Let Life Happen

Of Mystics and Mistakes
By Sadhguru
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Every mystic wants to tell you the story of God, but there are a few who want to tell it as the story of man. Sadhguru Jaggi Vasudev is one such. In this new book, called *Of Mystics and Mistakes*, he dares and provokes you to think — and to drop your thinking — and find out who you are.

'There's a big mistake,' he says in the first chapter titled 'Beyond The Five Senses', about the way we are perceiving life... when you know that it's a mistake, then you are a potential mystic. But what is that mistake? The mistake is that you have spent your whole life talking and reading about mysticism and spirituality, about God and heaven and nirvana. "Now don't talk," he says, about all of this, just learn to open your eyes to everything. Perception happens not because you want it... sunlight comes into your house not because you want it, but because you have just opened your doors and windows..."

Sadhguru's answer has shades of Osho, he has that same way of unsettling you, of making you laugh with his jokes, and of turning your most cherished notion about spirituality on its head. "The word spirituality is one of the most corrupted words on the planet," he says in the second chapter. "It has been used and misused in a million different ways... If you think about God that is not spiritual, if you think about heaven that is not spiritual," says Sadhguru. It is not even the mastery over the five elements or miraculous feats traditionally ascribed to yogis. So what is it? "The spiritual process means that in some way you have liberated yourself from the bubble, that your individuality is no more a demarcated area." In a fascinating account at the end of the chapter, he narrates how he himself came out of the bubble.

In the third chapter called 'The Big Bang — or Roar?', science and yoga meet. Shiva is asleep when Shakti wows him — he gets up and roars as Rudra. Shiva is the dark one and Shakti, the Dark-energy, the two forces that science now informs us, are linked. It is a yogic explanation of the universe; contrived at some points and convincing in others; when Shiva cools off, he becomes an ellipsoid — the linga. And it is this yogic process of lingamaking and the significance of living in a consecrated space that Sadhguru explores further in this section.

I like this book best when Sadhguru attacks and mocks; this is when he doesn't spare anyone — even himself — as he does at the end of the book. 'Just keep your deals aside... Don't think okay I will keep my logic aside, will I experience mysticism?' he exhorts, 'first and foremost stop the stupid deals.' It's a shout to humanity to stop its mind-driven stupidity, and it's a call 'to come and sit here, forget the spiritual nonsense and just sit as you would sit in a cinema' and let it happen. That, says Sadhguru, 'is the best way to perceive things. And he goes on to talk about imagination, about dreams, about memory and about karma. It's a fascinating culmination to a book that invites you to dare and soar; all the while keeping your feet firmly on the ground.