

From Stagnation to Stillness

By Sadhguru Jaggi Vasudev

(The regular Q & A with Sadhguru will resume from next month)



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.

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 twelve 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 twelve 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 twelve years. In one moment, it can happen. Nobody needs to wait for twelve 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 ten thousand years are there, no problem," I am saying, "Why only ten thousand? 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...

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.

Disclaimer: The views and opinions expressed in these columns are solely those of the writers and do not necessarily represent those of the editor/publisher.

Archives:

- [*Sadhguru Speaks September 2007: Spirituality and Economics, Q & A with Sadhguru; Transformation through Isha - A Man's Journey*](#)
- [*Sadhguru Speaks August 2007: Terrorism is the result of a non-inclusive society; Q & A with Sadhguru*](#)
- [*Sadhguru Speaks July 2007: What Role Does Spirituality play in World Economics?: Q & A with Sadhguru*](#)
- [*Sadhguru Speaks June 2007: Sadhguru Speaks at TieCon 2007; Q & A with Sadhguru.*](#)
- [*A DIRECT LINK TO SADHGURU'S KEYNOTE ADDRESS AT TIECON 2007.*](#)
- [*Sadhguru Speaks May 2007: Inner Engineering; How Do we Deal with Growing Violence? and a Q & A with Sadhguru*](#)
- [*Sadhguru Speaks April 2007*](#)

Other Articles featuring Sadhguru Jaggi Vasudev:

- [*An Interview with Sadhguru Jaggi Vasudev by Kavita Chhibber*](#)
- [*February 2007 Words of Wisdom - Sadhguru Jaggi Vasudev on Science and Technology*](#)
- [*March 2007 Words of Wisdom - Sadhguru Jaggi Vasudev Q & A*](#)
- [*January 2007 Words of Wisdom - Sadhguru Jaggi Vasudev Q & A*](#)
- [*December 2006 Words of Wisdom - Sadhguru Jaggi Vasudev: "Good and Bad Divide the World"*](#)
- [*August 2006 Words of Wisdom - Sadhguru Jaggi Vasudev's "Allergic to Spirituality"*](#)
- [*February 2006 Words of Wisdom - Sadhguru Jaggi Vasudev: "Conflict Between Religions"*](#)
- [*October 2005 Words of Wisdom - Sadhguru Jaggi Vasudev: "True Happiness"*](#)

All Material © Copyright Kavita Chhibber and respective authors