

# Become Stress-free With Relative Ease

Discourse: Sadhguru

When I first came to the United States, wherever I went, I heard people talking about stress management. We manage our families, our money, our property, our businesses — we manage whatever is valuable to us. Why would anybody manage stress? It took me a while to understand that people have made stress part of life.

Stress is not a part of life. It is not your lifestyle, it is not your work, it is not your family, it is not the situations in which you exist which cause stress to you; it is your inability to manage your system — your body, mind, emotions and your energy — your lack of understanding of how this system functions, your inability to use the system the way it should be used.

People are capable of being stressed for just about anything. What can you do about it? You don't need to do anything about stress; stress is like friction in a machine. There is friction in the machine because there is no proper movement of the parts, or there is not enough lubrication. The less friction you have, the more efficient the machine becomes.

Now we are not looking at how to manage stress, nor how to keep it under the surface. I am talking about how not to create it, because stress is your creation. If you start the simple process of Isha Yoga, for instance, you will find that within six weeks, there is a considerable drop in your pulse rate, heart beat, in the way your system functions, because your whole system is functioning at ease. When the very nature of your existence has become ease, you are restful all the time. Then there is no such thing as stress.

Restfulness is the basis of all activity. You can be most effective in your life only when everything is at complete ease within. If your ability to act becomes effortless,

naturally there is no such thing as stress.

If your body and mind took instructions from you, would you create stress for yourself or bliss? You need to look at the fundamental mechanics of life, why your body and mind are not doing what you want them to do. If you do a process of yoga, it needs to be in its full depth and dimension, not just the physicality of it. It is neither physical nor mental; it has got something to do with the core of your life. If all of you is not involved in the yoga that you do, if it has not been transmitted to you, it has just been

taught to you, it is a bundle of instructions, not an initiation — if that is so, you are mis-using yoga — would you, for instance, use an airplane as you would a car?

When I see the kind of yoga that is going on all over on a large scale, it makes me cry... I want

you to understand, yoga is not a solution for your stress — there is no need for stress. Yoga is the removal of the problem. You don't create stress anymore, that's all. If you don't create stress, then why do you need a solution for it? Stress is your making; it is not the situation which is making stress. It is your making. So if you get a little deeper access to the experience of life within you, you will distinctly know this and you will drop it.

Yoga transforms and liberates human beings so that they can reach this unbounded state. Humans, unlike animals, are not merely existing. They are becoming. To evolve as a human being is to become aware of one's limitations; to strive, with intense passion, towards the transcendence for which we all have the potential.

*Seven-day inner engineering programme, July 16-22. Free intro July 16, 6.30 p.m., Khar (W). Sadhguru to conduct programme in October. Contact 9223322878 or 9820529183. [www.ishafoundation.org](http://www.ishafoundation.org)*



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