



Untie Those Knots.

By Sadhguru Jaggi Vasudev

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Most people don't know how to handle their life here. Do you see this in the world? Why are they pursuing life after death? What is the point?

Anything that is not in your experience, there is no way to understand and analyze. This needs to be extremely clear to every individual. People are always trying to understand life after death. You cannot understand anything which is in a different dimension than you are right now. The whole effort is to move to a different dimension. If that needs to happen, first you must stop understanding. You have to see that you cannot understand, and that there is no need to understand. It is the experience which takes you out of this dimension.

If you try to understand a flower, what will you understand? In your attempt to understand it, maybe you will pull it apart petal by petal. But you will understand nothing. Maybe you will know the chemistry of it. Maybe you will analyze everything and then you will conclude everything is proton, neutron, and electron. All that is fine, but you will not know anything about the flower.

Now people are trying to deliver spirituality as an understanding. Understanding is needed about how you are bound, that's all. You cannot understand the other dimension. See, people are always talking about how God is, how heaven is. This will not lead you anywhere except to hallucinations. The only thing that you need to understand is how you are bound to your limitations. If you understand this and free yourself from those bondages, where you have to go you will anyway go.

If I talk about the sky, it's no use. What are the ropes which are tying you down to the earth? That is all that matters. Your business is with the ropes that are tying you down, not with the sky. If you untie these ropes, you will anyway reach the sky. When you reach there, only then you will know what the sky is. Till then, whatever you think about it, whatever understanding, whatever analysis you make, is coming from the limited dimension of where you are right now.

There is no way to understand that which is beyond your present level of experience. So the Guru's work is to help you to untie the knots with which you are binding yourself, and to show you where the knots are. And if you untie them and you're ready, you are on the edge; maybe just with one knot left, then he can push you. If he pushes you when you have ten ropes tied down then it will damage you. He can push you only when everything is broken and just one single thread is hanging. Then he can push you. He can afford to push you because you will not break, only the thread will break. With Yoga, you can mature the body, mature the mind, and mature the energies so that slowly, these bondages and ropes that we are tying around us gradually are broken down. A moment comes when all you need is a Whoop! You will go.

For more information about Sadhguru, please visit www.ishafoundation.org

Sadhguru Jaggi Vasudev is an international speaker, author and peace advocate with profound spiritual and cultural insights on health and human potential. He addresses over 500,000 people annually at his public forums. Sadhguru is a realized master and yogi who has practiced yoga since age 13 and authored four books on the essential nature of yoga. Sadhguru has synthesized the science of yoga into a dynamic program that allows people to restore and maintain optimum health and inner balance.

Through his books, columns, articles and interviews aired and published in a host of international media, Sadhguru is considered an authority on yogic science whose teachings help people gain an inner understanding of the issues and events that happen to themselves and the world around them.

Sadhguru is founder of the Isha Foundation, a non-profit organization advancing physical, mental and spiritual health through yoga and self-transformation. The Foundation administers over 100 yoga centers, an ashram, residential complex and medical center in India, and conducts public programs around the world. His humanitarian initiatives for world peace and his outreach programs for Tsunami relief, prisoners, children and Action for Rural Rejuvenation in India are examples of his determination to improve the human condition for all people.

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