

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

*“You have to feel in yourself every day the joy and the
sweetness”*

Big Sur, 1969 or 1970

*YOU TRY TO find something inside you which can love, something inside you which is sweet,
you bring your attention to that and you open to that*

You have to feel in yourself every day the joy and the sweetness. Visualize a ripe peach inside you, a ripe banana, a ripe papaya and feel your heart open, feel the sweetness in yourself and allow that to flow down from one chakra to another. But when you are doing this thing with tension, what are you doing? You have a green pineapple, a green apple. You're allowing yourself to squeeze something which doesn't have juice. And you bring yourself alive and more alive by feeling inside you the gentle sweetness and you open from that, not this ripping, tearing. There's no content to that. There is no content to these things which you extract from yourself under great pressure. You open, you feel gratitude, you feel sweetness and open from sweetness, open from joy, open from gratitude, open from consciousness. This opens something and really can open and bring sweetness in your life.

But sitting and crying and trying to open from that, sitting and complaining, what will you open? You open something which stinks before you start to open it. The more you open it, the more it will smell. You're opening something which somebody else will try to drop off a bridge and lose and you're taking this thing inside and you're tearing open something. It's your own creation. Something which doesn't have nourishment, something which doesn't have sweetness. So you're opening to your self hate. What will open? What will open? What will it smell like and what will it do to you? It's like opening a fish and throwing it to the side and the whole fish gets sour. And this is your own choice.

But if you go with something inside you which is sweet and you open to that, what will it do? It will marinate your whole body in sweetness. You go with something which has gratitude, it will open your whole body to gratitude. You have to be intelligent about it. You try to find something inside you which can love, something inside you which is sweet, you bring your attention to that and you open to that.

*THERE'S A TREMENDOUS vastness in you of things that are wonderful. Why don't you find
the things that are wonderful in you? And open to those things. It's very real.*

It really is like walking into a grocery store. And you are like this, you're laid out inside. You have all this material and you run to a rotten tomato, a rotten cabbage, a rotten this and you say, "Oh, this is what I am." Yes, that's true. Part of that is you. But if you go to a fresh and beautiful tomato and a fresh and beautiful cabbage and you put your love and attention there, that will be what you smell. The other thing, when you surrender it, it will fall through you and become fertilizer.



So, why should you all deal in rotten tomatoes, rotten cabbage, green things, green things are rotten things. And this is really your own selection. You select what you can open to. I'd much rather sit here and open to Hilda and love Hilda. This will bring something sweet in me.

But, if you sit here and you open to the fight you had yesterday morning with someone and this this and that that, what are you going to do? You are opening inside yourself tension, negative vibrations, all kinds of poison and this is what's pervading your body. You come to God, bring unto God what is God's. And this is the finer, higher thoughts of yourself. You bring love, you bring quality and this will give you the nourishment to transcend.

But, if you open tensions, how will you have the energy to rise above yourself? You're relating to things which don't give energy. They don't give life. They don't give sweetness. And it's your mind that's sick, nothing else. And so your sick mind goes to things inside, which the tortured self thinks it deserves. Eating rotten tomatoes, eating green pineapple and you have a stomach ache. You are selecting that from yourself.

And there's a vastness in you. There's a tremendous vastness in you of things that are wonderful. I didn't select any of you unless I found in you something beautiful and something sweet. Well if I can find sweetness in you, why don't you find sweetness in yourself? Why don't you find the things that are wonderful in you? And open to those things. It's very real.

In the same way, you have a closet full of clothes and you go in, when you're going to shovel snow, you pick out old shoes, an old dress, and old trousers and you go out and shovel snow. But when you sit down and do your spiritual work, you take out the brightest flowers, the brightest prints, the most joyous things and you adorn yourself that way. You open to that within yourself and you'll have a party. Every day will be Mardi Gras. It will be beautiful and this is the thing that you will draw through yourself and draw up in yourself. And you'll magnetize that to yourself. You will attract that.

YOU ALL HAVE A CHOICE of where you relate to this tension in you, where you relate to this thing that is suffering in you.

But when you sit and moan and cry and cry and moan and you go to that in yourself, every day is a funeral, every day. Every day is torturous. You put yourself in the torture chamber. Next door is the merry-go-round. Why open this door when you have a choice? There's another door to open.

The thing that helps me survive this life is knowing that it was God's choice for me. It's not God's choice for you to go through it. I every day sat down and said, "Well, that was really a rough day and I went to bed buried and tortured. But thank God that's over. Tomorrow is going to be wonderful."

And my mentality didn't allow me to feel how hard the day was until I almost went to sleep the next night. It was impossible for me. I have the nature of a moron. I couldn't possibly believe it was as difficult as it was. My mind, for some reason, was wonderful. It could not accept what I was going through as being difficult.

I really went through this day after day. I had friends that would come and I would say, "Well yesterday was terrible." And they'd ask, "What are you going through now?" And I had this thing today. The skin on my head is burning off. I decided to put some cream on my head before class. I can feel joyousness. I can feel a sweetness ripening.

