Confused about your spirituality? Or do you have a question that is bothering your mind? Write in to RITZ and have your doubts cleared by Sadhguru Jaggi Vasudev.

Needs and desires

Question:

Sadhguru, even if I am on the spiritual path, shouldn’t I still fulfill my needs and desires, such as my desire for food, sex, and sleep?

Sadhguru:

You are confusing basic requirements with dispensable desires. Food and sleep are basic requirements. You do not desire them. When you are tired you sleep, when you are hungry you eat. These are required for your survival- but what kind of food you probably want to eat qualifies for your desire list.

So discounting those two, let’s address the other desire you mentioned: sexuality. Let us look at it thoughtfully- your desire is not for sex. One part of the fact is that your hormones have hijacked your intelligence. Another part is that there is a lot of pleasure attached to sex. Yet another part is that you are desperately trying to become one with somebody. But no matter how hard you try, sex does not work this way- you can never become one with somebody by fusing your bodies in several minutes of coitus. And so you will either realise this on your deathbed or you can understand it now and look for other ways that may work.

But first of all don’t get carried away into asking ‘Oh, should I give this up?’ No, there isn’t any need to give anything up. Look at your predicament this way: When you were a child you must have had some kind of a doll- a teddy bear or a Barbie... At some point of time in your childhood this doll must have been more important to you than your mother, father, God or all of them put together. If I’d told you then ‘See, this teddy bear is just a bundle of cotton. What’s the big deal? Let’s throw this nonsense’, would you have listened? Never. But as you grew up and gained more exposure into the ways of the world, other things interested you more than your childhood doll, so much so that many of you probably don’t even know where it is lying now! So, something, which was at one stage the most important possession in your life, today stands disposed or missing and you don’t even care. Its absence means nothing to you.

This is the fate of desires. You are hanging on to certain teddy bears today because you do not know any better. If you taste something of a bigger dimension than what you know now, these insignificant dolls you have as desires will naturally fall off. And the best part is you don’t have to give them up, they will just fall off. In the spiritual path, just sitting and breathing a million times is by itself more amazing and captivating than anything else that you have known. Imagine, just sitting here and breathing! If breath can become such a pleasure, why would you go for anything less? Once you’ve known the pleasure of something higher, will you settle for the crumbs? I rest my case!(laughs)

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