



ASK YOUR GURU

Desire

By Sadhguru

I was interviewing some people for Brahmacharya (monk hood) recently. One of them said "I want enlightenment". It was a good answer but if enlightenment was what he wanted, there were so many other easy alternatives available. Why Brahmacharya? He replied, "I want the shortest route."

It is nice that he has such lofty goals, but enlightenment isn't such a simple thing. If you look at it one way, you'll have to conquer the entire world. If you look at it from a different point of view, enlightenment is available right where you're sitting now. The simple trick is to observe how life, mind and existence interact with each other.

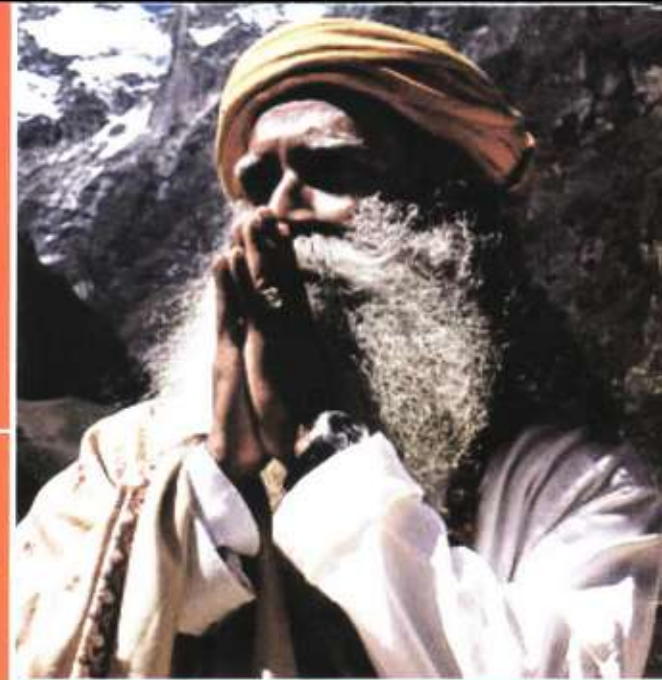
Every human being has a 'past' and he yearns for a 'future'. But how many really understand that the past and future are simply creations of our own desire? It is only because you desire something that you see a future. Once you project a future in your mind, your past will automatically acquire an enormous size, just to balance your aspirations for a future. And you sit in the fulcrum which is the present without even realising it. As your mind is swayed by a see-saw of the past and future, you completely miss out on reality. Now don't get me wrong, I am not against desires, because without desires you would never know how to move. But at the same time, the minute you have a desire, you create a future, and all sorts of projections along with it.

Let me explain: In the present limitations of your mind, you can

never really have a vision of what your true future will be. You know it, but still you are overwhelmed by your desires into creating flimsy projections. Your mind, which is capable of endless possibilities now becomes a mere mirror, a distorted one at that. Each part of this mirror projects different visions of the directions your future will take; so you can imagine how chaotic the overall picture will be!

When your mind is in a mess, all the sadhana (spiritual practice) that you do becomes pointless — it cannot fix the mind, it cannot make a virtue out of something that is a total mess. Innumerable people chant 'Ram, Ram' for days on end and claim that they have a pure mind. But no, their minds are just garbage bins, there is no question of purity in them.

This reminds me of an incident: Once there was a certain young ascetic who was very eager for enlightenment. He rigorously chanted whatever mantra was taught to him, say for example 'Ram, Ram', in the hope that it would liberate and enlighten him. One day, the Master who had been watching him for a while, took a brick and started rubbing it on the wall in the same rhythm that the disciple chanted 'Ram, Ram'. The young man was completely disturbed. Every time he chanted the mantra the brick would go, 'Jhrr.. Jhrr..'. He finally opened his eyes and confronted his Master. "What is it that you are trying to do?" his master asked him. The disciple replied, "I am trying to clear my mind, make it a still, reflecting pool". The Master said, "That is exactly what I am trying to



do with this brick. I want to polish it so that it turns into a mirror. Now, both of us have been at it for quite some time but with no result. So what is the point?" That was when the disciple understood.

Indeed, what was the point of all his sadhana? Without sadhana there is no way, but sadhana is never the way. Without desire, there is no movement but desire is never the liberation.

The next logical question that any reader would ask me is, "So Sadhguru, what is the right thing to do?" Why do people always look for the right thing that has to be done? There is no such thing at all. The only solution is to do whatever you are doing now the right way. Simply give yourself in totality to whatever you have chosen to do. This will get you past all the tricks your mind plays. It will also help you break the shackles of time that confine people who nourish desires. In fact, your main desire should be to live in the present, to be completely involved in whatever you are doing right now. Any other desire will entangle you in the shackles of time — the past and the future.

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