



RELIGION, AS WE KNOW IT, WILL GO DOWN IN A 100 YEARS

God spoke to you, and if he did not make logical sense, you wouldn't buy it, isn't it? There was a time when people would. So in many ways, the heavens are crumbling. Right now it may be happening to individuals, gradually it will become a widespread phenomenon. I estimate, in another 80-100 years' time, the present form of organised religion as we know it, will go down. Heavens of the past made sense when people were living in such abject conditions. Today, we are living lives better than heavens, so they'll tell you 'I don't want to go to heaven — this is good'.

But the human being's aspiration to experience something more will not go away. If we as a generation of people do not strive to bring about a powerful inner experience for every human being, 90 per cent of the population will move towards drink and drug, and you can't stop it. Before the entire population takes this incredible work of evolution, which brought you from the level of an amoeba to such a level of intelligence and capability; before we turn it back with intoxicants and chemicals, a scientifically-relevant spiritual process must happen to the world.

What if one is an atheist and doesn't believe in anything in particular...

These atheists and theists are not two different kind of people — they are the same people. Both believe something that they do not know. Both have neither the courage nor commitment to seek what is true. They want to assume something; depending upon what kind of culture they have been brought up in one seems like a positive assumption, the other seems negative. They don't know reality in anyway. So, instead of being a theist or an atheist, if you are straight enough in your mind; you tell yourself 'what I know, I know; what I do not know, I do not know...' If you say you do not know, the very nature of human existence is such that you will want to know, you will strive to know, you will seek to know... And you will find it.

But, our generation's biggest problems are still the every day realities — the stress at work, the promotion that never comes, the horrible boss... (Laughs) I was in Mumbai some time ago. Someone who holds a very important job there met me and said, 'Sadhguru, I can't take

this anymore... This boss of mine makes my life a living hell'. I said, 'May you be fired...'. He panicked: 'Sadhguru, what are you saying...'. I said, 'Why are suffering your job, man? May you be fired... go walk on the beach! No?'

If you are fired also you will be miserable, if you are in the job also you will be miserable...

See, this is something we should decide. Do you want to make a living? Or do you want to make a life out of this? When a worm, an insect and a bird are able to do it so easily, earning a living with such a big brain, is it such a big thing? It is not. The only problem is you want to make a living like somebody else. You want to make as much money as somebody else, so you get into a job; You want to drive what somebody else is driving, so you do this business. You want to live in a house like somebody else is living, so you get

I hear a lot of this work-life balance talk. I say, if work is not life, don't do it. Thing is, if you really do what you care for your whole life is a vacation. So, make your life a vacation, by creating what you care for. Life is a purpose in itself. The big question is, how alive are you? When you were five, how alive were you? Today, how alive are you?

into all this mess... You grow up learning to do things for all the wrong reasons. You are not doing what you really want to do.

When I say 'really want to do' I don't mean it as a whim. If you are doing what you really care for, if you see what you are doing as an important contribution to the world, you will do it joyfully. There is no such thing as stress. But if you do something that you don't care for; because of something you may get, I don't want to use the word, but in a way, you've sold yourself.

But 'make it big' has been the driving force of this generation... We call it aspiration. No one ever told us it's a bad thing...

(Smiles) The most important thing about you right now, is that you are alive. If you don't not know how to enjoy the largest phenomena that is happening here, which is life, how will you enjoy anything else? If you are really enjoying it, then everything else is incidental; it's not the deciding factor. I may ride a

car today; tomorrow if I have a bicycle, I will ride it... What's the big deal? Because you have not found true worth for the life that you are, you are trying to add value to all kinds of things that are of no value.

My schedule goes over 20 hours a day. If I get to sleep on the same bed twice it is a luxury... if I wake up on the same pillow two days in a row, it's a big luxury. Do I look stressed to you? Will I die of tension? Never! I may die of boredom for sure. That's a horrible way to die, isn't it?

If you want to be alive to life, you shouldn't be thinking about what you can extract from it — you should be seeing how to participate in it.

Well, we are alive to life... On Fridays! :)

(Laughs) Thank god it's Friday is it? I hear a lot of this work-life balance talk. I say if work is not life, don't do it. I don't have a weekend... I work seven days a week, 365 days. Do I look like I need a vacation? Thing is, if you really do what you care for your whole life is a vacation. So, make your life a vacation, by creating what you care for.

Life is a purpose in itself. The big question is, how alive are you? When you were five, how alive were you? Today, how alive are you? Keep a count at least once a day! If

you don't keep accounts of this, the business of your life will go into red. At least before you go to bed, you see, today have you been a better human being than you were yesterday. Better doesn't mean you do something useful; did you help someone. I am not saying morally better. I'm saying as a life — a little more joyful.

Joy is an insurance; when you are joyful, you are wonderful to everybody, isn't it? You are keeping count of your stupid money. Why don't you keep a count of your life? Your money has become more important than life!

What's the solution, then?

