

Bliss

Detachment

By Sadhguru Jaggi Vasudev

There is a lot of talk about detachment these days because somewhere there is a fear about involvement with life. Actually, the fear is not about involvement, the fear is about entanglement. Because you do not know the difference between involvement and entanglement you talk about detachment. If you know how to be absolutely involved with life and yet get entangled you would not be talking about detachment. The fear of entanglement has started this whole philosophy of detachment. Entanglement arises not because there is something wrong with life but because you are handling life improperly. If there were no involvement with life you would not know life. So if you are talking about detachment, you are talking about avoiding life. The best way to avoid life is to fall dead. Why do you want to exist here and avoid life?

There are too many people who are not fully alive. Partially alive people are a crime against life. You have come here to live, to experience life. Your life should be full of exuberance, but the fear of entanglement makes you weave such philosophies. If you are absolutely and totally involved with everything that you are in touch with right now, you will see that there is no entanglement. The problem with you is that you choose to be involved only with a particular person and you want to ignore the rest of the humanity or the rest of the life around you, so you get entangled. If you are involved with everything that you are in touch, the very air that you breathe, the atmosphere around you, life around you, if you are constantly and actively involved with everything then there is no question of entanglement. Entanglement has come because of the discriminatory involvement.

When you show involvement with everything around you in that moment you will know life. Even if you are in heaven, without involvement it does not mean

anything. Whether it is your family or work or life you will have some experience of this only if you are deeply involved with it.

See, detachment is a philosophy for those who have misunderstood life completely. And it is because of these people that others develop an aversion towards anything spiritual. People have come to the conclusion that spirituality is for people who are not interested in life. They assume that if you are spiritual you should not eat properly, you should not dress properly, you should not live properly. You must be suffocated or at least you must look suffocated. If you smile, laugh and enjoy your life, then you are not spiritual. If you have a goat-like face, which has never smiled, then you are spiritual.

But being spiritual really means your interest in life has gone so deep that you want to know everything about life not just the physical dimension of life, you want to know all of life. There is no chance for a person trying to avoid life to be spiritual because spirituality needs absolute, total involvement.

It is not the life process, which is entangling you. It is the ignorance with which you are handling life, which entangles you. You get identified with things that are not you, so you get entangled. Right now I am speaking through this microphone. Now if I start believing that

I am the microphone, then there is going to be lot of trouble. I would not be able to move without this. This has happened to you in many ways. You have identified yourselves with a million things that are not you, starting from your physical body, your thoughts, your opinion, your ideas, your emotions, your clothes, your jewelry, your family, and your work. This distorts your entire life. If you do not have a proper perspective of who you are, then you get entangled. So if entanglement should not happen, you must maintain awareness as to what you are and what you are not. If this distinction is constantly kept, there is no question of entanglement.

Question: Sadhguru, should one detach oneself from everything in order to pursue the spiritual path?