THROUGH THE MYSTIC EYE

SADHGURU IS A YOGI, MYSTIC AND VISIONARY, AN INTERNATIONALLY-RENOWNED SPEAKER, SADHGURU'S WIT AND PIERCING LOGIC PROVOKE AND WIDEN OUR PERCEPTION OF LIFE. IN THIS SERIES, SADHGURU ANSWERS QUESTIONS, AND OFFERS REFRESHING PERSPECTIVES ON DIVERSE TOPICS.

The physical body is a piece of planet that you gathered. What you gather, you can claim it as yours, but you can never say, “It is me.” This is a loan we have taken from the planet. When the time to pay back comes, if you made good use of the loan, you pay back joyfully. Otherwise, terror happens. Either we get this now through our intelligence, or we will get it from the maggots one day. This is the choice.

ARIANNA HUFFINGTON
CO-FOUNDER, HUFF NPG 08 POST

The famous philosopher Socrates said, “Practice death daily.” What did he mean?

Sadhguru: Knowing that you are mortal is the most important thing to bring you to your senses. Most people exist as if they are here forever. If you were immortal, you could enjoy a hundred years each of depression, anxiety, madness and misery, and then become joyful on the 500th anniversary. But that isn't the case. You are mortal and life does not wait for you even for a moment. It is ticking away. So it is extremely important that you make this into a joyful and fantastic process.

Mahashivratri is celebrated in February. Why do we celebrate Shiva, when he is actually a destroyer?

Sadhguru: When we say “Shiva is the Destroyer,” we are not saying he causes death. For him, birth and death are superficial aspects of life.

The spiritual process is about transcending the physical, because form is subject to cycles. Shiva is the Destroyer of Ignorance— he shatters the compulsive cycles of birth and death, being and non-being. When the boundaries of time and space are transcended and the limitations of form shattered, the seeker wakes up to the truth that mystics have always known: access to the beyond is to be found in the here and now.

SpiceJet welcomes its passengers to ask Sadhguru questions on yoga, health, well-being and other topics of general interest. Select questions will be answered in forthcoming issues. Please email your question to mediarelations@ishafoundation.org. For more of Sadhguru's wisdom, visit isha.sadhguru.org