

# Meditation Class at Winter Solstice

Date:

*December 21, 1993*

Location:

*FL, USA*

So how many people are new? Wow. How many of you came this year and not last year? Come on, don't cheat. Wow. So economy seems to be better, ha? Isn't that the normal excuse we have? This side is sun, so you guys have extended this side.

We are all not superhumans but basically people who pretend to practice. I am using the word pretend to practice, something, which every human should do. That is, not to look after your physical needs and not feel only spiritual, but should be mentally clear. The greatest tragedy, which in this planet is that you have got philosophy about religion, about spirituality, but you do not have mental clarity. And what we do is that try to clarify ourself mentally and meditation has been never been a priority to some people. Because technologically if you don't meditate everyday, and suppose you don't meditate everyday, it will be just equal to that you do not take shower everyday or bath everyday or you will not clean your home everyday. You can afford to get into the bed and get out of the bed, that's not anybody's concern. But sooner or later, it will show up in your behavior.

Secondly, we are all trained in the Piscean Age to find God outside of us. That's the religion has taught us; that look for God. And today some of our children and teenager are confused, as once we were confused, because we did not teach them to find God within themselves. So when you do not try to find God within yourself, you do not find God at all. This tragedy has ruined mankind for many centuries. Human caliber is meant to find the very source of his life. The source of life of a human caliber is his breath. But also you only breathe till your soul is in your body. When your soul is not in your body, you have absolutely no value. You have no connection with the world around you and the world you are talking about. Therefore it's very essential that when you are alive, for your sake, not for my sake that I happen to be a teacher, I exactly did it for myself and I'll ask you to do it for yourself. And that is to find your own soul. You are willing to find your soul-mate as stupid you are. But you do not know your soul is your soul-mate. Your very soul is your soul-mate. And this soul is the source of your

caliber. And if you can find your soul, you are going to find the very source of your life. And moment you solve that problem, God will not be a foreigner or an outsider to you. These are the few things, which you have to learn to be.

As far as we are concerned, we may not seriously take the teachings, but soon you will find a tremendous amount of emptiness in people. People will be more confused not because there will be no wealth, because there shall be tremendous amount of availability of knowledge. The world is going to be computerized and everything will be available to everybody. It's amazing what future will offer you through the technology and if that technology is all available, all information will be available, life will become unbearable. Because with that information, it is good thing that information will be available. It will be a terrible thing; what to do with that information. And that is going to affect every mind. It looks great! Oh, in the press of the button, I can know anything. That's fine. But on the other hand, it will press all your buttons. And how you will deal with this, it is subject of your own self-indulgence, how much self you control. How much positive you are, how much reality you have, how much self-discipline you have. You see, if we make a car tomorrow which can go say, two hundred miles an hour, it will be our responsibility also to create brakes which can stop the car at two hundred miles an hour. But what is going to happen is that we are going to create a car, which will go ten thousand miles an hour.

Human are going to have a huge amount of information. And it's going to boggle every mind and blow everybody off because, with all that information, there is no system, where individual is also aware that they have to have self control and self-discipline and they should have totally their personality into their own self control, the ecstasy which will be, it's not going to give us all the lies of the world, but we can have the truth of the world. But on the other hand, to digest that truth should be our responsibility. Even today, the game, the computer game children play, the adults can't play them. Even today, the question your child can ask you, you have no answers. So if you look into all the detail, towards the trend of the world, trend of the world is going towards the fact that you shall be challenged in your own self. This is all right, Piscean age you have a fear and you have prejudice and you have sad experience and you can go to a psychiatrist and a psychologist and you can do those kind of funny things. But sooner or later, this all will be obsolete, you shall be in a position either to clean yourself and keep yourself clean or you will be just a mess. Doesn't matter. Already now the people who work in a high tech computer have developed diseases for which there is no medical answer. They are all highly mental. So the whole world is going to become a computer. And you can have in couple years, fifty seven movies in your house at the press of the button, just pay, though you don't go anywhere. No. Just stay home, get on your wall the screen in your room and just

