What does it take to be a good human being? Is it enough if you are a good person? If you have to live in this world you should be capable Intellectual. There is only one person who is truly good, and that is the most powerful person in this world. It means in your mind, there is no better good person. If you are peaceful, loving and joyous person, it is enough.

What is spiritual, what does one do? Do yoga and spirituality go hand in hand? This is a misunderstanding that has always been there. "If you want to turn spiritual, go to the mountains". Is it the same step, which you have always done in your life, or is it a different step? In this world, there is only one person who is truly good and he is God. The fundamental aspect of living in this world is that whether you are a king, businessman or householder, your highest goal is moksha or liberation. In this world, you have to live in the external world. Whether you are a king or a saint, your goal is to achieve spiritual liberation. The whole process of yoga is based on this. A day will come when even if you are put into the most extreme situation, your energy will remain very strong and your mind will depend on the situation you are in and your capabilities are nothing to do with your intelligence.

Do you believe in life after death? Where does one go after death? What actually happens after death? Do you talk about anything which is not in your experience, you will pretend to understand. If you do not believe, you will destroy the possibility of knowing that which is not in your current experience. Today modern science has done many experiments to understand the nature of life and death. But this cannot be explained by experience. Does modern science mean beyond the yogic death, that is not the realm of your mind. Only if your experience of life has gone beyond your mental and physical structures can you access the yogic death. This is a secret hid somewhere - it is right here, right now. It is just that most human beings have never paid enough attention to the very nature of their existence. What we call as spirituality or yoga is an inner technology which can deliver you into a state of perception that gives you access to both life and death. I have always wondered who am I? Could you please explain? Once, a very important looking man rushed into the airport. There was a long line of the check-in counter. This man jumped the line, went straight to the counter and thrust his passport and his ticket. The lady at the counter said, "Sir, there is a line, please stand in line." He said, "No, No. I am in a hurry. I need to go." She said, "No, please go stand in the line." Then he said, "Do you know who I am?" She promptly picked up the microphone and said, "There is a man here who doesn’t know who he is. Can somebody help him?" "Who am I?" is a question that should be addressed within you, every time you ask it, digging deeper into yourself. You never go and ask someone. Who am I? You can ask them, "Who are you?" "Who am I?" is not just a question that you need to anticipate. The more you know about it, the better you can express it. Your joy and misery must be in your hands. If you choose to be miserable, it is not against you, but what you want should be happening within you, not others.

How does one control anger? How does one control the anger of the people around. "Don’t get angry," when certain situations arise, you do get angry. It must be understood that no matter what kind of human being you become, even if you become a super human being, you will never have absolute control over the external world. Whether it is your institution or your family or the world, you will have to control one external control over the external situation. But you can have total control over the internal situation.

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