Deepavali - Bringing Life into Celebration

Sadhguru, Isha Foundation

Diwali is celebrated for various cultural reasons, but historically, it is called Naraka Chaturdashi because Narakasura, a very cruel king, was killed by Krishna on this day. Because of that, this celebration happened in such a big way. Evil need not necessarily come in the form of demons. Desperation, depression and frustration can cause much more damage to one's life than the demons that you have not seen. Diwali is a reminder to stay all that is negative to our life.

The celebration is auspicious in so many different ways. On this day, it is said that if someone needs money, Lakshmi will come in. If someone wants health, Shakti will come in. If someone wants education, Saraswati will come in. These are all dialectical ways of expressing that it will lead to wellbeing.

In the Indian culture, there was a time when there used to be a festival every day of the year - 365 festivals in a year - because a festival is a tool to bring life to a state of exuberance and enthusiasm. Unfortunately, nowadays, a festival means they give you a holiday, and you wake up only at twelve noon. Then you eat a lot and go for a movie or watch television at home. It wasn't like that earlier. A festival meant the whole town would gather in a place and there would be a big celebration. A festival meant we get up at four in the morning, and very actively, lots of things happened all over the house.

To bring back this culture in people, Isha celebrates four important festivals: Pongal or Makar Sankranti, Mahashivarathri, Dussehra and Diwali. If we don't create something like this, by the time the next generation comes, they will not know what a festival is. They will just eat, sleep and grow up without concern for another human being. All these aspects were brought into Indian culture just to keep a man active and enthusiastic in so many ways. The idea behind this was to make our whole life into a celebration.

If you approach everything in a celebratory way, you learn to be non-serious about life but absolutely involved. The problem with most human beings right now is, if they think something is important, they will become dead serious about it. If they think it is not so important, they will become lax about it - they don't show the necessary involvement. You know, in India when someone says, "He is in a very serious condition," that means his next step is you know where. A lot of people are in a serious condition.

There is only one thing that is going to happen to them which is of any significance. The rest will bypass them because with anything that they think is not serious, they are unable to show involvement and dedication towards that. That is the whole problem. The passage, the secret of life is to see everything with a non-serious eye, but be absolutely involved - like a game. That is the reason the most profound aspects of life are approached in a celebratory way, so that you don't miss the point. Sadhguru is a yogi, mystic and visionary, and a prominent spiritual leader.

An author, poet, and internationally-revered speaker, Sadhguru's wit and piercing logic provoke and widen our perception of life.

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