



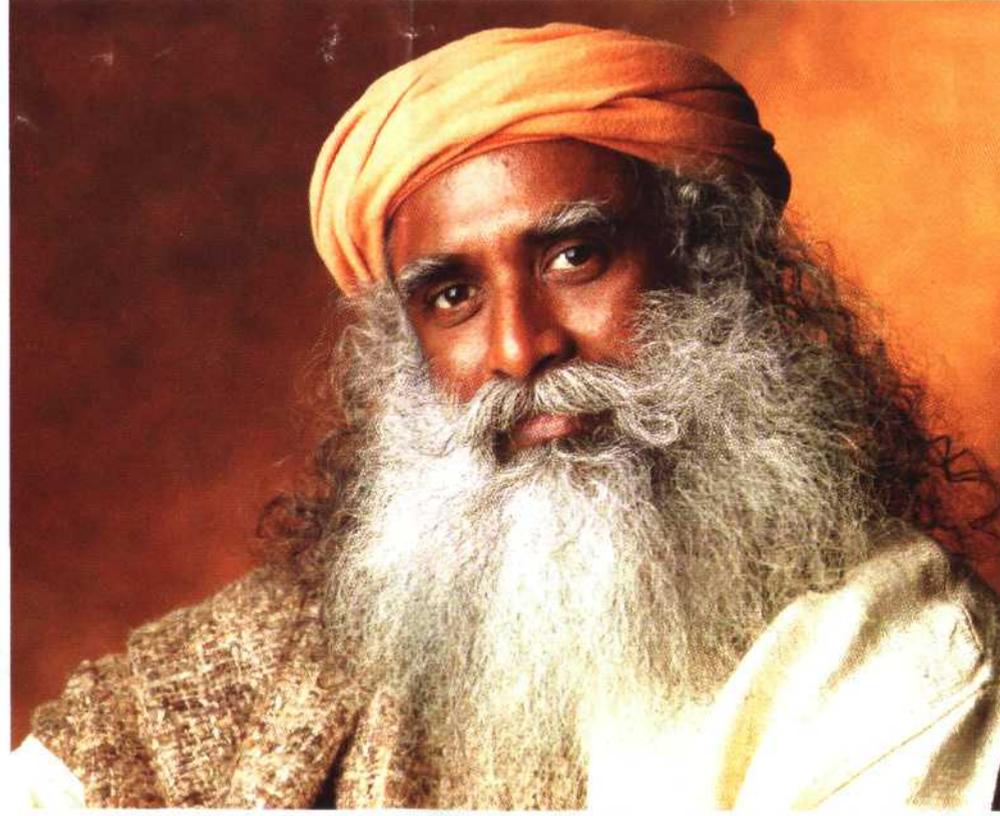
# What is life and how should it be lived?

**E**ach individual has his own understanding about life. For some, to eat and drink is life. For others, building a good house and having children is life. For some, attracting the world is life. So people think in different ways as to what life is. Now some are married, some have children, some have property, and yet there is no happiness in their life. Whatever they thought life was all about, they are not happy even after they got it. Moreover, whatever they created for their happiness is slowly taking away their life. They got diabetes, blood pressure and other such bodily and mental disturbances in the process of seeking a life they wanted. Whatever you created for your own convenience; eventually has led you nowhere; you have lost your life, isn't it? Because there is some happiness in what you have created, you stay; if it becomes a complete problem, you'll come out of it.

This is like the man who lived in a forest. A tiger came behind him, he started running. There were so many thorns and stones on the way, but somehow he ran. When he was running, a fire started in the forest. He had to run amidst the fire. If he

kept his legs down, it was burning hot. He could not stop, as the tiger was behind him. Now he almost fell into a river. As he fell, he caught hold of the root of a tree. He was hanging there. When he looked down, a crocodile was opening its mouth. When he looked up, the tiger stood snarling. Somehow he was managing in-between, holding on to the root. On one end of it was a white rat and the other end a black rat, both biting the ends of the root. There was a honey hive above from where the honey was overflowing and falling into his mouth drop by drop. You are leading a life like this.

The crocodile with its mouth wide open, symbolizes death. The tiger stands for life. The black and white rats are night and day. As they progress, the rope is going to get cut and you are nearing the crocodile's mouth. Now and then, a drop of honey falling into your mouth makes you happy and in this happiness, you forget death. When the drop of



honey falls into your mouth, you imagine everything is fine- it is not so. The marathon of life never stops; your legs have not escaped the heat. When you know that this is meaningless, spiritualism

automatically sets in.

See, you are stuck in the material world. Your husband, your wife, your children, your property, your food - all these are material things, aren't

they? There are many ways to realize beyond the material world. There is energy which is immortal, it has not begun anywhere nor will it end anywhere. Do you think being associated with material things is more intelligent or communion with the energy beyond material things is more intelligent? If you experience life beyond material things, whether to go into spiritualism or not is not a question anymore. How else can you live? Either you live a dreary life, or you live a spiritual life. How else to live?

*To be continued...*

**Sadhguru is a Realised Master, Yogi and profound Mystic of our times. A visionary, Sadhguru asserts that peace and happiness are not the ultimate goals of life, but the most basic needs in every human being. He developed Isha Yoga as a powerful method for individual transformation leading to human emancipation. A glimpse of his life and work can be found in the books of *Encounter the Enlightened and Mystic's Musings*. For more details visit [www.ishafoundation.org](http://www.ishafoundation.org)**