GET SOMETHING THAT WORKS, NOT SOMETHING YOU LIKE

EXCLUSIVE INTERVIEW WITH SADHGURU JAGGI VASUDEV.
ENGINEERED BY EXPERIENCE

One fragile man, with a white beard, using simple language, uncanny humour and a calm voice has reached out to 7 billion people across the globe and we know there are more followers to come.

Jayanthi Somasundaram caught up with Sadhguru Jaggi Vasudev, who explains that life is indeed very beautiful and is a burst of miracles. All you have to do is clean your mind.
"HAVE you noticed the little children growing up in impoverished conditions in slums and in rural India? When I see them barefoot, walking on hot tarmac to school but with big smiles on their faces, an enthusiasm, joy, and with a sense of purpose with which they walk, I'm overwhelmed with admiration for them." This is who he really is. Sadhguru Jaggi Vasudev, beyond all the acrimony and spotless branding material, is a person who finds the smallest details of life so very, very beautiful and inspiring.

A guru, a friend, a volley ball match, a singer, a dancer, sometimes clothed in denim straddling a BMW motorcycle — this is a person who does not conform to the ambiguous principles of society and his simple lectures, have brought about a new lease of life to his listeners, be it a businessman, a scientist or a prison inmate.

One thing is very pristine clear, he does not read people's mind, brings things out of the air or offers religious remedies to your problems. He is a man who does not come from scriptures or traditions, but comes with immense experience. All he knows is himself, about his life, its crux and all the way to the ultimate truths. In simple terms, he spends his time and energy sharing with people his experience and knowledge leading people, who want to be lected, towards the path of enlightenment. His calm and still demeanour makes one wonder, if he has ever expressed anger at anything or anyone, but Sadhguru diminished all doubts and said, "It is not that I’m incapable of anger, but I choose to live joyfully and peacefully. I am the way I am, not because of any incapability, it is a product of my conscious choice.”

Indo305 is honoured to have been meet this man, who has shown the direction to life for many. Here are excerpts of the interview.

These are plenty of spiritual leaders in the country today. Many go to guru X and many go to guru Y, but how should one actually select their spiritual guru? Some shift gurus quite often, why is that?

"To go to guru Z! The word guru literally means ‘gu’ (darkness) and ‘ru’ (dispeller) — dispeller of your darkness is your guru. You might have been to any number of teachers right from A to Z. If you go to the rituals that means your darkness is dispelled, that means you have come to the Z and that it; after that there's no looking around. So, if you're still moving around you obviously have not found your guru. You might have gone to somebody who is a guru to another person, but he's not your guru because still your darkness is not gone. So, you don't go to a guru to learn something, you go to a guru so that he takes off the veil of ignorance from your perception and makes you see life the way it is. The reason why do you think, there is something wrong may not be because there is something wrong with the guru, but you've been told, it is just that you're not intense enough, focused enough, serious enough to understand the meaning that may be looking for entertainment and your guru may be uninterested to provide entertainment for you, even if he provides it may become stale after some time. So, you may be shifting from place to place.

Going to a guru is not a social thing or an entertainment thing. It is an inner dimension and there is no shifting from here to there because no genuine guru has any teaching to give you: he has methods to dispel your darkness. So, if your darkness is not dispelled it's time to find the guru Z and be done with it.

Some people find it difficult to follow the guru’s principles and teachings. Why does this happen and how should we overcome it?

The conclusion may be coming by going to different sects and groups which adheres to certain principles, teachings and philosophies but going to a guru has nothing to do with picking up a new set of principles or a new philosophy. This is just about a method that works for you which you need to apply. It is just like you're learning to use your cell phone. So, you get yourself a new gadget you have to learn how to use it. Unless you use it, it doesn't work for you. So, similarly certain methods are given to you, unless you employ it, it will not work for you. It's as simple as that. That is not just for the spiritual path, in any aspect of life this is the way life works. So, if you are looking for something that you like then you must look for teachers, practitioners and others who are willing to cater to this. You go to a guru to get something that works, not something that you like. So, most of the time what he gives you, you may not like it but the important thing is to do it because it works. So, one has to choose — are you going for fanciful shopping or have you gone there to truly transform your life? It depends for what purpose you have gone there and accordingly it is.

