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### Yoga

#### • To exist without anger

It doesn't matter how much people preach "don't get angry", when certain situations arise you will get angry. I want you to understand this. It does not matter what kind of human being you become, even if you become a super human being, you will never have absolute control over the external world. Whether it is your institution or your family or the world, you will never have total control over the external situation.



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But you can have total control over the internal situation. Emotional states you call as anger - what you call as hate, as lust or as compassion and love - from the lowest to the highest - are certain types of expression of the same energy.

Now, why you are asking if without anger you cannot exist is probably because your anger is the most intense situation you have experienced in your life. Unfortunately, for most people, their fear, their anger, their hatred are the most intense situations in their lives. Their love is never so intense, their peace is never so intense, their joy is never so intense, but their negativities are intense. So, they experience power in negative situations.

But if you transform your energy in a certain way, it naturally becomes compassion and love - then nobody needs to teach morality. And slowly, as this process goes further, you reach the pinnacle of self-awareness and experience a unity with all life.

Suppose you start experiencing yourself as part of the people around you; after that there is no one need teach you to be good, don't harm, don't kill. Once you experientially are a part of everything then nobody needs to teach you morality. Then you can do something for the situation, but without anger. What you have to do, you do. But when you do it with anger and hatred it is of no value - whatever you do.

The whole process of Yoga is based on this. A day will come when even if you are put into the most extreme situation, your energies will remain very calm. How you respond will depend on the situation you are in, who you are, what your capabilities are, and what means you have. When you act out of unity with all life, you act without identity. Only then can you function out of your intelligence.

Yoga means to cultivate your energy in such a way that gradually it breaks the physical limitations and elevates you to the highest level of awareness, the flowering of human potential.

**Sadhguru Jaggi Vasudev**

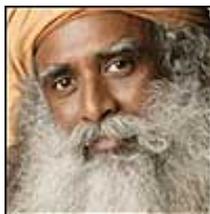
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Sadhguru Jaggi Vasudev is a realised master, Yogi and a profound mystic of our times. Sadhguru developed Isha Yoga - Yoga of the Divine, a scientifically structured programme, as the vehicle to transmit a deep experience of the Self that changed his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