Change and the World Will Change with You

If you don’t know how to be well, what well-being will you bring to the world? If you don’t know how to be joyous, if you don’t know how to be peaceful, if you don’t know how to be ecstatic, whatever you do in the world, you’ll only spread your misery around; that is all that is happening right now. If individual human beings are not well, no society is going to be well.

By Sadhguru Jaggi Vasudev

I’m not interested in the well-being of the society because society is a big lie. Where is society? I only see individual beings and only the individual can grow. Each one of us is enormous and tremendous in our own way, each one unique.

“Oh, if we think of ourselves are we not selfish?” These are the ‘good’ people talking.

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If you do not even know how to keep this little person happy, are you going to make the world happy? These are miserable people with good intentions, and they’re always keeping account of all the good deeds they do, they’re hoping the accounts are properly kept in heaven, and one day they will go there because of all their good deeds. I just heard that the computers in heaven have crashed and they lost all the data (laughs).

If as individuals you are rotten and yet you go on tinkering with the society, you’ll have only empty rules and empty morality. The world is full of that; the world is full of the highest morals but look at the immoral ways in which people are living. With morality the world has not become clean. It has become dirty. Only because of morality has the world become filthy.

This is all because people are thinking of social well-being and not individual well-being. If you know how to be well within yourself, this wellness will grow into society. If you don’t know how to be well, what wellness will happen in the society? If you’re a sick person, will you make the society well? You’ll only go on to spread your sickness in the world; nothing else will happen.

That is why in Isha yoga, the approach is "I am willing to change. I am not looking forward for the world to change. I am willing to change." When you say I am willing to change, it’s a huge revolution - a silent revolution. We don’t have to shout slogans, we don’t have to slaughter people, we don’t have to throw stones at each other, but very quietly the world will change. Your homes will change; your offices will change even if a little bit of change enters you. That’s the only way well-being will come into the society.