play. Anything you want, will be available. Similarly all amount of knowledge will be with you. You don't have to come here; to have Winter Solstice, you can have it at home. But will you do it at home? That's my question. You can have it at home, but you will do it? No. You won't do. You will have knowledge, will you digest it? No. You won't. And that chaos will be very powerful. You see, hundred or so years ago, mankind was very simple. Two hundred years ago you still love those western cowboy movies, don't you? You always know who is going to win, you always know who is going to lose, you always know horse is going to ride and there goes the passé, and there goes the people, there goes the bad people, there goes the good people, this is a kind of a thing which even still you enjoy. But when you go into a very psychological movie, some can take it and some cannot take it. Now there are no horses, now there are cars, there are helicopters. Now there is no, like dog sledge run, now it is the machine. Things have changed. Similarly, the mental stand which change will come through like that. And, it will be difficult for a mankind not to have the information and have the information, not to digest the information will be very chaotic and it will make life very non-bearing. To cover that area, humans have to develop a technology.

I think there one must have been a time in the world where people were having this kind of information, mentally knew it better. And that's why it was developed. Some kind of exercise, some kind of practice where you can totally clear yourself in very seconds! Where you can get all strength in few seconds. Where you can be very much together in no time. It's not a question of why should I do that? This question you can be doing right now for another twenty-five years. After that, you will have, as a mankind, no choice. So if you can learn these practices now and be capable, and you pass onto your own children and your neighbors and your friends. This is what world needs today. This is what 3HO is all about; to be healthy, to be happy, to be holy. That's how it all started. It's not something which is obsolete, which is not required by the mankind, it shall be needed more and more as the time will pass. Because you are not going to get it anywhere except as you are.

So all of those who are into it should hold the fort and clarify their notes. You, even today, yourself, many of you, yourself are in trouble. You have questions. I am asking one question. Are you clear about yourself? If you everyday do what you are supposed to do, will that be what you are going through? Answer is no, you will be very clearheaded and warmhearted. And that's what everybody has to understand. Majority of us in the western world are very afraid to commit. The word 'commitment' for us is just like slavery. Once we commit, we will be in dungeon. And we have a tremendous amount of phobia, which we picked up

from childhood or picked up because of parents or some accident and incident with our neighbors or our relatives.

Now this society today is a unhappy society, we call it accidental society. This society today is accidental society and if you talk to anybody in a psychoanalysis, "Oh because my mother was such, oh because my father was such, oh because I went through this and this..." and this whole thing has brought a very powerful depression and it's called cold depression. Now this cold depression, which is today reigning the western society, shall turn into a white depression. It means everybody to a certain degree, shall be depressed whether they like it or not. Oh, naturally you have to be depressed because you will find there is a information and you will also find that you cannot hold that information and you cannot do with it. Everybody knows encyclopedia is there, but how many you have read it? That is where the problem is. Mankind can have information collectively, but does not have personal clarity. And when you don't have a personal clarity in life, then doesn't matter who you are, you will be confused and there shall be a pain. And for a long time, you may continue not covering for yourself, so I don't care, you know, it will be all right. But it will get to you. This is what is all about.

We used to have religion. Religion told us what to do and we followed. That has stopped. Then we had a new age. We decided what to do, we decided to find in ourself our own spirit. And we have stopped doing that.

Majority of you do not understand that Sadhana is not a joke. Sadhana is self. So any day you don't do Sadhana that day you have lost yourself to yourself. Sadhana we never do for neighbors, Sadhana we never do for pleasing God, Sadhana we never do for anything. Sadhana we do only so that we can be clearheaded and clear conscious. Everybody knows what Sadhana is. But very few people do it. And when you don't do your Sadhana, then you blame circumstances, bad luck and good luck and God knows what. What is going to come, folks, is going to come. That you cannot stop. Sometime you have Karma of the previous life, some (?) have karma of this life, things do happen. Good and bad are two things, which will continue to happen. If you have a clear head, you will go through it gracefully. If you have a clear head, you will understand it very well and you will be in a position to confront and be clear about things. That's what Sadhana means to people. But in twenty-five years, I have not convinced Americans to take a cold shower. I couldn't. So if you, if you that little thing you can't do, what else in the world you can do? And, one lady was telling me, "Sir, water in our town is very cold."

I say, "Then you are, you are very fortunate."

Because colder the water is, better is the bath. And as cold water you will put on your body, the blood will open up the capillaries and it will give you a good health. But I can't convince people because there is a hot shower available everywhere. Exactly I tell people that get up in the morning and do your Sadhana, they know it, there is a Sadhana manual everybody has, but people have stopped doing it. And the reason they have stopped doing it but who should get up in the morning and do it. Actually, that morning is the time when you want to decide whether you want to live or die. That morning is the time when your breath can be in double nostril, that's the time when you dream, that's the time when you are in twilight zone. That's the time you have to get up. There is no other time.