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I am so grateful for the connections I have with all of you. And I relate to that and the other is underneath. It's a fire that I'm roasting marshmallows on. I am not sitting in the fire. I am above the fire. The fire is serving me in a beautiful way. But if I want to go down to that fire, put my feet in, of course it's terrible. And you all have that choice. You all have a choice of where you relate to this tension in you, where you relate to this thing that is suffering in you. If you're above it, it's a warm beautiful thing that's keeping away the jackals. It really is keeping away the dogs. It is allowing you to warm yourself while you're growing.

Your relationship to your suffering has to do with how much you feel of the suffering. If you're above it really reaching towards your enlightenment, that suffering is a warm thing that keeps the snow off you. If you're complaining and bitching all the time, you're right in the middle of that fire suffering and there is no energy for you to grow above it.

IT'S REALLY YOUR RELATIONSHIP to what is taking place, not what is taking place. What is taking place is only a manifestation of energy and being above it, it serves you. Being beneath it, it's grinding you.

And you have to use your mind consciously to see it as a process that is working for you. It is not working against you. God made nothing in this world against man. Man made it against man. It is our relationship to a level on which we live that destroys us. If we live above it, it serves, everything is served. It's made for that. You're living in a growing and expanding universe and in a growing and expanding consciousness. It is available today. It was not available 2000 years ago or 8000 years ago. And you want to go see Satya Sai Baba or Swami Muktananda or anyone else, you can get on a plane for \$450 and in a day go there and ask your question. This was never a possibility for any human being until very recently. It's an incredible day. It's an extraordinary day.

And, when you want to stop and think about it you are 24 hours away from anything. And if you really want to work on it, you're a second away from everything. Because that in you which can go physically can also go spiritually and receive.

And, it is your limitation, not mine and not anyone else's. And you accept it from someone else because it's convenient for you because you really don't want to grow. And when you are above this level, this physical level, you are sucking up all the energy on the physical level to grow spiritually. When you are underneath it, it's grinding you into the earth. And it's really your relationship to what is taking place, not what is taking place. What is taking place is only a manifestation of energy and being above it, it serves you. Being beneath it, it's grinding you. There is no reason for a human being to be ground. That is the acceptance of where you are against where you can be. Your choice is to rise above every situation.

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And it's a thing that people with quality learn. If you go to a good school and you're attacked in anything and you are harassed you learn to get above that kind of tension. If you're a gorgeous woman and you walk down the street you don't pay attention to truck drivers. If you're an intelligent man, you don't pay attention to people who are beneath you. I'm talking about quality life. You live above it. The reason a lot of you are in trouble is that

you don't live above anything. You live beneath everything. And that's a very simple proposition. You just take a breath and you go above it.

And, if you ever have doubts, you walk down the street and you look over the sidewalk and you see dog shit. And if you walk 20 blocks, the whole lawn is layered with dog shit and your eyes are there. That is your choice. If you want to look at dog shit the rest of your life then you walk along the curb and you look along the curb and that's all New York is made of. I don't see it because I look up and I see the sky and I look at the faces of people and I see hope and love and I see relationships that I feel with.

And, it's exactly the same thing inside yourself. If you look on the curb of yourself it's filled with dog shit. We all were there at one time or another. But if you look up you see hope and if you look a little higher, you see energy. And you relate to that. That is what feeds you. And something will come along and wash away that dog shit. And it doesn't matter if that exists. It only matters if you identify with it.

In life we are always in the process of being able to reach and open to this extraordinary quantity that is there for every one of us. And you really open, you feel the energy coming into these muscles. You let it come into the core of these muscles and you let it nourish it and then you can open and expand. You gain the control over these things which are paralyzed only because you don't have the concept of absorbing and taking in nourishment.

And, if you have a problem ever in your life, you come open to me. You don't come with your tensions. You come with a potential by being open so that I can reach you. It is not my responsibility to bring the force into you. That is your responsibility: to be open so that I can carry you to another level. It's not for me to carry you from the curb to the sidewalk. It's for you to be up the first and second step. And you have to be responsible for that. That is your responsibility.

You have to have a mind that is consciously inside you feeling these things open. Not squeezing yourself to death, but opening yourself to life. And a lot of you squeeze yourselves and keep this thing from coming in and being assimilated. I'm about to have an extraordinary wonderful life. None of you, in any way, have the right to take it away from me and I will not allow it. And this is really where I'm going. And you have to feel the same way. That you allow nobody to take away from you that which is yours.

And I really love you and I will give you, as it comes into me, the sweetness that's coming through me. But, baby, with no tensions. That's your mind allowing you to stay closed. If you do your exercise and you open to this thing in yourself, you will become more open. Then I can pour additional energy into you which can open you even more. But the beginning of this thing, of opening and wanting, is in you. Nobody can force that. This is yours that you take your breath and you open and you can receive. Only when you're open. Nobody can receive when they are closed. It's watering a rock. When you open, it's feeding a human being. So please try to work very, very hard now. This thing that's coming through is very beautiful and it deserves more than recognition. It deserves taking and it deserves assimilating.

