What determines the quality of your life?

After thousands of years of civilisation, after thousands of years of slaughtering so many other animals, and sometimes our own race, human well-being is still far away. With all the science and technology, we have altered the external situation so much, but still we are no closer to human well-being than 10,000 years ago. So, it is definitely time that we look inwards and see how to create well-being. From your own experience of life, you can clearly see that true well-being will come to you only if your interiority changes. Right now, the quality of your life is not being decided by your clothes, your educational qualifications, your family background or your bank balance. This moment, the quality of your life is simply decided by how peaceful and joyful you are right now within you. Yoga and meditation is that dimension of science which handles your interiority, where the focus is in creating the right kind of interior so that you can live a joyful and peaceful life. Or, in other words, you can just live well.

This yogic science is of utmost importance now like never before. I am not saying it was not important earlier. Today, we have tremendous tools in our hands to do things. With modern science and technology, we can move mountains if we want. When we have this kind of power, it is very important that we have an inner sense, an awareness of life. It is important that we experience life and every other being as a part of ourselves. Otherwise, we create a calamity for ourselves. We are creating such a calamity that just to breathe is becoming a problem. Just to exist is becoming a problem. This has happened simply because we have attended only to the external science. We never looked at the inner science of creating the right kind of situation inside.

Yogic science is more relevant than ever before because you are powerful. When you are powerful, it is important that you are sensible. The conveniences and comforts that science has brought can truly lead to human well-being only when your interiority also is handled properly.

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