

Sacred Space



Yoga Sanctuary

**Sacred Space Yoga Sanctuary:
Kundalini Yoga Lecture Series by Swami
Rudrananda**

Through June of 1972



Sacred Space Yoga Sanctuary: Kundalini Yoga Lecture Series by Swami Rudrananda

“It’s either a state of ego or a state of surrender.”

Big Indian, October 17, 1972

The first thing that you can do is to really take the energy from the mind and use it to open something inside yourself; otherwise it's just all a surface tension, and there's nothing spiritual about it. You can drive yourself crazy and everyone else crazy saying how “this” you are and how “that” you are. But it doesn't mean anything. You have to first have your mind inside and feel this thing opening -- this resistance in you. You can consciously keep your attention centered and feel within the tension.

It's very hard to sustain anything. The thing that we're doing is not to try to sustain the effort, but to stretch and go a little higher and deeper every day. You are opening internally and feeling a new depth in you. It's like drilling for water; you have to go a little deeper to get a fresh spring. Unless you consciously work that way and make the effort to reach inside yourself and surrender deeper, you're only working on surface tensions. When you don't consciously dig in and open more, this tension becomes surface again and doesn't matter how far you have gone. You could really have had a good spiritual life six months ago and ditched the tension on the surface of forever after for the rest of your life. But because this thing builds a skin immediately, it builds a surface, and then again you're working on tensions.

You see this particularly with people who do meditation because they reach a place. They really have a good meditation, the level goes from here to here, and then they stay here and they reinforce that level endlessly. It becomes a thickness, and all they do is feel superior and smug and they start, in a sense, crucifying other people with their attainment. It not only isn't spiritual, it's not humane.

You have to be open, in a state of flow, and the only way you can acquire a state of flow is to go deeper inside yourself so there's no crystallization and no sense of being finished. There's no sense of “achievement,” because growing is surrendering and going deeper within. When you go deeper within yourself you only experience your nothingness. We see how it works, this inner state of being, this God-consciousness. It works and you're nothing, and your heart will break with it. You will have a sense of tremendous humility and gratitude.

When you don't feel this sense of humility and gratitude, or feel how remarkable it is, then you are involved in how wonderful you are. Because it's either a state of ego or it's a state of surrender and a sense of nothingness.

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The thing that existed last night was disgusting; it was like a nuthouse. There were maybe one or two people working, but most of you had done a certain amount of work and you were trying to work from that level. But you can't work from the level of yesterday much less the level of a week ago. You have to deeply work within yourself when you come here.

I watch you come in off the porch and there's nothing in your attitude that in any way reflects you going deeper, as opposed to you going to a movie or buying a pair of bloomers. There was nothing opening. There was no sense of you going somewhere to open, to receive something, of surrendering.

If there is no consciousness, there is nothing that can receive. You say afterward, "why is this happening?" or "why isn't that happening?" It can't happen in you unless you're making a conscious effort, which means that you are opening inside against the resistance of your physical being, which wants to close.

With your conscious will, you're making a conscious effort. It never takes place automatically. Your inner life will never do one single thing except express resistance because it is 99% of you; it's your unconscious. And your unconscious represents not you as you are, but it represents your soul, which could have been around for a million years or more.

You must be consciously aware of waking up and opening this thing inside you, and feeling the struggle between your consciousness and your unconsciousness, and it being asleep, being dead. You could be dead in a very nice way. It can be a nice day for you, but that's not a conscious day. It's a nice unconscious day. Or you have a day where you have pain; that's a painful unconscious day. All of the energy in a good day or what you call a bad day is still lying there, not doing you one iota of good because it's not going inside. It's sliding off the surface, it's giving you reasons for not working. You can talk and say all kinds of things that to your ear sound wonderful, and to somebody else's ear it might even sound wonderful, but none of your life force is getting inside you to allow you to grow.

You have to open. It's just like taking a knife and cutting the skin of a melon or cutting the skin of an animal. You have to get below the surface with your consciousness and your mind. Your conscious will is the knife that opens, that allows you to feel the flow underneath all the tensions. All these tensions on the surface will fall inside instead of staying on the surface, and they are used consciously to build up and make you grow a little higher.

All the surface tension in you either makes you more surface, which locks you away forever, or you can take that surface tension and use it as fuel.

