Going beyond religion

By Sadhguru Vasudev

The moment man became religious it should have been the end of all conflict, but unfortunately, everywhere in the world, religion has become the main source of conflict. This has taken the maximum mankind could imagine to the maximum amount of pain on the planet for thousands of years. This is only because people believe in something that is not a reality for them. Somebody believes in something, somebody else believes in something else, and naturally conflict cannot be avoided. Today or tomorrow they are going to fight. They may avoid conflict for some time, but the day they step on the fight. As long as you believe that only your way is right, and somebody else believes his way is right, you are bound to fight.

Though all religions started as an inward path, over time they have gotten twisted up and have simply become a set of beliefs. Though all religions have taught about the value of a human being, the actual value of being has become lost in the same religion, today you are willing to take each other's lives. Unfortunately, much pain and conflict has risen in this planet because of this. This basic problem has not been properly addressed. People are always trying to do patch up jobs between one group and the other, but they do not last for long and somewhere conflict will arise - the basis being, people only believe in something, something which is not a reality for them. If you come down to reality, it is the same reality for everybody, no matter what religious belief a person holds.

When you come to belief, each group has their own belief of what is right and what is wrong, what is true and what is false. You believe in things that you have not seen and experienced. This has become the basis of all conflict.

The basic purpose of yoga has always been to pursue religion as an experience, as an inner experience, not as a belief. Don't start with any belief; start looking inward. Whatever is true, experience it and go further. Approach it as a science, not as a belief. In yoga, we just see that fundamentally a human being can grow or reach his Ultimate Nature. God or the Divine, or whatever you would like to call it, by approaching it either through the body, the mind, emotion, or through inner energies. These are the only four realities that you know. Everything else is imagined. Everything else has been taught to you.

These are the four basic ways of yoga. If the body is used for growth, it is karma yoga. If the mind or intelligence is used, it is guru yoga - emotion and devotion are used, then it is bhakti yoga. If you transform your energies and grow, it is kriya yoga. This is just like referring to head, heart, hands and energy. That is what you are; that is what every human being is. Nobody is all head, or all heart, or all hands, or all energy; they are a combination of these four dimensions.

So, if a person has to grow, he needs a combination of these four paths of bhakti, guru, kriya and karna. All the four need to be there in your life, only then there is growth. Only then there is a possibility of reaching the ultimate nature. Otherwise we have groups, and groups, and groups - quarrelling groups everywhere. Spiritually, there is nothing happening. Unless something of true value happens within a person, nothing of tremendous value can be done in the external world. Whatever you do, it is only your quality that you are going to spread. Whether you like it or not, this is the reality. Who you are is what you are going to spread everywhere.

If you are concerned about the world, the first thing that you must be willing to transform yourself. Yoga is about "I am willing to change myself." This is not about wanting to change the world - you are willing to change. Only when you are willing to change, a change can really happen in this world. But when you say, "I want everybody else to change" then, only conflict will occur. Only when you are willing to change there will be transformation. It is this self-transformation that will lead to true well-being for the individual and the society. This is a true revolution.

Including all people is true management

Once you step into the world, it's not possible to keep all of the truths. There is corruption and much nonsense happening everywhere. There is a set of people, who will pretend to be fish for this fish - they can't take it. They usually run to the Himalayas. If you want everything pure, it's not possible because the fish of the world has, one way or the other, entered our minds. So those who are allergic to fish try to run away but they cannot. We cannot avoid fish, it is there. Another, larger segment of people unfortunately have come to think that anything that smears six full of fish, we also become fish. So they merge into the fish.

What we call as fish, however, can also become great masters. Indian spirituality often uses the lotus symbolism. A lotus flower blooms best where the fish is full of fish, because we have not paid enough attention to ourselves. You need to make yourself capable, not only in terms of management and other skills, but also capable as a human being. You need to be like a lotus flower, to be able to go through situations untouched; maintain your beauty and fragrance even if you're in the filthiest of situations. Then you can float through life untouched. Otherwise, life will eat you up.

There's no such thing as perfect management. If you give yourself absolutely to what you're doing, things will happen. Management is your ability to be capable of inspiring people to do their best. If everybody around us is doing their best, that's the best possible management that can be.

Manipulation won't work; good management comes with dedication and love. You should be willing to give yourself one hundred per cent to the person who is sitting next to you at that moment. Learn to touch the core of his humanity, you see that every human being is willing to do his best for you, always. Only if people around you love you and they want to do their best for you, you will not get useless doing management. Only when people around us really want to do their best for you can management happen wonderfully. Our lives become beautiful not because of what we do, our lives become beautiful simply because we have included everybody around us as a part of our dream of well-being.

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