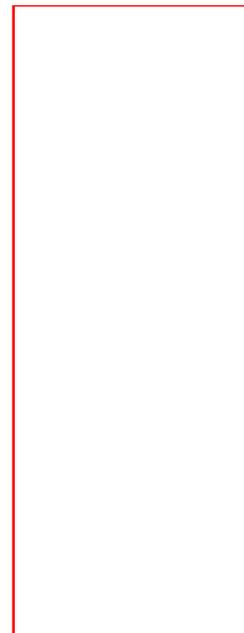
This is the only sadhana needed. All other activity in the form of sadhana is just to get this one thing done. Make it in such a way that your sankalpa is unshakeable.

Why someone is asked to go and live in the Himalayas for 12 years is not because if they live in the Himalayas the rocks could give them enlightenment. It is because he is even willing to waste his life for 12 years, with all kinds of hardship, just to seek Truth. If that kind of sankalpa has come, that man is very close. In a way, it is like literally wasting your life. When the whole world is eating well, drinking well and enjoying themselves, you are sitting there in the cold and chanting, "Shiva, Shiva, Shiva," knowing nothing might happen.

If you live there for long enough, you may come to know. Shiva probably will not come and bail you out. When you're hungry, you're plain hungry. When you're cold, you're just cold. You know it may turn out to be hopeless being there. In spite of that you stay, because the most important thing in your life is something else. When that sankalpa comes, it does not take 12 years. In one moment, it can happen. Nobody needs to wait for 12 years. This can be the moment. It is because you don't use this moment that you have to wait for the next one. This is always the moment. Are you going to tighten it up, or every time discomfort comes, will you think, "Oh, this is not for me." It is definitely not for you if this is so. I am not saying the path is difficult; it's just that you make it difficult. The path is not difficult. It is very simple. If you are simple, it's very simple. If you are all wound up, the path is very, very winding. That's all it is.

This moment, when you're very simple and at ease, life is very simple, isn't it? When you're wound up, just see how complicated it is. Don't become all wound up. There is enough nerve-racking past in you, which is already in knots. Don't create new knots now. The old knots are already causing a lot of pain, causing a deep pit inside, which is eating you up in many ways. Some of you have become aware of this, and some are yet to become aware of that, but it is there in every human being. There is one empty pit within you which just eats you from inside. That is enough, isn't it? Don't create more now. What you have created in the past is enough. Many lifetimes of opportunities have been wasted, but this one need not go to waste too. Those of you who feel the urgency, please go on unrelentingly. To those of you who think, "Anyway, another 10,000 years are there, no problem," I am saying, "Why only 10,000? There is a whole eternity ahead of you. There is no hurry. After all, what is wrong with life?" When I say it, it may look like a curse, but it is not a curse. I am saying, in this situation, when the energies are high like this, if you don't make use of this situation and me, if you don't see this, well then...

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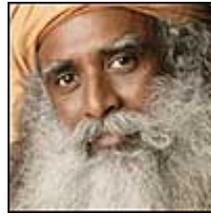
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Sadhguru Jaggi Vasudev is a realised master, Yogi and a profound mystic of our times. Sadhguru developed Isha Yoga - Yoga of the Divine, a scientifically structured programme, as the vehicle to transmit a deep experience of the Self that changed his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