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December 30, 1899

## This Evening

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### Mystic musings of the Sadhguru

*Spiritual guru Jaggi Vasudev conducted a Satsang at Olive Garden, Mysore, on May 7 and 8. He also responded to questions raised by his listeners. Excerpts. — Ed*

By S. Sharath Chandra

Today, in spite of all the breathtaking advancements for a comfortable living, the modern man is denied of sustained moments of inner joy, peace and tranquility. This has become an illness especially among many rich people, who don't know what exactly they are existing for or why the happiness has become elusive to them in spite of having all the comforts around them," said Sadhguru Jaggi Vasudev addressing a gathering of around 600 people at the Satsang organised at the Olive Garden Hotel on 7th and 8th of this month.

Speaking on the subject of mysticism, the new age Guru dwelt on the intricate subject of inner happiness and ways of expanding consciousness.

"That which is not in your understanding is mystical. Though Science tries to unravel this mysticism it has made the whole process quite complex and confusing. Dealing with facts like there are 18 billion organisms on the facial skin, science deals more with complexities of life, taking a much closer look at creation, but not providing enough clarity," said Jaggi Vasudev in his opening remarks.

While speaking on how to expand perception, he said, "Unlike animals, when once their stomach is filled become calm, man on the otherhand starts to wonder and question about the nature of things around him and within him. The true inner self inside everyone does not like boundaries and always seeks to expand. It always longs to be boundless. If you try to achieve this boundlessness consciously then it is called Mysticism, but if you do it unconsciously then it is called Materialism, which is exactly what Science is trying to achieve. There will be no boundary only if there is no physical embodiment."

"If we are unable to feel the unconscious, does that mean the unconscious does not exist for us? Though Science has proven many things about Nature, it would not have got the respect and admiration of the people, but for the practical application of science, namely, Technology. A pure scientist would have been scoffed at for all his theories about Nature, but for the modern trinkets, the gadgets that help us in our daily life. Thus, science has become quite noteworthy. Remove the gadgets, nobody worries about Science," the Sadhguru observed.

Everything that we see, hear and feel, happens 'within us.' It is the individual who comprehends the reality around him. The Sadhguru illustrated this with an example. If there were to be a debate between an owl and a man as to what is daylight, who would be right? To the owl which is awake in the night, the moon would appear like the bright sun, what the man sees in the day. When somebody in the audience cried that both could be right, the Sadhguru replied such an answer was given mostly by diplomats and those who had successful marriages!"

Thus with the real problem starting after the survival needs were taken care of, seeking the creator became a passionate avocation of the masses. Even before knowing who we are, we want to know the Creator. We gave Him all sorts of names, we got Him married, we made Him have children and gave our destiny in His hands.

Jaggi explained how individuals make their own suffering saying, "Most of our sufferings are of our own making. We have the liberty to choose between what makes us happy and what makes us painful within ourselves. We become restless when we lose control over our own selves, our own body and our own behaviour.

When our body stops respo-nding as we want it to be, we become unhappy. Find out that which gives you joy. 'You' must seek that joy which is true for your own nature. That is the real life!

In a nut shell !

One feature of spirituality is that some of the profound thou-ghts are packed into simple statements, which if not understood correctly, appears mundane and insane. Some of the witty excerpts from Sadhguru's speech:

1. Accept deep within, 'I don't know.' Though it looks quite an innocuous statement, it has the potential to open up tremendously new possibilities and awareness when believed in the truest sense. It is the doorway for new knowledge and understandings.
2. At least can't you fix the dream? If you can't fix the reality around you, can't you at least dream of being in a happy state of mind. Make effort to choose Bliss, do not choose misery.
3. Learn how to be pleasant with yourself 24 hours a day. It is just a matter of willingness, focus and priority.
4. The best thing to happen is what happens within you.
5. Identify with your work but do not get entangled. The best way of doing things with the application of mind and heart but still not affected by it, is not to get entangled with what we are doing.
6. Do not attach unnecessary significance to your existence here.

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## In Brief

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7. Take life into your hands. Until you go beyond the limitations of your logic, nothing will happen.
8. When you are no longer a issue to yourself you can deal with outside things effortlessly.
9. Place yourself at a little distance from the body and mind, then the suffering will cease to exist. Because, suffering exists only in the body and the mind.
10. Most people do not even know what they are miserable about and need to be pushed to become joyful or blissful.
11. Most beautiful moments happen when you keep logic away. Falling in love was the most illogical moment of our lives.
12. The biggest problem with this country is that it is still in God's hands. We cannot progress any further until we take our destiny into our own hands.
13. Learn to practice to be 'Intense and relaxed' at every moment. But what we are doing presently is the contrary, always 'tensed and laxed'.
14. Don't identify yourself with the body as body is a huge heap of food, while mind is a huge heap of memories. What you accumulate is yours but not 'You'. Remember you have to give up this body one day for sure. Transcend both. One who is above his intellect is the Buddha.
15. If you have an idea of what is right and what is wrong, you can't meditate.

The Sadhguru while explaining the role the moon played in our lives on earth, told that a woman's fertility cycle was closely linked with the phases of the moon, particularly the New Moon Day and the Full Moon Day. Continuing further he said that according to a yogic Doomsday theory, predicting the end of the world, the moon is slowly losing its orbit by about an inch and a half every year, moving away from the earth. So in the next 28 years, the moon will completely fall out of the earth's orbit and women will lose their fertility and there will be no more reproduction!

According to the NASA website, it is true that the Moon is receding from Earth at a rate of about 3.8 centimeters per year. In Sept. 12, 2002, over a hundred lunar scientists met near the mountains of the Taos Ski Valley, to share their discoveries and most importantly their questions about the composition, geological evolution, and future exploration of the Moon. Never did they discuss about the moon falling away from the orbit.

At the core of NASA's future space exploration is a return to the moon, where they plan to build a sustainable long term human presence with the space shuttle approaching retirement.

Jaggi's talk was interspersed with many anecdotes to bring home the point he was making. While stressing the point that things will not happen on their own just by willing or wishing deeply, but only by working with conscious efforts, he narrated the story of a person who once fell into a septic tank. Unable to come out, he started shouting, 'Fire, Fire'. The neighbours who heard him called a fire-engine, which arrived on the scene and helped him to pull out of the septic tank.

When asked why he shouted 'Fire', when there was none, he replied that if he had shouted, 'Shit, Shit' nobody would have come to his rescue. Thus it is not just the efforts but the right efforts at the right time are required to make things possible.

In another instance while explaining how human beings are adept at suffering, even if they are just sitting at a place doing nothing, he remarked we make good attenders in hell. Because, if we are good at torturing ourselves, then we must certainly be good at torturing others too.

#### Anandamide

There are millions of cannabis receptors in the brain, so when scientists in Israel found that the human brain produced a natural endogenous cannabinoid neurotransmitter, they christened this internally manufactured substance as "Anandamide," after the Sanskrit 'ananda' or bliss. This molecule apart from performing various actions is also responsible for creating internal bliss, without using external means. This is what meditation brings about, without seeking it from external addictives.

#### Why are we suffering?

Simply because we are not living fully. Half our life we are torturing ourselves. In fact, there is no aspect of life where human beings are not suffering. If we are uneducated we suffer, if we are educated we suffer, if we are not married we suffer, if we are married we suffer, if we don't have children we suffer, if we have children we suffer. Being half alive within ourselves is the main reason. We should learn the technique of how to live a full-fledged life process. Else, we are committing suicide in small degrees within ourselves daily.