IGNITE THE HUNGER

FIREWOOD

BY SADHGURU

There are so many things that one can do in this world—dance, gossip, love, drink, do drugs. And yet, for ages, why is it that human beings have longed for something beyond? When they got too busy with their survival, for some time they rested this longing. But the moment their stomach was full, once again they started. If this body was indestructible, this longing to know something of the beyond would not have risen because then you would think this body is the ultimate.

You may not always be conscious of your mortality, but at the slightest provocation you become conscious of it. Somebody you love went out and did not come back at the appointed time. You start worrying, "What happened? Did he fall dead somewhere." So somewhere you know that you can be terminated. "I am a full-fledged life here, with so many thoughts, emotions and ideas, but one day it is going to go Poof," this is something that human nature is unwilling to accept. There are all kinds of arguments. Some people say you are just a mass of cells and one day you will disintegrate. Others say you will land up in the lap of God. If you want these kinds of solutions, there are many. The question is, are you simply in search of solace, where you need someone to tell you, "Everything will be okay," or have you become insane and cannot live without knowing?

The longing for knowing will not happen unless there is hunger for knowing. You know, there are mothers who carry the child around all the time, and when the child does not want to eat, they start forcing them. Many such mothers approach me complaining, "Sadhguru, my child is not eating." I tell them, "Leave him with me, he will eat." Because we will make him run, walk, and play. After that, whatever food is given to him, he will gobble up.

If you want to eat well, you do not need encouragement or coaxing, you need hunger. If you want to know, you must know the pain of ignorance, not somebody’s lecture or grand words. If the pain of not knowing is burning within you, you will know. People have always tried to kill your hunger with false food, with their own ideas which give solace for a certain period of time and only slow you down. It does not matter for how long you slow down, when the moment of death comes, suddenly you know that you know nothing about life or death.

So if you have passed storytelling, if you have passed entertainment—I am not saying you should not enjoy those things, but you know the limitations of those things—then it is time for a genuine spiritual process.

(The writer is a yogi, mystic and visionary, and a prominent spiritual leader.)