Inner Engineering

* Based on the book “*Inner Engineering: A Yogi’s Guide to Joy*” by **Sadhguru Jaggi** **Vasudev**, one of **The New York Times** (2016) Best Seller in the list of health, religion, and self-help categories.

# *The field of psychology came into existence as people felt the need to know their inner world.*

# The Way Out is In: If we go outward, it is an endless journey. If we turn inward, it is just one moment.

Whatever things we are doing in life whether it is about career, business, money or family, we want just a straightforward thing: **Joy**. When we look at other creature on this planet, they are fully contented if the stomach is full and there is no danger to their life. But for Human, considered to be superior from other life forms of earth, life begins after the survival, with hundreds of problems. Today, we have too much of facilities like buying any food online or getting any movie to watch, that even the royalty can't afford in history. Still, we are not more joyful and peaceful than our ancestors.

*Where are we going wrong?*

We try to fix everything in our surrounding to fulfil our desire in the most comfortable way, that results in an endless struggle. The fault is, we are doing things to achieve joy, peace and contentment, *rather than doing things* ***joyfully***. Happiness is not the end goal; it is the fundamental quality for a well-being life.

It is scientifically proven today that if our internal muddle is settled even for a day, our intellectual capabilities are doubled.

Some people choose ***wine*** and others ***divine*** to settle this turmoil. Both of them seem irrational to some.

If our inner is not in our control, we never able to fix the surrounding. You can see that Human mechanism is the most incredible piece of technology, but we never read its user manual. It is same as driving a car, without knowing its functionality. We need to know ourself better. A doctorate on self counts the most.

Raphael, an Israeli organic chemist, discover a " Bliss molecule" (named as "Anandamide", based on Sanskrit word "anand") in the human brain which is produced by the cannabis receptors. Means we are capable of making our own narcotic, without any hangover and health problems. Isn't this interesting? For every emotion, there is a chemical release for it, if we know how to balance these chemicals, life would be great.

# *Williams James in his Work “The Principle of Psychology“ mentioned that we are truly free to choose our actions, attitudes and our way of being in the world, without being influenced by the environment.*

Design your Destiny: If you do the right things, the right things will happen within you.

Today, most of the people in the world are moulded by the situation around them. If the conditions are not pleasant, they ask "Why I am in this situation?" Is it my Destiny? Rather than taking command of their life, they complain about the surrounding.

Polio, a terrifying disease, was believed to be God's will or Destiny until we decided to find a cure for it. In the year 1988, there are 350,000 cases of polio in India, and now it is less than 400. Is it "Destiny" or the outcome of our action? We take control of the situation in our hand and do the right things and get the right result.

Controlling your Destiny does not mean that everything will happen by your way. The outside world will never run, hundred per cent by your way. It means steadily, heading toward your ultimate well-being, no matter how much the external situations try to crush you.

# *By Being in a conscious state, the unrealistic cage of thoughts demolished and life becomes easy, by ‘Padesky and Mooney’ Model of CBT.*

# No Boundaries, No Burden: Removing unnecessary imaginary boundaries will eliminate all burdens.

When we hear the word responsibility, the first thing that bothers is our weaved burden, that is followed by blame or guilt. It's totally misunderstood. It means "ability to respond", so simple. If you say " I am responsible", it means you are able to respond and have the control of your life. If you are not responsible, then you are a puppet of other’s hand. The limitation that we can't change the way we are, bounds us and weakens our capabilities. It needs to be understood and removed.

At this moment, we are inhaling oxygen that trees are exhaling and exhaling CO2 that trees are inhaling. So, we are responding to the trees. Similarly, we are responding to everything in this universe - sun, moon and stars, but we are not aware of it. It's happening unconsciously. Writer Sadguru, asking us to get mindful of these responding and observe the connection between you and everything.

The thing you do consciously is your response, and other is the reaction. If you take your responsibility, then you have the freedom to act or not. It born in consciousness and awareness. Reactivity, on the other hand, is driven by others. You can remember an incident where you do or say something, for which you regret later because you react to the situation impulsively or unconsciously.

We can respond in many other thoughtful and peaceful ways. If we see a person dying on the street, what we do? Either we call an ambulance or at-least we sympathise and pray for that poor soul in our hearts. This reflects our sense of responsibility. If you are not responsible then you will just sit like a stone and witness the tragic accident. So, responding doesn't mean to take actions necessarily, it is the willingness to act and feel which fundamentally demarcates living from non-living! Reality check for all!

Love is also a response which is free from anything, towards the person you love. But you limit this love to a few peoples and give them the key to unlock your free away response-ability. But these keys have their legs and will of its own. So, you can't keep them in your pocket and use them whenever you want. That's, why you get, hurt. So, love should not depend on others. It's the way you are. It is just the sweetness in your thoughts and emotions. You can love everyone without kissing or getting intimate with them only by sweetening your views about them. Before cleaning the window panes of our house, we must clear the lenses of our inner eyes, mind and soul. Then we shall be able to change the world because change begins from within.

References:

1. Inner Engineering: A Yogi's Guide to Joy (2016), Book by Sadhguru Jaggi Vasudev.
2. The Principle of Psychology by William James.
3. Cognitive-Behavioural Therapy by Kathleen A. Mooney and Christine A. Padesky.