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Tapping into the Akashik Intelligence

17 Jan 2013

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Ever wondered why some people seem to breeze through life while others struggle? Sadhguru tells us about akashik intelligence, and gives us a process to bring this larger intelligence into our lives.

Sadhguru: Modern science is beginning to recognize that there is something called *akashik* intelligence. That is, empty space has a certain intelligence. How this akashik intelligence behaves with you – whether this intelligence works for you or against you – will determine the nature of your life. Whether you are a blessed being or one who is going to be knocked around for the rest of your life simply depends on your ability – either consciously or unconsciously – to be able to get the cooperation of this larger intelligence which is functioning.

It is improper to call *akash* or space, the fifth element because it

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is *the* element. All the other four – earth, water, fire and air – just play upon it; the fundamental element is akash. It is in the lap of this boundless space that these four elements play the game. We are sitting here on a round, spinning planet in the solar system. It is all held in place only by akash. You are sitting in your place not because of yourself, you are sitting in your place only because akash is holding you in place. It is akash which is holding this earth, this solar system, this galaxy and the whole cosmos in place – and no strings attached, just see! Just held like that.

If you know how to get the cooperation of akash into your life, this will be a blessed life. One simple process you can do for this is, after sunrise, before the sun crosses an angle of thirty degrees, look up at the sky once and bow down to akash for holding you in place today. After the sun crosses thirty degrees, sometime during the day – anytime – look up and bow down again. After the sun sets, once again look up and bow down, not to some god up there, just to the empty space for holding you in place for today. Just do this. Life will change dramatically.

Have you noticed, even Tendulkar looks up? It is not just him, right from ancient times, when man achieved something in great moments of success, he looks up because unknowingly there is a realization. Some of them may be looking up for the *uperwaala* but mostly, when you hit a peak experience, have you noticed, even without your awareness, your body looks up in gratitude? Somewhere there is recognition; there is an intelligence here which recognizes that.

Do this process consciously three times a day. If you get cooperation from akash, life will happen in magical ways. An intelligence that you have never thought possible will become yours.

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Photo courtesy: Sachin Tendulkar by Wikimedia Commons

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