Desire

BY SADHGURU

Someone recently asked me about a series of articles of mine that were published every week in a leading Tamil magazine for one entire year. The title was ‘Athaikum Aasaipadu’ meaning ‘Desire for Everything’.

A whole lot of interest, controversy and confusion was generated. One lady asked me: “All the other Swamis have been telling us to give up desire. You are saying desire for everything. Will we reach God like this?”

Isn’t the want to give up desire a desire in itself? What about the desire to ‘attain God’; is that not a very greedy desire? If somebody desires for a small piece of creation you call that greed. But, somebody wanting the very creator is that not ultimate greed?

Most people are just looking for small pieces of creation. Someone is looking for the Creator himself; that is a very big desire. Any teaching which is not possible is not a teaching; it is just nonsense. If there is a possibility, you can call it a teaching. If there is no possibility, it is not a teaching. So when you talk about giving up your desires, if you create a desire to give up your desire, you are still in desire. So it is a not-possible teaching. Utter nonsense has been talked for a long time. Just because it gets printed in books, just because somebody says it is holy, it does not become right or true.

Have you ever seen anybody who has no desire? Can you imagine somebody without any desire? Maybe they do not have your kind of desires. They may have different kinds of desire. But is there somebody who has no desire? There is no such thing, because the energy that you call life and the energy that you call desire are not different. No desire means really no possibility for life. So what to do with your desires? Just desire the highest in life. Direct all your passions towards the highest.

These teachings of being devoid of desire, of detachment have come because people chose to involve themselves in a selective way with life. It caused much confusion and problems to themselves and to everybody around them. When you choose to involve yourself selectively with life, naturally you get entangled with the process of life; this is normally referred to as attachment. People are saying ‘give up attachment and be detached.’ If you remain detached from life, would you know life? The only way to know life is through involvement. If you are not involved, you will not know anything.

So these teachings of detachment and being devoid of desire have come because of the fear of entanglement. Because a large segment of the population is entangled in something or the other, and entanglement always creates pain and suffering within a person, somebody gave this foolish solution of detachment. So their solution for life is ‘avoid it.’ If you want to live, you need involvement. If you want to avoid life, you must die; it is very simple. Being alive and wanting to die and not dying is a torture, because the fundamentals of either enjoying the process of life or not enjoying the process of life - the fundamentals of what you refer to as heaven and hell are just this: If you are in anything willingly, that is your heaven. If you are in anything unwillingly, that is your hell.

What is most beautiful can become the ugliest thing if it happens to you unwillingly. A love affair is a rape; the difference is just willingness and unwillingness. What is a horror and what is the most beautiful thing is just a question of willingness and unwillingness. So the moment you say ‘I want to be detached’ you become unwilling for the process of life; you make a hell out of yourself. Because people have made a complete hell out of themselves, they obviously want to go to heaven. Those who have made a hell out of themselves will invariably make a hell out of the world also. If somebody is joyful, he will make sure that everything around him is joyful.

(Mumbai will be hosting its first ever Inner Engineering Program by Sadhguru for 10,000 people this December. Venue: MMRDA Grounds, Bandra Kurla Complex; Date: December 16 to 18; Timings: Friday December 16 - 8.30 p.m. to 9.30 p.m.; Saturday December 17 - 8.30 a.m. to 7.00 p.m. (lunch included) Sunday December 18 - 6.30 a.m. to 7.00 p.m. (breakfast and lunch included) Contact: 9822100305, goa@ishafoundation.org)