Life Can’t be Saved, You Only Use it

SPIRITUALITY: SADHGURU JAGGI VASUDEV

Even today with a population of seven billion people, we still have enough resources—that is, if we learn to live sensibly. But, that sensible living has never come. It has always been this way. It is just the scale and the capacity to do things that has gone up. That’s all. Even with the caveman, whoever was strongest tried to gather more. Even if the meat rotted in his cave—he didn’t have a refrigerator—it didn’t matter, he had to store more than others. So that mentality, that attitude towards life has always been; nothing has changed about that.

Once you think of economics and you are in a greed mode, scarcity is a big thing in your mind. Once scarcity is a big thing, saving yourself is a big thing—save, save, save. But you never understood, life cannot be saved, it can only be used, and whatever you use, whatever you throw out will be your quality. If you save your joy, at the end of your life you will somebody take account. “She saved every bit of joy in her; she’s the most joyfully dead.” They will say, “This horrible creature never even smiled in her life.” Yes or no?

But if everyday you dispensed your joy and love, then people would say, “Oh she was a joyful and loving being.” If you save all of it, that will not be a quality. What you save will never be your quality. What you dispense will be your quality.

In nature, everything is trying to dispense itself to the maximum extent and to its fullest capability; only human beings are trying to save. Because they save so much of their joy, their love and everything that is valuable to them, they have to do all kinds of other splurging activities.

If human beings could just sit here and be absolutely joyful, they wouldn’t be thinking of their evening wine or whisky. If every moment, they were bursting with their joy, love and ecstasy, would they be looking forward to food, drink, sex or anything? They would be just fine; such thoughts wouldn’t even enter their minds.

So don’t try to save this life because you can’t take it anywhere. You have to allow it to go into its full blossom now, here, not somewhere else. Do not try to save the fragrance of life. Those who save will stink. Those who throw it out, you will see them as fragrant beings.

Sadhguru Jaggi Vasudev, a yogi, is a visionary, humanitarian and a prominent spiritual leader. An author, poet, and internationally-renowned speaker, Sadhguru’s unit and piercing logic proclaims and widens our perception of life.