

# Oasis



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## Needs and desires

**Q**uestioner: Sadhguru, I am on spiritual path, Shouldn't I still fulfill my needs and desires like food, sex and sleep?

**Sadhguru:** You are confusing basic requirements with dispensable desire. Food and sleep are basic requirements. You don't desire them. When you are tired you sleep, when you are hungry you eat. These are required for your survival - but, what kind of food you want to eat, probably, qualifies for your desire list.

So discounting those two, let's address the other desire that you mentioned: sexuality. Let's look at it truthfully. Your desire is not for sex. One part of the fact is that your hormones have hijacked your intelligence. There is a lot of pleasure attached to sex. Yet another part is you are desperately trying to become one with somebody. But no matter how hard you try sex does not work this way - you never become one with somebody by fusing your bodies in several minutes of coitus. So, you will either realise this on your death bed or you can realise it now and look for other ways that work.

But, first of all, don't be carried away into asking, "Oh! Should I give this up?" No, there isn't any need to give up anything. Look at your predicament this way: When you were a child you must have had some kind of doll - teddy

bear or Barbie. At some point of time in your childhood this doll must have been more important to you than your mother, father, God or all of them put together. If I told you then, 'See this teddy bear is just a bundle of cotton. What's the big deal? Let's throw this nonsense,' would you have listened? Never. But, as you grew up and gathered more exposure into the ways of the world other things interested you more than your childhood doll, so much so that you

Probably don't even know where it is lying now! So something which was at one stage the most important possession in your life today stands disposed or missing and you don't even care. Its absence means nothing to you.

This is the fate of desires. You hang on to certain teddy bears today because you don't know anything better. If you taste something of bigger dimension than you know right now, these insignificant dolls you have as desires will naturally fall off.

And the best part is you don't have to give them up, they naturally fall off. In spiritual path, sitting and breathing in a million times is by itself is more amazing and captivating than anything else that you have known. Imagine just sitting here and breathing! Once you have known the pleasure of something higher, will you settle for crumbs?