Outer impressions and outer responses are either internalized and burned or they're absorbed and digested, and the energy within them is absorbed into our system and we feel them expand in us.

This thing of being caught in this idea or that idea is what we are here to fight and take inside ourselves all the time. The thing that protects us as people that have survived this long is only a state of innocence. All of you, regardless of what you do or where you come from, have one thing that is really valid as far as God and creative energy is concerned: it is innocence, because you're unconscious. You don't have to have a fight with your unconscious. You just stop, sit down, open, and bring this force inside. Feel the chakras open and bring it down and bring it up and start taking in the energy in a conscious way.

As you grow you become free because these outer things that give us our tensions represent all kinds of prejudices, stupidities, and innocent attachments. As you absorb and digest them you will grow beyond this, and suddenly this tension will fall off you; you are free of it and you have used the energy of that tension internally to grow beyond the level of



that situation. Then you will hear your mind wanting to return a little more inside. You will understand that you have finished that level. It's like a measuring ruler that goes up to a million times, and every time you move a little bit up, something in you will be freed and something in you will grow because of that freedom. When what you want ultimately is to be realized, to be happy and to be free--which are the three things that spirituality is supposed to bring about--that only comes by growing.

The Bible says this very simply: the mind is the slayer of the soul. It was the instrument put in man. It's the one chakra that has to be completely used as an energy source. It has no other function, and if you can use the energy of the mind to open, then you begin to bring the energy down and then it comes up the spine and to the top of the head, which will feed into the brain, and then you have a spiritual mind. Then the energy that is feeding the mind is not physical energy, it's purified energy because the energy has come through every chakra, through the sex organs and up the spinal column, and it's a refined and detached energy. It's a conscious force, and the real mind, the mind of a human being, cannot be nourished any other way. The mind that you all have in an ordinary state is the mind of a very sick animal. It's a very warped, strange, illusionary mind because it's the mind that is given a physical person to allow him to survive on the earth under the conditions that exist on the earth, and the conditions are horrible. If you had a really purified mind, how could you survive it on this earth? So you're given a mind that allows you to live with earthly conditions, and it's a mind that becomes secular. It is a mind that becomes prejudiced. It becomes warped in a million ways, and it can only become free one way; that's by completely surrendering within the mind and using that energy internally to grow and eventually to have a new nourishment feed the mind. That gives you the equipment to go beyond a certain level.

Everyone who even succeeds on a higher level than this world that we live in is someone who has a trained mind, whether it's a professional person like a doctor or a lawyer or psychiatrist or an engineer, it is somebody who has trained the mind. It is the first thing taught in Zen where you learn to sit and keep the mind quiet for 12 or 14 hours a day. Everything that has to do with being spiritual has to do with controlling the mind. In your ordinary day you have to use your mind for one reason: so that you can go inside and open and transcend the exercise that you did previously. You have to feel an opening and a deeper sense of your spiritual being because of your conscious effort, so you are opening a more conscious energy, not just the level that you feel is good.

It's your mind telling your mind what it can do, and of course then it stays in a completely dead state. You feel wonderful but everything else suddenly turns into garbage because you haven't transcended the level that you are capable of transcending, and you're living in yesterday, and of course it becomes an illusion. Unless you have fresh energy every day through a conscious effort, you begin to develop illusions; you become crazy. Because you are either reaching a deeper place and taking the energy with consciousness, or you are living in a dead condition.

By doing that work you will be revealing something of a lesser nature of yourself. You'll see how nothing you are. You should have a tremendous gratitude for that, because you see that it means you are taking enough nourishment to expose part of your ego, part of the paranoia that is encrusting you. It's like this: as you move a little ego, a little more of your soul comes out. So you have more soul exposed, less ego need, and a tremendous sense of gratitude and you have a sense of humility.



It doesn't matter how hard you work, that's secondary to the reason that you're here. You're here to break down the surface, not to add to the surface. Open within yourself and take internally the nourishment from the atmosphere with your consciousness, with your breathing, and grow. Only by growing can you see the nothingness that you really are. Because when you take energy inside, you are freed a little more to see your nothingness.

Growth is an inner quantity of opening, taking in energy, overcoming the resistance of all of these external things and growing in spite of everything. Consciousness and conscious effort is the only expression of spirituality. It is your overcoming resistance and opening yourself. You can do this with effort; you can feel what's involved in overcoming everything within yourself that will allow you to grow, because you're consciously using energy that will otherwise be used externally.