For mankind, from four AM to seven AM and four PM to seven PM are the time very difficult. It's called twilight zone. At one in the morning, sun is sixty degree affecting the grounds, the earth of your longitude and latitude and four PM, it affects the ground of your longitude, latitude and within these hours a human has to decide to be self sufficient and self-control and in self-alliance. This is the life which you will live if you can control yourself between these two hours of the morning and evening, you can never not be prospective, (?), prospective, you cannot not be very satisfied and not happy. There is no, there is no other reason for it. You can have any practice you want and you can follow anybody you want and you get blessed and you may do anything you want, but you will remain stupid and there is nothing I can do, neither you can do about it. Because there is a time for everything. And there is a place for everything. And if you cannot work for yourself, you shall not be in a position to work for anything. That's why there are lot of things which happen in our life which are not together. You must understand that.

Mankind is not born to be slave. Mankind is born in the very image of God and the perfect God has made you perfectly well. You can take it or leave it. Today few of you are listening to me, that might be one day, the whole world will listen what I am saying, but still, I'll say the same thing. Sadhana, Aradhana and Prabhupati. I'll say exactly the same thing. Those who do not do their Sadhana, they are premature and they are prematurely born. Their weakness shall continue like a prematured born child. They will live but will not enjoy life. That's the tragic part of it. And it's very sad story that a person can live all right, but cannot enjoy all right. And that is what people don't understand where they are being, they are hurting.

Somebody was telling me that day, "What is wrong doing Sadhana at eleven AM?"

I said, "There is nothing wrong in it, but what is wrong in jumping from the seventh floor and not coming through the lift or staircases? There is nothing wrong, you will come down."

You know, but that's not the way. I mean to say, easy is, get to the window, one, two, three, go down, you will come down! Nobody can deny that fact. But when you come down what will happen? I wish eleven o'clock Sadhana should be the time, but it is not. You can do Sadhana at eleven o'clock, it is better than nothing, but as far as result is concerned, you will get exactly what you get jumping out of the window. There is a time for everything. And as the world is going to confront, as the age, Age of Aquarius is come in, people who pretend to be students, it is a bad news for them. Because today you pretend to be student, tomorrow you are supposed to be the masters, if you are supposed to face the world tomorrow.

This trend of the sixties, this woodstock nation, this evolution, which America had is not a ordinary evolution. Twenty million people revolted. Twenty million people revolted, one million survived. Out of that one million, there is a group of people called 3HO. Or you can call them Sikhs, or whatever you call them, that is the outcome of that huge human sacrifice, didn't happen just in seconds. That gili-gili come, we come down and we go up and it's all done. And out of those 3HO and Sikhs, there are cheats who do not get up in the morning and do Sadhana. So you know, just see that, they are supposed to do Sadhana, they don't. Exactly in twenty-five years, there shall be all knowledge available and mankind will not be in a position to prepare itself to grab it. You know what I am trying to reach? There is not one person among you in this tent who wants to have any pain, any suffering and any mishap. Not at all. But you do not have the mental capacity to guide yourself by intuition. That is where you have problem, you are missing one thing, intuition.

Sadhana give you intuition. It will give you a day of clarity, it give you your well-being. There is nothing to answer or not answer. You know when I came to Florida, I bloated up, everything swelled up. Naturally I had to call my doctor. I called him and he say, "Oh, this medicine won't work, we already given you this medicine..."

I mean, it was a kind of lecture, which I was not prepared to hear. And next morning I got up, my feet was swelled up, my hands were swelled up, and body was just bloated like a tank of water. And the answer to me was, "Okay Yogiji, we told you not to fly, now you have flown, I mean, when you come back, we'll take care of you."

So I said to myself fifteen days I am going to live like that? No. That's not my question. So I end up asking at the house, I say, "You please take care of one pound of ginger."

I think that's what I said? Is that?

"And one pound of garlic and I think quarter pound of black pepper. And sauté it together."

