The role of sadhana

It is not that enlightenment “happens”. Enlightenment never happens. It is not that you transcend it. Or you are not at all involved, absolutely no involvement with what is here, then also you see the other. These are two ways, either with 100 per cent involvement or zero involvement. Then you are lost in the present reality and see the other reality within you.

So never seek enlightenment. The moment you start seeking, you get rooted into this reality. Please understand without seeing, it is always there. The sadhana that you do is just to see it is there. You are not doing sadhana to construct divinity within you — if you do this, you will only construct ego.

So sadhana is not about building something. It is not about creating divinity within you, not about becoming enlightened. It is simply there. Sadhana is just a way of opening your eyes. It is an alarm bell — it must be piercing. These days, children have these new James Bond watches. In these watches you put a small shrapnel which comes out and pricks your arm, along with a beep-beep sound. So if somebody is too thick-skinned then we have to really poke. It is a process of just waking up. We are just stuck to one level of reality. Waking up to another level of reality, can it happen? There is nothing to happen if your involvement with this is total, so that you transcend it. Or you are not at all involved, absolutely no involvement with what is here, then also you see the other. These are two ways, either with 100 per cent involvement or zero involvement.

Sadhguru Jaggi Vasudev is a yogi, mystic, visionary and best-selling author. He has been conferred the Padma Vibhushan by the Government of India.