You have to begin to realize the true condition of your own inner life. So one person makes more noise than the other, and two people get together and discuss something spiritual, and you all have the stupidity and the ego to think you're approaching some great spiritual mountain. You are weak children, you're barely crawling, and you have to accept that so that you can keep surrendering and take nourishment inside and grow stronger. I have every day of the week, all day long, people come with presents, situations, positions, all of these things. It's the most ridiculous thing for me to accept from anybody anything. I know how long I have to wait, and I'm willing to wait for this winter to get a few strong people who will grow with me, and maybe in five years, will become something. But how in the world could you respect me if I would allow myself to grow based on you? I mean, you stop and think about it. You can shine compared to the people who come to me every day and talk about their gurus, their realized souls. It's ridiculous. I would as soon go out in a leaky bathtub with a paddle and cross the Atlantic, as to base my spiritual life on all of you. You have to understand that it's not putting you down, it's giving you the opportunity to really grow because I will not use you badly for my own purposes. I really love you and value you, and I'm trying to keep the atmosphere as quiet and as rich and as healthy as I can, and give you everything that I have from inside as nourishment so that you can root and start to grow. But you must accept within yourselves how fragile your being is.

Most of you root in me; you don't even have enough soil inside you to really begin rooting your own soul. You're so tender. One frost and 90% of you would be destroyed, and you have to begin to be a little aware of it. I couldn't even express this last year because there wasn't even enough underneath you to take root. There wasn't even that which could possibly survive. You have a wonderful chance if you live quietly, with a little responsibility, dignity, and a little patience for six months or a year more; you will begin to understand what it is to grow and grow a little stronger. You represent at this point, like a hot bed in a greenhouse, a living miracle, beyond everything you could ever believe.

I've been to every corner of the world and I've looked and studied and sat and I worked my guts out, and I never saw 4 people, 2 people, 5 people, 3 people who were growing. I saw one person in Japan, I saw a few people here or there, scattered. But you all are like a good group of seeds sitting in a cold frame for a bit of time. You're almost ready to be planted, and if you work this winter and you have quality here in the Ashram, and you can surrender every day and go deeper and become more conscious of how fragile you are, and that if you don't open every day and consciously open and feel a fresh flow of force; you can't feel this tension breaking down in you, then you really will have a chance by next spring and next summer to have something really wonderful and remarkable take place.

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There will be a few people with a real sense of their nothingness, because you will have sprouted enough to draw in enough energy to be secure enough to see how insignificant you are. And then, of course, comes the most remarkable thing of all, this ability to see creative energy as it comes in you, to see the expression of life, the flow of inner force. It's something very remarkable. This is really why you're here, because as you grow, as you sprout, you will be able to pull together something remarkable. As you plant crabgrass to hold soil, this kind of inner reaching out from a higher spiritual place of these little tender shoots will begin to bring something cohesive and wonderful here.

When you can't do for yourself, then you must stop and try to feel enough from me to make the effort, because I need it. If you can't do it here, then I have to go someplace else and have it done because I am absolutely in need of a tremendous effort by a group of people so that I can grow. Because if I can't give you that capacity to grow, if I can't give you that freedom which can come next year, then my chances for going up and staying up are absolutely impossible.

You will be growing like the stem of a plant, and as the nourishment comes up in you, certainly it will filter up to me, and I can grow. So what I'm doing for you and doing with you has to do with a consciousness that's necessary for me and necessary for you, and that's why there shouldn't ever be a sense of bondage between you and me, because it all comes from God in that sense, it's nothing to do with me. I'm just as lucky to have my connection with you as you are to have your connection with me.

It has to be with a consciousness and a dignity on your part that you want this. Surrender when you do your exercise in a very deep way to break this whole surface tension, because you either are an internal person growing and becoming free, or you are an external person being turned down by everything, because you do not have the capacity, because you don't have the nourishment to pull back and grow.

Everyone can turn you on and you have nothing inside you that can judge good, bad or otherwise. You have to have inside you that which understands what spirituality is about, that it's to take nourishment and grow and become free. Not until you really do this 500 times a day, 1000 times a day can you detach yourself.

