

ASK YOUR GURU



A dangerous universal secret

Questioner:

How can I empower my thought and make it a reality without any physical action?

Sadhguru: Whatever people aspire for in their life - I want to do this business or I want to build this house or whatever - is a thought. 'I want this' is essentially a thought. But people do not know how to infuse or empower this thought with a certain dimension of energy to make it a reality. See, we commonly regard focussing one's energy on something as action. So if your action is incisive enough, your thought or wish becomes a reality. But, infusing your thought with energy means making things happen without doing anything! How does one do this mayajaal? How do you get what you wish to have without doing any physical activity?

Take this example: If you want to switch on the light without actually getting up and doing it, you can just send your life energies there to turn on the switch for you. I know this is tough to believe but yes, it is very much possible. But then do you know how to pull your energies back into you? You cannot do it without having sufficient mastery over your life energies, because with half-baked knowledge, you will only lose your life doing this. Here is a shocking fact- if somebody's desire is beyond a certain pitch, he/she always dies young. I am sure you would have noticed that most people's desires are fickle, they keep changing. But if there is somebody who desires very powerfully for something and if that thing doesn't happen, they usually die young. What is worse is that

especially if it does happen, they die young because they know how to throw their life energies out, but don't have enough mastery to bring them back once their desire has materialised.

But what kind of desire qualifies or deserves such passionate longing? To know this, let us first look at the process of generating a thought. Analyse if your thought is conscious or just an outcome of a million things that have already got into you. Most of the time your thought process is unconscious; you have no control over it and it just goes on like mental diarrhea. When what you really have is mental diarrhea, you can't call it a thought.

It is like this - if you want to write on a black board you must first wipe it clean. When you write something on a board where a million things have already been written on, nobody can figure out what you have written nor can you yourself, after a while. So you must clear the space and then generate a thought, consciously. When a thought is conscious and held in clarity, it can be infused with energy. But first of all what you must do is clean the slate.

A thought generated from a clear mind matters because it has come out of a conscious process. This clarity is what you need, because now empowering this thought with energy is a very real possibility. See, people do so many things to make their thoughts a reality - they work, they try to relax which doesn't happen, they pray, they perform poojas and rituals, they talk to God... all this but with no clearing of the mind. Without clarity, whatever you do, there is no prayer nor work nor relaxation in your life, just diarrhea. And clarity of the mind is something everyone knows but no one practises!

Thought itself is a reverberation and an energy. To make it fructify, you have to empower it a little more. If I go into the technicality of empowering it, there maybe lots of misunderstandings; still, I will reveal one secret to you. I am sure everybody will use it and misuse it in a million different ways. But here it is: If you want to influence somebody, if you want somebody to function the way you want them to, just check your nostrils to see which side is exhaling air and constantly hold the person to that side. Do this, and very easily, you can have the deal that you want. But I am sure you know that the air flow from the nostrils keeps shifting. That's the problem. So when you want to make a deal the way you want, make the person you are dealing with sit in the centre and have two chairs on either side. As the air

flow shifts, simply get up and switch places! Apart from the deal coming through, the man will be thoroughly confused as to what's happening here.

There is a whole occult science where with just a thought you can even kill a person! Yes, with just a simple thought you can kill a life. That is the energy you can generate with your thought process. That is why in India, our culture has warned us right from childhood to never say anything negative about a person when we are angry with them. Elders in the family would have told you, "There are angels around you which will say tatastu (Sanskrit for 'so be it') when you utter something bad and thereby make it happen". But you should know this truth: the problem is not with angels sitting anywhere. An angry mind and a lustful mind are very single-pointed minds. When your mind is single pointed, it is a powerful instrument. Most of the time this single-pointedness happens to people in a negative way, not in a positive way. Nevertheless in this state, it is very powerful. That's the reason why elders have always told us, 'If you are angry, never say anything to people'. For, in your anger you may curse your father, mother, siblings or anyone at home, and who knows, it may happen! In fact, it can very easily happen. If your mind has become single-pointed because of the emotion of anger, it can easily manifest itself.

So if you just generate a thought in your mind, consciously and single-pointedly, it will find its way in the world. It will manifest itself naturally. You can further tweak it, if you have a certain control over your life energies. But my advice to you is to stay away from this if you want to walk the spiritual path, because by following this, you will become a practitioner of the occult, and not spirituality. ®

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