



## Destiny

By Sadhguru Jaggi Vasudev

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You don't know who is driving your car. It is always you. But if it crashes you would like to believe it is because of someone here or beyond. Destiny is something that you have been creating unconsciously. You can also create it consciously. You can rewrite your destiny. All that we are

doing in the form of spiritual process is just that. You decide where you want to go, taking the next course and destination. It is in your hands.

If you can touch that core in you, if you can for one moment, experience that the source of creation is within you and shift your whole focus to yourself, you can rewrite your own destiny. All the time your focus is scattered, because what you consider as 'myself' is your house, your car, your wife, your child, your pet, your education, your position, your power and your other identities. If I strip you of all these things, including your body and mind, which are just accumulations, you will feel like a nobody, yes or no? So what you call 'myself' is spread around you right now.

When I say 'you', it is you, not this carpet, not this wall, not your child, not something else. When I say 'you', it's just you. If it shifts to this, you can rewrite your destiny whichever way you want. Right now, what is 'you' is spread out; you are a scattered being. You're not an established being; you are a scattered being. You still have to gather all this mess, put it aside. Then it becomes you. You still have not become you; you are a crowd, isn't it? The crowd's destiny is always predestined. Once you become an individual – individual means, it comes from 'indivisible'. It cannot be divided anymore; it is this. It cannot be here and there. Once you become a true individual, your destiny is yours. I want you to understand this. Why in the spiritual process people who are in a hurry for spiritual growth are not getting into marriage, children and relationships, is because the moment you have a wife or a husband, you cannot help it, 'me' gets identified with the other. Otherwise, they will not let you live, isn't it? Once you get identified with things that you are not, when that which you accumulated becomes you, in your experience, you get scattered.



That is how deep the bondage with the body is. It is the source of all attachments. You don't have to go on searching for non-attachment somewhere else. You don't have to go about distancing this and that in your life, but once you get scattered, your destiny becomes predestined. Whichever way your karma, it just goes that way. If you become an individual, the significance of Sanyasin or Bhramhacharya is just this: shifting your whole focus to you. When I say 'you', it is just 'you', not even your body or your mind. If you are unable to be like that, you just choose one more identity. When you say 'you', make it 'you and your Guru'. You attach yourself to the Guru without any hesitation, because you have no entanglements from the other side. You can get as entangled as you want with him; he is not going to get entangled. The moment you are ripe, you can drop it. With other relationships, it is never so. If you get entangled, even if you want to become free, the other will not let you go. Either you can rewrite your own destiny or, if such awareness does not come, we can very easily rewrite destiny if you can just give yourself to me. So don't worry about the predestined thing. You just create a longing to grow, to dissolve, to know. What has to happen will happen. Why are you worried about all those things?

Once you become an individual, your destiny becomes yours. If your destiny is in your hands, will you choose bondage or freedom? What would you choose? Freedom, because the very longing of life, the deepest longing of every life is to become free, to become free from the very process that we refer to as life or death, to become free from that itself. So once your destiny is happening in awareness, the next step will just happen by itself, because life within you has the intelligence to choose freedom, not bondage. Only because your destiny is being created in unawareness, you go about weaving bondages around yourself.

For more information about Sadhguru, please visit [www.ishafoundation.org](http://www.ishafoundation.org)

*Sadhguru Jaggi Vasudev is an international speaker, author and peace advocate with profound spiritual and cultural insights on health and human potential. He addresses over 500,000 people annually at his public forums. Sadhguru is a realized master and yogi who has practiced yoga since age 13 and authored four books on the essential nature of yoga. Sadhguru has synthesized the science of yoga into a dynamic program that allows people to restore and maintain optimum health and inner balance.*

*Through his books, columns, articles and interviews aired and published in a host of international media, Sadhguru is considered an authority on yogic science whose teachings help people gain an inner understanding of the issues and events that happen to themselves and the world around them.*

*Sadhguru is founder of the Isha Foundation, a non-profit organization advancing physical, mental and*

spiritual health through yoga and self-transformation. The Foundation administers over 100 yoga centers, an ashram, residential complex and medical center in India, and conducts public programs around the world. His humanitarian initiatives for world peace and his outreach programs for Tsunami relief, prisoners, children and Action for Rural Rejuvenation in India are examples of his determination to improve the human condition for all people.

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