

# Hemant Sagar

Designer

'Religions were invented because man was afraid of the weather'

Sat Nov 13 2010



**Designer Hemant Sagar believes being in India has been a profound schooling of patience and perseverance.**

**What does spirituality mean to you?**

Freedom of spirit.

**What is spirit?**

Spirit is not the soul. It has to do with taste, character, likings and not likings; it has to do with profound convictions, with the way things should be. It is an order of the universe reflected from you.

**What is this order about?**

I do not turn to religions to understand it. To me there is no Bible. Religions were just invented because mankind was afraid of the weather. The order of the universe is the evolution from the algae to the elephant.

### **Where do you place yourself in this evolution?**

As an active entity completely interconnected to all the others. Suffering only happens when people are disconnected. When people are cut-off. That's why reaching out and connecting are so important; that's why there is so much happiness in meeting people, in agreeing with each other, in surprise encounters with beautiful human beings.

### **Why are you here?**

To spread happiness.

### **How do you do it?**

Ask my friends. To me, life is about giving. Total generosity but not stupid generosity. There is a big difference between giving and throwing at. Being there, being now is appropriate.

### **How did you come to this conclusion?**

It actually has taken me a very long time. And now it's like a diving board. It is finally ready for the first time. I have been slaving away for it for 30 years. I have been living and crying and giving everything I have and putting everything I have in it. Because I have never believed in anything else. It has to do with a belief in a certain harmony and translates in everything I do.

I have been through really tough patches. For instance when I left Paris and came back to India. I felt I was abandoning my project there, and coming to a place devoid of all the cultural reference points I was so used to, and that I so love. Besides, after everything I had done there I had to teach people how to hold a needle. But I felt the future is bigger here.

And falling on my nose was actually a very important lesson. It centered everything again. It put everything in perspective – suddenly feeling I have nothing and am no one. And from such a point, you can grow again. In such low moments, you analyze your past behavior and patterns, you understand that you could have been kinder and more patient at all sorts of moments.

Being in this country has been a profound schooling of patience and perseverance.

### **Looking at how things have unfolded in your life, would you say they are somehow preordained?**

Yes, they are. But it doesn't mean you can stay back and do nothing. If you don't help yourself God won't help you. 50% may be destiny. But all the rest is about what you do.

Also, I really believe that if you want something, it does happen. I have seen it over and over again.

### **You never reach dead-ends?**

Yes, but then I can learn from them. Life tickles you to make sure you really know what you want. Nothing happens just like that.

**So life is about learning?**

Absolutely. A day you haven't learnt something is a lost day.

**What is God for you?**

I do not really think in those terms. To me, there simply is a higher self. And all is interconnected.

**Did you have a religious upbringing?**

My mother is a Protestant. And my father is not a practicing Hindu. But I didn't have a religious upbringing at all. I went to Catechism and later on read about all sorts of religions and philosophies. But for me, the shamans are the real religion; it makes so much more sense, because it has to do with nature. In them I can actually feel the energy coming out so much stronger than in a cross for instance.

**At times of particular challenge, where do you find your anchor, your energy?**

At home. My home is my nest. It is a heaven of peace. And in a partner I believe in, in a family that loves me. What more can you say about happiness than it being a Sunday lunch? The roast chicken, the checked tablecloth, the red wine, a little bit of music and beautiful company.

**If there were one question you could ask God, what would it be?**

Why can't we all be equal? When democracy says we are, it's not true. But on the other hand, I was very touched by democracy, living in France. I realized the value of life and how much the State does there for you. It is not the same here.

**Is there such a thing as rebirth?**

Absolutely. I totally believe in it, disconnected from any religious affirmation of it.

**So what would you choose for the next rebirth?**

It would be wonderful to have such a fulfilled life that I would not have to come back.

But I think I am quite a fresh soul. I have a very fresh and universal attitude towards almost everything. I am not held by family, religious, or racial mindsets. I am a very free person. I am unmarried. My lifestyle is in no way an obstacle to anything that surrounds me, except for other people's judgments.

**Would you say you are a content person?**

I am never content. I am a hell of a nagger. I am always complaining about something not being right. I am a perfectionist. But while nagging, I do go through a few moments of fulfillment...

**What is your idea of happiness?**

It is here and now. It is always in the here and now. It is so amazing how the now can procure happiness if you get it. To the point your skin burns from happiness.

When you speak your soul, it is total happiness.