

Bliss



Stress is not Because of Work

By Sadhguru

When I first landed in US a few years ago, the one word that I heard everywhere was stress management. Why would anybody want to manage their stress? I can understand if you want to manage your money, your business, your family, your property. But why would anybody want to manage their stress? It is because you have established a whole culture of believing that stress is a part of your life.

Stress is not a part of your life. It is not the nature of work that you are doing which is causing the stress; it is just that you have no control over your systems. You don't know how to function smoothly within yourself. That is why you are stressful. Have you seen, in many situations, one person would be very stressed out and another person would go through it effortlessly? So stress is not arising because of the situation. Stress is arising due to your inability to manage your inner situation. If your mind, your body and your energies could take instructions from you, and behave the way you want them to behave would you make yourself stressful, no matter what's happening around you?

You are making yourself stressful because you have not kept a control over your fundamental faculties within you. Carry out an experiment. Keep your palms facing down and breathe deeply you will see breathing will happen in one way. If you turn them around, face them up and breathe you will

notice your breathing will happen in a different way. If your palms are facing down the maximum expansion and contraction will be in your diaphragm. If you turn them over it will be higher up, in the chest. So just by turning your palm over, the very way you breathe changes. This is not just about your breathing, the very way your energies function in the body changes.

The vehicle that you are traveling with through this life is your body and mind. Your

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body, your mind, your emotions, and your energies - these are the vehicles with which you are traveling through your life. Without any understanding about it, without any control about it, without any subjective experi-

ence about it you are trying to live your life; it is an accidental existence. When you exist accidentally, and then if you manage to get somewhere in life it would be an accident. So you need to do something about this, you need to get a grasp of your body, mind, emotion and energy. If this does not happen you will live life by accident. You will always hope the situations will work out well. If you are seeking to expand the scope and play of your life, if you are seeking challenging situations, then you have to do something about the way you function. Challenging situations means you want to face situations that you have no clue about. If you are going to get stressed naturally you will avoid those situations. When you avoid those situations you will naturally avoid all the growth possible for your business and for yourself.