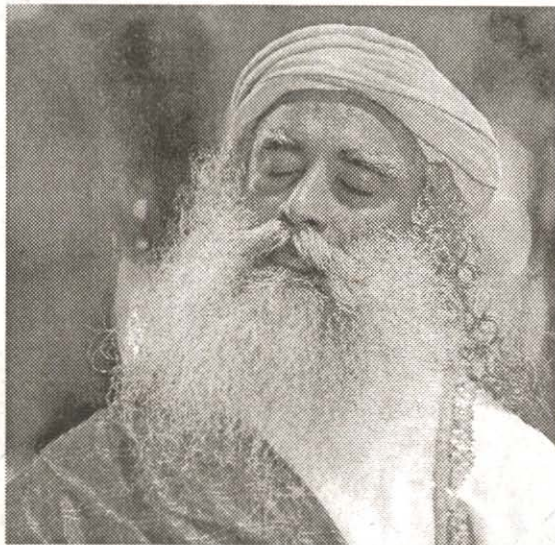


The Right Concoction

BY SADHGURU

Yoga means ultimate inclusiveness. The word yoga literally means union. When you have become one with everything, this is yoga. Yoga does not mean twisting your body, tying your limbs into knots or holding your breath or doing some other circus. The word Yoga means, in your experience, everything has become one. How can everything become one? You are you; I am me, isn't it? No question of these two becoming one.

Do you know today modern science is telling you the whole existence is just one energy manifesting itself in a million different ways? It's a scientific fact, isn't it? Maybe it's not in your perception, but that is the reality. So this is what science said. And the religions of the world have been screaming for a long time that God is everywhere. Whether you say God is everywhere or you say everything is same energy, are we talking about a different reality or the same reality? God is everywhere, everything is same energy. It's the same reality expressed in two different ways. A scientist has not experienced this reality. He has somehow mathematically deduced this reality. He has no experience that everything is one energy, he does not experience this and that as one. Mathematically he knows that this and that are one. A religious person also has not experienced it but he believes it that it's all God. Now a yogi means somebody who is not willing to settle for deductions or belief systems, he wants to know it. If you have such a longing that you want to know it, you are



unwilling to settle for other people's deductions or belief systems then you have to pursue Yoga.

Anything that leads to the union is called yoga, whichever way. Now you can only work with what you have - your body, your mind, your emotion. Your energies may not be in your experience, but you can easily infer and see, if one has to function, there is some kind of energy making it happen.

So these are the four realities for you - body, mind, emotion and energy. If you employ your body

and try to reach your ultimate nature, we call this Karma Yoga, yoga of action. If you employ your intelligence and try to reach your ultimate nature, we call this Gnana Yoga, yoga of intelligence. If you employ your emotion and try to reach your ultimate nature, we call this Bhakti Yoga, yoga of devotion or emotion. If you transform your inner energies and try to reach your ultimate nature, we call this Kriya Yoga, yoga of transforming energies. These are the only four ways you can do it because these are the only four things that you really have.

So if you want to get somewhere all these four aspects, body, mind, emotion and energy has to function together; only then you get somewhere. With one aspect you don't get anywhere. Every one of you is a combination of these four things, but a different kind of combination; a unique combination.

So accordingly the right kind of yoga has to be mixed in the right proportion, otherwise it doesn't work. It is because of this, in the yogic traditions so much stress has been laid about having a live Guru because he will mix the right kind of concoction. Unless it is mixed properly, even if it's the best thing, it doesn't work. What is working wonderfully for one person is not working for the other person because it is wrong prescription. Medicine is good but wrong prescription.

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