If you have to, move back or step back from somebody and take a breath. You have to feel you, you have to feel your life force flowing in you and not going to somebody because you have no control. Then when you want to relate, you look at the person; you feel your life force go out; you feel it make a contact; you feel a nourishment and a relationship consciously, not somebody turning you on and turning you around and controlling you by their imagination and your ego.

These promises, these stupid things that people can lay on you and your mind will grab onto only represent a weakness and a sickness and an inability to sustain a conscious effort. All these external things have to do with magic; they have to do with illusion. The only thing that has to do with spirituality is an inner condition that is done with your consciousness taking in energy and using your mind to break down tensions and absorb the energy and feel this inner expansion take place.

You are the barometer, you are the only person who can be the judge of what is taking place, because the only barometer and the only judgment has to do with your growing, and growing has to do with consciousness of breaking-down illusion.

You are working and you really can sense the breaking down of the tension in you, the opening up, breaking through resistance and taking in this force inside. This is not something



you do when I'm here, it's something you do every single day, so that you don't forget, and you have your mind inside, and you continually feel this heart open; you feel a deeper sense of yourself, the deeper origin of yourself, and if you have to you sit up all night and you ask and you ask and you ask and you ask and you ask. You go deep in your heart and soul and you say, "I want, I want only one thing, I want to open in the deepest possible way, to really feel my soul force. I wish to be deeply responsible for it, and I really wish to work."

If you can have the integrity then half of you get together or a few of you get together and sit one night a week for another two or three hours to really go inside. This should be wonderful, that you really sit for several hours. You can try and get some people together if anyone really wants to work instead of doing these surface trips all the time. You sit and you ask and you ask and you keep your attention in your heart and you keep asking and asking and breathing and demanding inside. When it says knock and the door will open, that's what it means, you knock in here, your wish and the depth that you express inside to really grow makes a deeper thing open in you. I guarantee you. I won't disappoint you. I will grow and I'll bring everything that grows in me and give to you. That's really what is necessary.

You have to have an appetite. You have to really want so that when I come you really can eat, and this has to be a deep thing in you, that you are hungry, you have the need. You can feel this food that is a very real food, that it's essential. So if you don't see me for a week or you don't see me for a month, you can eat ten times more, you can eat twenty times more. Until you in yourself have that appetite, until this hunger develops in you, that you sit, and you can feel inside you this food, this nourishment which you can't get any other way except to be very open. And you really pull it out of you, or you will never have a spiritual life. It took me seven years to really digest what I took from Nityananda.

For any of you who really had any real contact with me or any value with me at all, if you never saw me again, you should've taken enough to live with that rest of your life. Those of you who have opened to me, something I love so deeply inside myself is endlessness in the connection between me and you. I remember you individually; you're not a collective mass like a porridge. I really have individual respect and feeling for you, and every one of you has a different frequency. You have to find in you that frequency and tune in on me and take it. I have people who live in Europe I see once in two years that grow from me, and I grow from the love and feeling that they have with me. They're not lost in a cloud of people who come and go, because a real attachment is a real attachment. It doesn't have to do with time, because it is in time and space, and all of our real attachments in life are that. They aren't always the people we spend long hours with.

The chords that are struck in us, we can strike consciously and vibrate and take from that vibration the essence and the energy that's there. I still call on people I studied with 20 and 30 years ago, and they sustain their nourishment, that is constant. It's a constant source of energy, it's a constant source of love. It's in our culture to turn out a car that lasts three years and a relationship that lasts 3 hours. We have this capacity to junk everything, and you have to express your value by being able to open and take and take. It is yours to take, but this inability to open and draw has to do with the superficiality of your effort. It has to do with the smallness of your consciousness, and it has to do with the limitation of how far you really wish to go. The limitation is not in me for you, it's in you for yourself.

As you open and ask, there is nothing in the world that I wouldn't do for you. I have it to give, and I need it, and I would much sooner spend more time here giving you than going all over the place.

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This is really how my force will go, not with my conscious will, because it will flow out of me. It can only go to you with your consciousness, with that which in you opens to receive it. It is not my force. It is God's force and it will flow through me. I have no control over it. I have no will on it. I have no personality involvement with it. I am very grateful that it's that way, because I am also then not responsible for anything except keeping the flow going. Those of you who really have a sense of value and a sense of need, I can't help myself. You can draw off me as much and as often and whenever you wish, when I'm here or when I'm not here. And the need for this physical thing is only illusion.

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