So I ate yesterday and I have eaten today and I am fine. Now I, I am going to go to the doctor, he is going to say, "Let us check you up." Check me up for what? He can check you up. Same way a teacher can tell you what to do, you got to do it. And you got to feel yourself, sometime it will help yourself. And you have to be right. Your destiny is you. It can't be imported from the yonderland. And life is just a living experience. It's a experience of everybody. Death is inevitable. Now look at me, I am sixty five year old, I shall never die. This body will die.

Body does not make any sense. It's the work, which this body has done. Similarly, you can do the same for yourself. You can work, you can create a work through which you can become deathless. You can create a...

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You can create environments, you can come out of your shell, hatch a little bit and help people. That is what people will need, that is the love we need, that's the environments you need. You have to open yourself up. All your knowledge is in the egg of you, you don't want to just cross certain lines. You just want to get up, live, eat, sleep and take care of your limited environments. God is Infinite and your extension should be for Infinity. God has given you length of life, width of life you have to create. You have to be contained, content and conscious. Otherwise life will be very boring. In the coming years life will be humongously if you compare, compete and confuse yourself, that will be very painful. So please understand we are trying to do our best to reach your heart. So your head can remain clear as far as your life is concerned everyday. You have million questions, you have millions and million answer within yourself. You are started doing this thing that you have a question, somebody should answer you, somebody's answer will never fit your question. Do you hear me clear? Is that understood? No. It's understood right now, "Yeah, yeah, yeah." But you are not honest. That's the tragedy of life. And second is that you have to have one thing called very precious. It's called endurance. You have to have endurance.

Kundalini yoga gives a person endurance and intelligence and intuition. And it dwells, it is all things are within you. They are not going to come from outside.

When there is a question of your mind, and you cannot endure it, you know what do you do? You go berserk. Or you do not have intelligence to bring the answer or you do not have intuition to clear yourself, it's very painful. And I don't see you in any other color but see you as teachers for tomorrow. I have no attachment from my side. Come and go, learn or not, practice or not, it's your problem. I never initiated anybody. I have not. Because if you have initiated yourself then you have to accomplish to become teachers for the mankind. That's the only act of kindness and compassion. If you are a businessman, I am a businessman too. I am as good a businessman as any businessman can be. Rather I am such a good businessman, with all the nonsense I am still surviving. I am pretty good. But on the other hand, I have come here. I could have sent a tape. Now why not? I mean tell me. I can send a tape. But tape will be a tape, I am me. So long I live, I love you, I like to keep the touch. I want you to look at me and see how much suffering I am going through and still I smile. I want to make you understand, don't be idiot, don't misunderstand me that I am very healthy. I was not healthy to begin with. But I know how to be healthy, how to endure to be healthy. I am not happy at all, but I endure to be happy.

You have to learn certain things from me what I have gone through as a human, as enduringly, as intelligently and as intuitively and you have to learn something from me to become teacher that whenever you tell somebody something, never involve your personality. It's called justice. Always counsel impersonally. Never, it is a sin, it is a, it's really a bad thing to involve personally with anybody and counsel somebody, you are insulting God. Because everybody is a creature of God and Creator is the Creator, you shall not advise or counsel anybody personally. It has to be impersonal. Sometime I have counseled people, which is deadly against me in person. I don't mind. Some people don't like it, but, what to do? You have to tell them wrong is wrong and wrong is very wrong. And wrong can never be right. But we can only smile at it. So you must advise or counsel or communicate with people impersonally. Now how many of you have practiced that?

Please change your trend of life. The energy you are wasting in feelings and emotions and commotions, okay, it's no bother to me, but when you take that energy in feeling and emotions and commotions, there shall not be intuition and intelligence. Pay the price. Pay the price as you please. Either you have that or you have that. You can't have both.

I understand man is a social animal and we need to have a social relationship and we need friends and we need relatives. But on the other hand, we need ourself. Self is very important.



So I have to finish with you exactly in eleven minutes. By clock. I like to do one meditation with you and I'll be on my way. So you can eat, relax and enjoy. As it is only eleven minutes so I'll get even with you. Normally, normally these days I am very kind, I don't do much.

Please take your thumb, touch on the pinkie, mount of the pinkie and stretch your hands exactly like this, open. Down, not, not straight, but just, that's just a slanting flow and stretch your elbows so that you can be proudly stretching out. It's like stretching out and lower spine should be stretched out. Come on, now. Stretch outward so that the lower spine can be stretched out. You will feel the effect right at the bottom.

