



Let us say all that you are seeking is to go to [Kedarnath](#) right now. Somebody is driving; the roads are laid out. If you came alone and there were no proper directions, definitely you would have wished, "I wish there was a map to tell me how to get there."

On one level, a guru is just a map. He is a live map. If you can read the map, you know the way, you can go. A guru can also be like your bus driver. You sit here and doze and he will take you to [Kedarnath](#); but to sit in this bus and doze off, or to sit in this bus joyfully, you need to trust the bus driver. If every moment, with every curve in this road, you go on thinking, "Will this man kill me? Will this man go off the road? What intention does he have for my life?" then you will only go mad sitting here. We are talking about trust, not because a guru needs your trust, it is just that if there is no trust you will drive yourself mad.

This is not just for sitting on a bus or going on a spiritual journey. To live on this planet, you need trust. Right now, you trust unconsciously. Let us say you are sitting in a bus, which is just a bundle of nuts and bolts and pieces of metal. Unknowingly, you trust this vehicle so much. Isn't it so? You have placed your life in the hands of this mechanical mess, which is just nuts and bolts, rubbers and wires, this and that. You have placed your life in it, but you trust the bus unconsciously.

The same trust, if it arises consciously, would do miracles to you. When we say trust, we are not talking about

anything new to life. To be here, to take every breath in and out, you need trust, isn't it? Your trust is unconscious. I am only asking you to bring a little consciousness to your trust. It is not something new. Life is trust, otherwise nobody can exist here.

So, if you can draw your own map, if you can drive your own bus, that is wonderful. But on an uncharted path, if you go without a map, it may take lifetimes to find a certain place. It may take lifetimes to cross. If you go with a map, you will cross easily. If you go with a good bus driver, you will cross very easily; that's the difference. It is not that you can't do it yourself – you can. We don't know how long it will take. That is the question.

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**Register Now!**

Sadhguru Jaggi Vasudev is a Realized Master, Yogi and a profound Mystic of our times. Sadhguru developed [Isha Yoga](#) - Yoga of the Divine, a scientifically structured program, 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 Sadhguru also administers the Dhyanalinga multi religious temple and meditation shrine, an ashram, and a yogic hospital at the Isha Yoga Center, located on 50 acres at the foothills of the Velliangiri Mountains, 30 kms from Coimbatore, India.

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