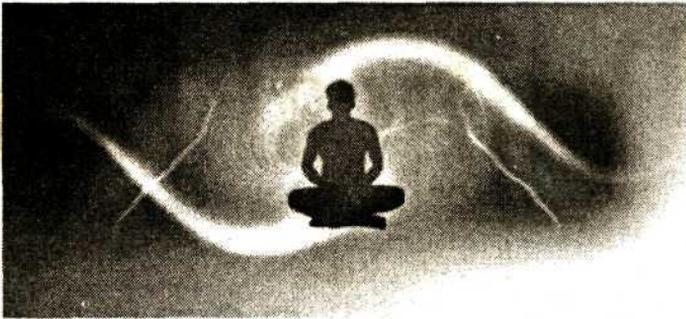


## Bliss



# What is Life and How Should it be Lived?

By Sadhguru Jaggi Vasudev

Each 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 is life. 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 taking their life. They got diabetes, blood pressure, everything in all this. Whatever you created for your own convenience; in all that, 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 so 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 remained hanging there. If he looked down, he could see a crocodile opening its mouth. If he looked up, he could see the tiger was opening his mouth. 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 were 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 opening its mouth - that is

death. The tiger - that is life. The black and white rats, they 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 but it is not so. Always the running is there; your legs have not escaped the heat. When you know that this is stupidity, spiritualism automatically comes 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 realise beyond the material world. There is energy, which is immortal, it has not begun anywhere nor will it end anywhere. Do you think being with material things are more intelligent or beings with the energy beyond material things are more intelligent? If you experience life beyond material things, then whether to go into spiritualism or not, is no longer a question. How else can you live? Either you live a stupid life, or you live a spiritual life. How else to live?

*A yogi, mystic and visionary, Sadhguru is a spiritual master with a difference. An arresting blend of profundity and pragmatism, his life and work serve as a reminder that yoga is not an esoteric discipline from an outdated past, but a contemporary science, vitally relevant to our times. Probing, passionate and provocative, Sadhguru's talks have earned him the reputation of a speaker and opinion maker of international renown.*

*Isha Foundation, founded by him, is an international, non-profit, humanitarian organization founded by Sadhguru, dedicated to enhancing physical, mental and inner well being of all people.*