The Insufficient Step to Spirituality

By Sadhguru

I f you want to know something beyond what you are right now, then you must know that the way you are right now is not sufficient. Unless there is a strong sense of insufficiency, you will not seek anything bigger than what you presently are. You will not seek for anything with great intensity. If you go on telling yourself 'I am great', 'I am wonderful' like a lot of personal enhancement teachings tell you, you will feel you are just on top of the world. We often tell our children, 'You are great, I love you' or 'don't worry; everything is fine'. This is just sheer nonsense. It is just a way of enshrining your limitations.

Why does somebody have to tell you that you are great, for that matter why do you have to tell yourself that? Because there is a sense of insufficiency, am I not right? If you are feeling insufficient, I personally think it is a good thing. Only when you strongly feel a sense of insufficiency, you will long for something big to happen in your life. If you try to hide your insufficiency in cruddy words, then you will never long for anything bigger. You will go on telling yourself everything is wonderful the way it is. It is not that we don't enjoy life the way it is, but when we think it is not enough; only then do we long for more, isn't it? In that case just eating pongal or drinking coffee is not sufficient for you, but for many, it is. For many people that's the ultimate in life. It feels good, pongal and coffee together; quite a good combination for lethargy I say.

Only when you feel your everyday activities, all the little things that you do in your life are not enough; that you want to know something more, that a regular life isn't sufficient only then comes an intensity of longing for another dimension of life, otherwise it won't happen.

Bliss

Now I want you to understand, when you don't know the 'ABC's of your life, when you don't know where you come from, where you will go, when you don't know the very substance of what you are made of, you making judgments about life is again utter madness. So don't get into that madness. If you want to be receptive, if you truly want to be receptive to dimensions that are beyond your present level of experience, one thing that you have to do with yourself is, to simply see how insufficient you are, as you are right now.