

*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

## “The Guru is God”

Big Sur, 1969 or 1970

---

*EVERYONE'S LOGICAL and they're dying. You'll find nourishment and result. And this is what you have to be open to. You're open to God to feed you.*

---

Everyone's logical and they're dying. You'll find nourishment and result. And this is what you have to be open to. You're open to God to feed you, not to tell you where you left your car because the keys are in your pocket and you don't know where you're wandering around in the streets. It's not for that kind of thing. And when you ask a question or you want something inside, it has to be something which is adding to you spiritually. And that biggest something is nourishment. You need something to be unblocked in you so that there's a flow that can take place in you, that nourishment can be received in you. It's absolutely essential.

You have to know what you want in this life. And this wanting has to be in a very practical way. And if you can't figure it out, you take your head and hit it on the floor about 20 or 30 times until you dislodge something.

There are real reasons for things. It's not this stupid kind of crap of what do I do in my next life and who was my grandmother last time. That will never mean a thing because this may have been the person who pushed you off the Empire State building...and you found them! And this is so stupid with people. They're always looking for connections in the past life. And God help you if you ever make some of them! These are not all positive connections. Everyone wasn't your Guru last time. Believe me. And you don't look for that. You look for someone who is nourishing you and someone who is feeding you. And all of this crap of spiritualism on the earth is just nothing but that. It's all blockages to keep you from growing.

There's only one thing that lets you grow....that's somebody who will work for you and somebody who will nourish you. And all the other conversations that you have are ways of stopping and staying in your karma forever. Logic. Justification. Reality. I understand, I understand, I understand. Meanwhile, you're sinking. And you keep saying, "I understand." It's so stupid. And more than anything else it's personal dishonesty. You go with your friends crapping each other night and day saying, "Boy, do you look great!" And then going, "Boy, it looks like he's dying." If you really want to help anybody, don't say nothing, just say, "Look, you're spaced out of your mind. Go home and go to sleep." But to help somebody murder themselves is not God and it's not kindness. It's just a lack of courage.

And you have to really, once and for all, most of you know each other and know other people, be simple and be straight-forward and be honest. You want to love...love, but don't help somebody else drown and tell them how great they look while they're going down for the 3rd time. This is one of the things that takes place in spiritual groups. You don't discuss your inner work with each other. You don't ask each other for help. It's like asking a horse doctor how to fix a brain tumor. It doesn't work that way.

Sacred Space



Yoga Sanctuary

If you want to ask somebody, hold your question and go inside and let God ask each other. It's very, very bad. You hold it inside. The answer will come for you because you've all had an inner contact. It's being lazy and unconscious and that's one of the biggest reasons that people don't get answers. Because the first person they come to, they say, "I think you look pretty groovy. That's a great sweater you're wearing. I know with a sweater like that, you would be able to give me a spiritual answer.....or a great pair of sandals. With a \$25 pair of sandals you can answer anything spiritually." It's ridiculous. It's not based on that at all.

---

*THE ATMA, the endlessness of the cosmos is inside a human being. Everything in you is one with God.*

---

If a person isn't qualified as a teacher, you sit with it inside and you ask God inside 100 times, 200 times, 300 times. Make the question simpler. Cut it down. Refine it and go deep.....not on the surface of the heart and not on the surface of a chakra. Go deep inside. Baba's mantra is OM NAMAH SHIVAYA. He says you go deep. Meditate on your Self. Kneel to your Self. He doesn't mean a little deep. You can surrender inside and bring your mind inside your heart and go in about 50 million miles. It's not 4 inches or 2 inches or 1 inch. It's endless. The Atma, the endlessness of the cosmos is inside a human being.

So people feel a nervous twitch on the outside of the heart. They feel a muscle spasm and they think they've had an enlightenment in the heart. It's not true. The heart can open. The heart is bigger than the physical person. Every chakra is bigger than the physical person. Because it has to extend out from you physically, spiritually into infinity. Nothing is limited by your physical self, except you. You're limited by your physical self. You're limited by your mind. Everything in you is one with God. If you surrender inside, it will become one with God.

---

*SPIRITUAL WORK IS MAGNIFICENT! It's extraordinary. You have to really open to the magnificence of it.*

---

But you can't be enlightened as a one inch ribbon from the top of your head down to your sex organs. And if you open your heart like this, you open this other chance to ever find anything. It's magnificent. Spiritual work is magnificent! It's extraordinary. And it's not this little thing in here, like trying to walk through a half closed door. You have to really open to the magnificence of it. You breathe. You feel yourself swell out this way. You see a statue of a Buddha. He's not trying to get on to a lotus like that. The lotus is bigger than his ass. It's out here. You never saw a Buddha sitting on a lotus like that. And you do this in yourself.