Turn inward, for your well-being, not outward. If you are ecstatic by nature, what will you do? You will simply do whatever is needed. Right now, what do you do in pursuit of your happiness? You do whatever you think will bring you that happiness. So, reversing the human experience from trying to squeeze the juice out of the world, to enhancing this life in such a way that this is full of juice by itself — that's the solution.

then time is of no consequence to you..." says yogi-mystic Jaggi Vasudev, fondly called Sadhguru by legions of his followers.

Sounds fantastic. But what's even more fantastic is when he tells you, "This is not some feat; anyone can reach this stage of mastery." Really? Anyone? "Yes..." he says, with a chuckle, that's at once a challenge and an invitation, prompting you to ask him the next question, and the next, and then, the next...

Over an hour-long conversation filled with his trademark wit and wisdom, Sadhguru reveals some life hacks, unravels some mysteries and lays bare some harsh truths about life, the way we live it. Excerpts.

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time simply slips away.

You know, my days are such that if I sit down in a programme, for the next 10-12 hours I am sitting in the same place. Everybody else takes bathroom breaks, drink breaks, but I sit there all the time... It's not about performing some feat, like I said. It's just that the body doesn't have the same power over you. You are able to use the body, the body is not able to use you. That's a good way to be.

Is that why you advocate yoga as such a big part of spirituality?

This (mastery over body) is only a side-effect of yoga (laughs). You see, your physical body is not a simple thing. It's a tremendous machine. If you don't keep it in a full alert mode, you will not experience life in a very profound way.

I was in Tirupati recently, when a school bus stopped in front of my car. I noticed five out of 10 kids were obese. A school-going child today looks terribly bored. A 10-year-old has seen the whole cosmos on the phone screen; he thinks he knows it all... What are these kids going to do in life? They may go on to get a job, they may earn some money — but is that it? They can't climb a tree, they can't run, they can't enjoy themselves, can't dance... From

bored kids they become bored adults, naturally. Then what will happen? They want something to hit them, so they will go for drink and drug. Nothing else shakes them; you have to put chemicals in their system. (laughs)

Are there chemical-free ways to 'shake' ourselves up, then? (Laughs) I can show you millions of people who just close their eyes, and tears of ecstasy will flow down their cheeks — you just need to be in touch with yourself.

Some may look at this issue (alcohol, drugs) moralistically; but the essence of it is simply this — people are looking for a bigger experience of life. Everybody wants a larger slice of life, that's all. You don't show them any other way, they will hit the bottle. After some time, bottle won't work, then they will go for the stronger alternatives. Well, it will put holes in your brains, but it doesn't matter, you still want to experience something more, even if it kills you. The human longing to experience something more is that strong!

So, is spirituality the answer that longing?

Today, human intellect is sparking like never before. More people are now thinking for themselves than ever before in the history of humanity. Today, even if

This happened one day. I sat down somewhere, eyes closed, for about 25-30 minutes. When I opened my eyes there was a crowd around me. Somebody wanted to know his future; somebody wanted to know when his daughter will get married... All kinds of rubbish. I thought, where did they all come from? Then they told me, 'You've been sitting here for 13 days!' When I tried to open my legs, my knees were all locked up. It took two hours of massaging, and hot water and what not, to open my legs. I was sitting in the same spot for 13 days, but in my experience it was only 25-30 minutes, because the further away from the body you move, the lesser hold time will have on you. Samayadipathi, we call such a person. One who has in some way transcended time. Once you've mastered time,

So, we're curious now. How do you transcend time?

(Smiles) You don't try to transcend time. Once you transcend your physical nature — your body, you naturally transcend time. See, how do people keep time within themselves? It's only through the body. How do they keep their breakfast, now it's time for lunch — from meal to meal, your body keeps time. From one bladder full to next bladder full, you are just keeping time. You run out of energy and you have to sleep — it's a way of keeping time. Right now, if I make you sit here for three hours, your body will want to move. Suppose you had no body, and I make you sit here

for 10,000 years, what's the problem? So, it's just the body which is giving you a sense of 'time'. When you look at time on the clock, one circle means it's an hour. The moon does one circle around the earth, it's a day. The earth goes around the sun, it becomes a year. Everything is going around in cycles, because that's the nature.

And how do you transcend the physical nature?

The entire yogic science is about this: How to align your system in line with the cosmic system. Because all the cycles of your body have something to do with the bigger cycles of existence — the solar system, the universe. If it is aligned, your sense of body becomes

minimal; you can use your body in any way you want. But if your sense of body is overpowering, it becomes compulsive in nature. It makes you keep on doing the same thing. If you don't do that one thing, it will keep on torturing you.

How deeply you identify with the physical, that much you are available to time. People who do physical things, are always looking at the watch. Time just won't pass for them. Now, if somebody gets a little intellectual and they start reading a book, they won't know time suddenly, isn't it? Hours pass by, just like that...

Now, if you just get a little bigger, go beyond the intellectual, and get meditative,