

# Allergic to Spirituality

By: Sadhguru

It is very important that the spiritual dimension of life is brought into everybody's lives. Why many people have developed an allergy to spirituality is because somebody always told them, 'spirituality means leaving everything and going to the mountains.' Even if you want to go, there is not enough space for all of you there. You had better learn how to be spiritual in your office, in your home, on the streets, wherever you are. You had better learn that because spirituality is about your interiority, not what you do outside. Spirituality is an inner science to create a conductive inner atmosphere because the quality of your life is dependent on how you are within yourself. That quality this moment depends on how joyous, how peaceful you are. This dimension you have completely neglected. Unless you do something to the inner, you will not know what it is to be peaceful, to be joyous, you will not know how to go beyond the limitations of being just a physical body and mind.

See, your body is simply accumulations of what you have gathered from the Earth – when you leave you can't take an atom of this body. So this body is not really yours. Your mind is not yours too. It is also just an accumulation – what you have gathered from the backgrounds in which you were brought up in life. So there is something else which needs to be looked at beyond these dimensions.

Even if I erase all your memory, you will still be here. Yes? Your family will disappear, your status will disappear, your business will disappear, everything that you own in the world will disappear. But you are still here. So beyond all the things that you identify yourself with, there is still something called 'you'. That 'you' is not subject to what you accumulate from

outside, but unfortunately that 'you' has been so covered, so crowded with other things that you never allowed yourself to look at that. You always thought that what you are identified with is more important than who you really are. Now if your focus shifts, then the other dimension can start opening up for you.

The whole process of spiritual science, yoga in particular, is to somehow elevate you to an experience that is beyond the five sense organs. When you transcend the limited experience of what you know as yourself, your experience of life is naturally in a different dimension. Then you begin to experience that which is not physical, the spiritual, the Divinity of your true nature. If you are ready and willing to experience life in a deeper dimension, to be truly happy, I have methods. Then you can begin to experience the joy, the blissfulness of knowing who you really are.

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