You are constricted inside because of your own mind, of what you think you should have or what you think exists. It's about 6 billion times more than you know. So that you have an experience and you open and the experience is, ....wow....it's a mind blower!.....Relax. You have billions of muscles in there that can absorb the energy. And there's nothing shocking about it. The shocking thing is, by being stupid about it, you squeeze it out of yourself like a sponge. It comes in and you go vroom, vroom, vroom....squirt out for the next 24 hours. You surrender, you relax, you close your eyes, you go into meditation and you absorb what you've received. You be quiet about it.

---

*LET YOUR SPIRITUAL experience go through every part of your body. Let it fill you. Let it*

---

Sacred Space



Yoga Sanctuary

---

*really spread through every atom of you.*

---

But if you get on the phone and call Shirley, Gussie, Jimmy and John and everything else, by the time you finish, the telephone company has 90 cents and you spit out your spiritual life. You sit with it, you absorb it, and you let it marinate your whole being. You don't give it to the telephone company. It's very essential. You hold on to it. You hold on to this force. You let it ring through you....like a bell. You let it go from your heart and infect every part of your being. If you have a thing in your brain, you let your brain infect your heart and your throat and every chakra in you. If I kicked you in the shins, you'd feel it in your head in a second. It's the same way when you have a spiritual experience, let that experience go through every part of your body. Ring with it! Let it fill you. Let it really spread through every atom of you.

Sympathetic nervous system. There's also a thing called the sympathetic spiritual system, where you can make that in yourself. You have an experience in one place....you open everything else in you and let that be infected by this experience. So that you have a tingling in your head, you feel a warmth in your head....you should feel it right down to your toes, because you let everything enjoy it. You really share the rest of your being with that experience with God. It wasn't meant for the tip of your nose or the end of your tonsils. That experience is in you, it should go right through you like a hot coal.

---

*OPEN YOUR HEART in gratitude to receive your spiritual experience.*

---

But you have to be open and conscious for something like that to happen. And if in yourself you're there clutching in your head saying, "There it is on the tip of my brain....on the tip of my brain....on the tip of my brain....", this ember goes out and it becomes coal dust. But if you sit there and you are so grateful, you open your heart in gratitude to receive this experience...opening in gratitude. Your heart opens and it fans this little ember.

Then you open down here and it expands it again. And you feel it through your tits, whether you're a man or a woman. You just feel this thing spread through your whole being. You're giving everything to God but when it touches my nipples....that's the end. I won't have it!....And you have to realize that. Every part of you is infected, not the parts that you want to give, or that you think you want to give. And it's very hard for women that way, because when the force comes in, it really sometimes will go through the breasts and sometimes it happens with a man. So what? That's part of God spreading in you. Nothing is sacred....because it doesn't belong to you anyway. And you get clutched up....you have lost this flame that should go through and really infect every part of you.

And I was with Baba in India once and suddenly this force came out and I felt like Diagram. Like here....this...What's the difference? And it really filled me. And it stayed like that for 2 days. Nobody else could see it. It really wasn't too bad. But you have to understand that. It will come in you in strange ways. It will come in you in remarkable ways. And if it's your test to suddenly walk around with a different set of organs....so what?

And this is how it works. It shows up in mythology. It shows up in every kind of spirituality....but God help it if it shows up on you! That you won't accept. So you really let God come to you as God wants to come to you. It isn't you. It isn't you. It's God entering you. And there are more people sitting in loony bins because they will not accept that

*Sacred Space*



*Yoga Sanctuary*

manifestation. It's stupid....because either you accept that manifestation or the next one is not going to come and it doesn't matter.....period.

It has to be very simple. You have to let a force enter you and spread in you...and how it comes and where it goes is nothing you can hold on to it and spread that force through every part of you. And the greatest thing is to be grateful.

And with Baba I go inside and I say, "Guru Om, Guru Om, Guru Om." So Baba enters me and expands in me. And I try to feel inside. I try to feel every organ in my body sympathetic to the experience, loving the experience, accepting the experience, expanding the experience. And this is how you work.

---

*ANY TIME YOU FEEL any pain or constriction, that means you're tight in the area. That means bring your mind there and surrender there.*

---

So now we'll have a kundalini class. And you do exactly the same thing. What will come through me is Baba, his teacher, an ice cream soda I had yesterday, and everything else. And it really is also everybody who ever taught. I had Tibetan teachers when I was 7. I got smacked on the fanny when I was 3. It's all there and it will come into you. What comes into you is no different than eating food. Your body will accept what it needs and what it doesn't need will go out. So you never have to be concerned about anyone giving you anything. It's an organic thing. What you're getting is a present.

