



Sadhguru Jaggi Vasudev

A bottle of memory

What you call "myself", what you call the human structure, is essentially the work of a certain "software". We know today that software means memory. Whether it is the individual human body or the larger cosmic body, they are all essentially made of five elements — earth, water, fire, air and space. All the five elements have a memory of their own. That is the reason why they behave the way they do.

The same thing that was soil became food. That same thing that was food became a human being. The same thing that was food becomes soil again. What is it that is happening? How does the soil become a fruit or a flower or anything else? How is it that somebody looks like their father or mother? It is just the memory carried in that one single cell. And with just a thought, an emotion or with a certain control over your energies, you can influence this memory immensely, to a point where everything about it will change. Today, there is substantial scientific evidence to show that with a thought or an emotion you can change the molecular structure of water, without changing its chemical composition. If I look at some water very angrily and give it to you, you will fall sick by the evening. If I look at it in a certain other way and give it to you, you will experience wellbeing. Without any kind of chemical changes, the same H_2O can be poison or it can be the elixir of life, depending upon what kind of memory it carries.

Our grandmothers told us we should not drink water or eat food from just anybody's hands; we must always receive it from people who love and care for us. This is why in traditional homes in India, people will have a nice brass vessel which they wash every day, do a *puja* for, and only then fill it with water to drink. In temples, they give you one drop of water, which even a multi-billionaire fights for because you cannot buy that water anywhere. It is the water that remembers the divine. This is what *teerth* is. People want to drink it so that it reminds them of the divinity within them.

You thought this was all superstition but now scientists are beginning to see the rationale, the secret. They have found that water's molecular composition changes when it is violently pumped, and travels to your house through so many turns in lead or plastic pipes. With all these bends and turns, the water acquires much negativity.

So water has memory; and, 72 per cent of your body — your physical existence — is water. You are a tall bottle! So if you can make the water in a vessel pleasant, can't you influence the water in you to be pleasant? This is the science of yoga.



Sadhguru Jaggi Vasudev is a spiritual leader, a visionary, a humanitarian, author, poet and speaker