



*“Man does not have the awareness to know what he should choose to do. You should simply throw yourself 100% into what you are doing now without entanglement. You don’t know one thing from the other, so just show absolute*

*involvement into what you are doing right now. What you are right now is just breath, body, food, shit, wake up, sleep; this is what you are. But you neither eat with involvement, nor breathe with involvement, nor shit with involvement, nor get up with involvement, nor sleep with involvement. Because of this, you have no sense of what to do. Whatever you do it seems to be inadequate – it seems to be the wrong thing. Show absolute involvement in everything; then what you should do, where you should go will be 100% clear.”*

*- Sadhguru Jaggi Vasudev*