You bring your mind down to this chakra below the belly button, the mulhadhara, or into the heart and you say GURU OM in the heart and down here. You try to feel the opening of these lotuses or these chakras. And you keep the mind in one chakra, either the heart chakra saying GURU OM, or the one below the belly button and you let them open to receive a great deal of force.

It isn't this thing...it's this thing [Rudi takes a big breath]. And then you try to breathe and as your mind opens the chakra, the air will go between the different petals or muscles, actually. And the mind will then nourish these muscles and expand the opening. If you feel it open... fine. If you don't, you still do it. But you breathe as it opens. If you breathe as it is closing, it will do this to you...it will shake you.

And you have to understand that. Whenever you have a spiritual experience, there are things in you which are very alive, like the heart, which is a great lotus. It opens wonderfully. If it is beginning to close, you save your breath until it closes and starts to open again. Otherwise you'll start shaking.

Any time you feel any pain or constriction, that means you're tight in the area. That means bring your mind there and surrender there. Because what the pain is saying is, "I have energy locked up by my mind." And the mind is holding the energy closed. Any time you have any kind of experience like that spiritually, you find your mind, for some reason, has turned against you, and has closed up. You then bring your mind to the point where the tension is, and you surrender with your mind, and this thing will open and flow again.

So you keep open, you breathe, you try to say GURU OM in the heart and if you hear this OM sound which is always in the atmosphere, it's like a high tension wire, you try to listen for it, you bring it through...

And everyone, if you possibly can, be sure you're in a position so that you can see me before the class starts, which means that you're open to the energy coming in. Because your eyes will be closed during this exercise. But it means at least the force will flow. And it's

Sacred Space



Yoga Sanctuary

true that if you're at a lecture or anywhere else, what you're doing besides hearing words, which is nothing, if you respect a person at all, you're receiving through them a force. The words are nothing. Let the flow go in. Open inside and tune in with them.

---

*IT DOESN'T MATTER who is your Guru. It doesn't matter what your Guru gave you. We all need reinforcement. We all need additional energy.*

---

I sat with many people who were great saints. They weren't my particular saint. They really didn't talk to me. My body didn't respond to them. My chemistry didn't respond to them. But I sat with them for 2, 3, 4 days. I tuned into them and suddenly I understood something about their energy. It wasn't particularly the thing that would drive me out of my mind. I wouldn't fall over them. But still, you respect someone that way because they represent a higher force. You open to them and you keep opening until you begin to feel something.

That you don't feel is not their lack. It's your lack. They may have within them the vital link to your chemistry and you sit with them until you begin to feel this oneness with them. And then you surrender and then you're tuned in and you can receive what they have. And anyone you go to see.....it's easy to put down somebody.

But it's really work, conscious work to surrender, to receive from them. It doesn't have to be 100%. It may have to be the 1% that can save your life at another time. And you must realize that. It doesn't matter who is your Guru. It doesn't matter what your Guru gave you. We all need reinforcement. We all need additional energy. And we're not taking lists of names, so we're not concerned about that. It's without that kind of attachment. It's attachment to life and it's attachment to God.

So during the class, you open, you breathe in, you try to open and feel this chakra, this flower open in you. You feel it down here. And if you feel any energy going into your sex organs, you just wiggle on the tip of your spine. It releases the tension around the base of the spine so that when the force is in the sex organs, it's able to come up your spinal column. You feel it in your sex organs, you bring a little bit of attention to the tip of your spine and by moving this way, it will just go right up.

When you breathe in, swallow one breath of air into the throat, which makes the throat a fulcrum. It's a chakra. When you breathe and swallow, the breath goes deep inside, instead of just touching the outside of the chakra, it penetrates the chakra. It is the same way when you breathe into the heart. You go [Rudi demonstrates]...you really swallow air in the heart area and the energy goes in. It penetrates in the chakra instead of just washing over it.

So throughout your class, if you feel the need in your heart or the throat or any other chakra, take in some breath, let it expand, and then when you feel it go into your sex organs you rock on your backside and the force will go up and it will turn on your head automatically, making a fulcrum out of this chakra. Then it will go right up to the top of your head. And you keep repeating inside you, whoever your Guru is, "Guru Om, Guru Om, Guru Om" so that he will feed you and every Guru that ever lived will feed you.

