

HELLO! BRIDAL BLACK BOOK

# SADHGURU

**A MASTER OF SPIRITUAL TECHNOLOGIES, YOGI, MYSTIC, AUTHOR AND FOUNDER OF THE ISHA FOUNDATION, SADHGURU EXPANDS ON THE MANY PERMUTATIONS AROUND MATRIMONY TODAY**

## Why is marriage such a challenging institution in our day?

"People form relationships because they have physical, psychological, emotional and other kinds of needs. If we understand and know the limitations of that, we can conduct it well. But the problem is, you give grand names to it and have terrible expectations of other people that no human being can ever fulfill. If you see the limitations of what it is, it is fine."

## What distinguishes today's marriages from an era of more stable marriages?

"Marriages were super stable in the past because only two people did not get married; whole families got married. One thousand people on either side got married, so breaking up all of them was very difficult. Now, only two people are getting married, so it is easy to break it. This is a social structure which we consciously created at one time. Marriages never broke in the past, not because they were perfect marriages. If they got angry, that was for a little time and again, they got back together. Today, if you fall out of your house, there is nowhere else to go and it becomes two different homes, so it is gone."

## Do you personally feel the age-old arranged marriage had its wisdom?

"We must understand these are arrangements that we made. When we wanted to marry our boys or girls, we even did some celestial matching up, we checked their families, what they are doing, everything. We are trying to have the best possible match within our capability. This elaborate system is to see that this becomes an enduring process. To fulfill all the different needs of a human being, we make an arrangement so these things happen in a graceful way, not in a gross way."

## Given the multiple connections via social media and whatsapps - will true monogamy ever exist again?

"Today, a partner comes with an expiry date. Because of this, it is always off and on, off and on. When it is broken or unstable, you will go

## 'If there are multiple partners, the body slowly gets confused over a period of time'

through enormous pain and suffering, which is totally unnecessary. If intimacy happened with another body, the system is keeping a record of that particular kind of energy. Now because the body remembers, if there are multiple partners, the body slowly gets confused over a period of time and this confusion will tell in your life in a million different ways. People are just going nuts without any reason because the body itself is confused. These are things that have been deeply understood and life was structured in a certain way around that. Now, in the name of freedom, we want to demolish everything and suffer. Maybe after a few generations we will realize that this is not the way to live."

## How do you define a happy marriage?

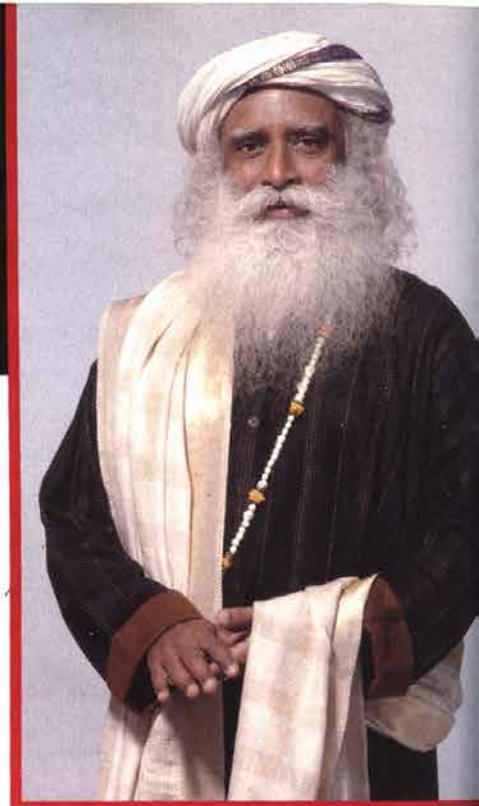
"I thought people got married to be happy! I thought marriage is about multiplying your joy, not your misery. If you continuously live with one person in a limited space, you will see there are so many things about them that you like and that you don't like. Only if you create a certain sweetness of emotion and commitment towards the other person, will it be beautiful. Otherwise, it's definitely going to be hell. If you make yourself beautiful, your marriage will become beautiful."

## What are the pitfalls that bring down a marriage - both from a worldly and spiritual perspective?

"You can never control what is happening around you 100 per cent. In marriage, if 51 percent is happening your way, you must be very happy. If you think it must happen 100 percent your way, you are looking for a divorce. Now a woman is expecting her husband to be like her and he is expecting the same, vice-versa. No two human beings are made the same way. The very reason you marry is because of the difference. If you don't learn to enjoy the differences, then it can be terrible. As long as you enjoy the difference there's no conflict."

## Do you feel serial monogamy is the calling card of today, and that most lives - given the longer life spans predicted for the human race - will encompass two or three long term partnerships?

"It is up to individuals to decide how many physical relationships they want to have in their lives. But as I mentioned earlier, the physical body has its own memory; if you imprint the body with too many memories through physical intimacies, it will cause much trouble to one's life. Even if you work out everything in your life, still you will find you do not know what it means to be blissful; there will be no ease in your system."



## When does a marriage become a prison? How do you love someone and still set them free?

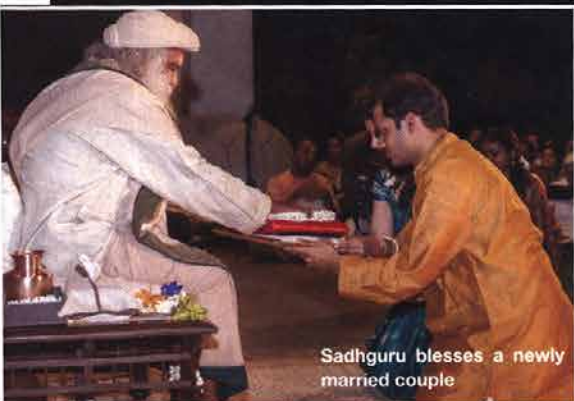
"Marriage is a kind of bondage. And many people need that bondage. It's just that they want to bind somebody, but they don't want to be bound. That is not how it works. If you bind somebody you also get bound. If you get divorced, if everything you have just vanishes today, you are absolutely free. But a whole lot of people will get depressed because freedom is not a simple thing to handle. It takes a lot."

## The recent Supreme Court ruling decriminalising homosexual relationships has been seen as a massive evolutionary leap for Indian society.

"What individual people do in private should neither be criminalized nor glorified. It is their business. But sexuality - hetero or homo - is only a small part of a human being, a biological compulsion. If you make it the whole of your life, it is a sickness, and you will have a distorted perception of life. Human beings should act out of their consciousness, not compulsiveness. Even if nature evolved this as a population control mechanism, if human societies must rely on a sexual orientation to control our population, it is a leap backward for human consciousness."

## What is your take on surrogacy, IVF, and several ways that people are challenging natural boundaries to fertility?

"If you were a tiger, I would say let us have fertility clinics. But we are human and doing too well. When I see the fertility clinics, my heart sinks because this is coming from a certain fanaticism that only what comes out of your body can be yours. Why can't this person or that person be yours? This is what being human means, that if you are willing, you can live here without any sense of boundary. If you explore the dimension of what it means to be human, you would see inclusion does not mean biology; inclusion means consciously including another life as a part of yourself."



Sadhguru blesses a newly married couple