

Transforming Sufferings

BY SADHGURU

Question: Why is life full of ups and downs?

Actually, there are no ups and downs. It's just that life is happening in different ways. The world is full of situations, and a million different situations come up everyday. Your moods are going up and down, that's all. If you bring a sense of equanimity into your mind, you will be able to admire the beauty of the mountains and valleys. If everything was flat would it be any good? But, in reality, if life goes up, you suffer; if it comes down, you suffer. You are asking this question mainly because your experience of life has become a suffering.

You don't need any special situation to get distressed. You were unable to go to school, you suffer: 'Oh! I am illiterate.' Okay, we put you in school. Then you suffer: 'Oh! I have to study.' When unmarried, you suffer. Once you get married, you suffer. You have no children, you suffer. Once you have a child, a hundred sufferings come along.

You need to understand that this suffering is not because of external situations. It is because of your state of mind. The mind is like that, whatever happens, it suffers. The body can get affected due to external situations, but not life. This suffering has not come to us from outside - we have created it!

But why would we bring suffering to ourselves? Probably you are preparing to go to hell! Everyone's told you that there is a lot of pain there. Maybe you are practising it here itself.

So what is the way out for people who suffer for everything? There is just one way - committing



suicide! But even that is a suffering. These sufferings have not come due to external situations in your life; it's just your state of mind that's responsible for it.

Now, if you are determined, can't you change your inner situation in a moment? We can surely change it. We may not be able to change the world in one moment; plenty of work is needed for that. But, if we're firm, we can change our state of mind in one moment.

Once we keep our internal environment unaffected, we can try to change the external situations to the maximum possible limit. Since so many energies are working upon external situations, they are not entirely in our hands. But, for inner situation, it's just one energy - you! If you are willing, who can stop you from transforming your inner nature? We can change it today itself,

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not even tomorrow, this very moment.

If we don't bring about this transformation we will live as our own enemies. We get angry, we feel hatred, we get scared, aren't we the biggest enemies? It is because we don't pay enough attention to our inner situation. We're trying to somehow live, accidentally. Now, if you wish to live accidentally, life will also happen accidentally. So, if we want to fulfil our life's purpose, we first need to take our inner nature in our hands. And to do this, we need to earn the necessary tools. Yoga is a powerful tool to make this transformation happen. If we use this tool effectively, we can definitely transform our inner situation.

Inner Engineering Program: From January 13 -19 at Panaji, Margao and Vasco. For registrations contact: 9822100305, goa.ishafoundation.org

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