Should people pray to their gurus? This question arises because we do not keep pictures of our parents or teachers who are in a way our gurus or gurus to us. Usually people pray to their parents only after they're dead, it's unfortunate. But that's not the nature of this culture. In India, you were always taught that when any elderly in your family enters, you bow down to them, which is in a way a certain kind of prayer. Everyday 'Mata Devo Bhava', 'Pitru Devo Bhava' was taught but because of financial diversity in people who have boon you and who have brought you up is a very important part of human growth. So, if you have forgotten that you should be praying to your parents, it is unfortunate and people pray to their gurus because of what they have received from them, out of sheer gratitude, not as a ritual. No guru...no guru worth his salt is ever asking anybody to pray to him but it is very natural for a human being when he comes in touch with something which is far bigger than him and overwhelming to him, to bow down, to become grateful is only very natural. So, in that context people may be doing it but it is not necessity that you must pray to your guru. Most people don’t, they just love their guru. Some people never love their guru, some people even fear their guru and some people have become one with their guru. So, these are all different ways that people relate to a Guru.

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utterly sweet and beautiful for yourself. So, this is essentially not about creating peace or happiness, this is essentially about moving from a compulsive way of existence. Right now your experience of life is in compulsive reaction to the situations that you’re placed in. Instead of that if your experience of life becomes a conscious action then you will naturally make it pleasant for yourself. So, yoga is not about peace, yoga is about making your life into a conscious process.

There are many satsangs held in the city, compromising anywhere between 1000 to 10,000 people, sometimes so crowded that you really can’t even catch a glimpse of the guru. Do satsangs really have the same power as one-on-one interactions?

For most people they may miss the whole point on one-on-one interactions. Satsang is a powerful process if it is conducted properly. If it is not just a show of strength but if it is truly a satsang. A satsang means a communion with truth - if such an atmosphere and energy is set up, then definitely being in a satsang is far more important than being on a one-on-one interaction.

Besides knowledge on spirituality what makes spiritual leaders different from counsellors helping you deal with life?

The spiritual process is not a knowledge; it is a certain knowing of the interiority of the human system – it’s from one first-hand experience and not from books. Knowledge is something that you gain by study. Spiritual knowing doesn’t come from study but comes from a deeper perception of life, so it is very different from going to a counsellor, psychiatrist, priest or a pundit.

A guru or a spiritual guide is not coming from the knowledge that he’s acquired through his study, he is helping you from a perception that he’s had within himself, which is very, very different, and cannot be compared with knowledge that one has acquired from the outside situation. It cannot be compared with a counsellor because that is a kind of a fixing of the situation for you when things have gone wrong. The spiritual process is about transporting you to a completely new dimension that you have never imagined possible. This is not about fixing the existing situation; this is about transporting you to a completely new dimension of life.

What does it take to make life beautiful?

Life is just beautiful as it is; it’s just that you are looking at the life only through the window of your mind and if you do not know how to keep it clean it can get messed. Otherwise, what’s wrong with life? It’s only the way your mind is functioning, if your mind, your body, your emotions and your energies took instructions from you, if they were the way you want them to be, would life be certainly beautiful? For sure it would be beautiful no matter where you were. So, life is already absolutely beautiful; there’s no problem with that. The problem is the window of your mind - you still do not know how to keep it open, when to shut it, when to open it, how to keep it clean and this is what you’re struggling with. You’re not struggling with life, you’re struggling with your own mind, with your own emotion, with your own body. The compulsive nature that you have succumbed to in these three dimensions, that’s what you’re struggling with; you’re not struggling with life.