All right, you have done it. Now close your eyes. And from these very closed eyes, look at your navel point, roll down your eyeballs to look at your navel point. And mind you, we are not going to take one minute more than eleven minutes. I am giving you the easiest meditation on the planet. That will clear your mercury and that means you will have a clear communication inside and outside with the world.

Your eyes must be closed and the eyeballs must roll down to look at your navel point. And it's only eleven minutes. Challenge your ego and being a macho, do it right. Yeah, the pressure will be on the lower back and if you pull the lower back, you will heal your injuries of the past. That's also another advantage of this exercise. If you pull the elbow straight and hands like in iron and not too much up and too much down, but just reasonable, that pressure will force you to pull your, (Harbhajan, she is not doing it properly because she is too much folded by the hand, take her away and give her length. Na, now you have a space. Yeah, good.)

Stretch your hands so much and body so powerfully, the lower back may get a relief and chip in. Once you can chip in your lower back, you can heal your injury.

Na, cheating. You know, this is called 3HO cheating. Doing and not doing. I know that 3HO cheating, I am very aware of it. Doing and not doing. Just doing sixty percent to look good and forty percent cheating. That's not required, I want you to do it hundred percent and I want to assure you that if you will not believe me, I'll extend it. So, we want to finish it in eleven minutes. So let's co-operate, and roll your eyes, eyeballs, from the closed eyes, down deep towards your navel point.

He is lecturing, isn't it? These kids are born lecturers.

Stretch your hands, there should be no weakness in the elbow point. If the elbow point is weak, it means you are not healing your digestive system. That's, that's all worries me sometime. Stretch, stretch to your best. And stretch your spine upward for God's sake, your spine needs sometime attention. Pay attention to this stick in the back. Is that so bad that your spine cannot have any attention of yours? Pull it up.

Golden hatchet, ha? Don't cheat. You know, it's very.... I can't teach you as the Indians teach. Yeah, Zen Buddhists teach, they have a one man with a stick. Moment you do it wrong, bang! You know, this bang is missing, otherwise you are fine.

Urine therapy, wow. There is a book on it?

You are going to do, I know. But keep it, keep it straight.

Now the lower back like a cat and cow pose, like a cow pose will be stretched well up, if you do this right. And moment, because the problem is when that is not right, your aura is not right, that's why I can spot it like this, but I can't go one, catch each one of you. So just be nice. Stretch, stretch, stretch. And stretch your hand and take the power from the shoulder to stretch your entire spine.

Come on, we have already done for seven minutes. Four more. It's just hugging the God, it's just like that, it's just simple. It's nothing so difficult. You just spreading your hand to hug the Almighty. It will kill you I know, but God is not a small thing anyway. He needs a big hug. Come on, folks. Don't move your hands. What is so hurtful, you are so much hurtful? Why don't you exercise throughout the year? See all cheating comes through right here, I can figure it out. Two more minutes, hold on. Ah. Ah, no, no, no, no, no, no, no..... for the last two minutes, no, no. Aha, aha, no, stay, stay, stay. Stay, stay and suffer, stay. Stay because this suffering is priceless. It takes away the big suffering.

One more minute. You know this watch moves really slow. It's very funny. You talk, forty-five minutes gets over with and once you do exercise you look at it, it just starts going point by point. Come on, steady, close your eyes.

Get ready folks. Fifteen seconds left. Steady, stretch, harder, give your posture a chance. Five seconds more to go and now inhale deep and hold the breath and stretch every smallest part of the body- from your toes on to the top, stretch. Breathe out, inhale deep, deep, hold the breath and do your best to stretch every, every molecule of the body really, if you really want to know the truth. Breathe out, breathe in deep, little more and now do your best. This is the third time we have to do, after that, we shall be free, stretch every part of the body.

And now relax. It's okay? So, I don't have to ask who does Sadhana and who doesn't. But I am very grateful personally those who don't do Sadhana but still today they kept themselves stretched. Now how much this exercise cost? It cost only eleven minutes. That's it. And if you can do this exercise alone eleven minutes, you will have majority of no injuries in your entire being.

There are sets which I have taught recently, there are three exercise, three minute exactly each and nine minutes total. And you can be as new as a young person can be. But you have to do them. You can't afford nine minutes in a day? It's all up to you. But the difficulty, which I am finding is that if as parents you don't do it, and you don't teach your children that experience, they are going to go wild for that experience and it's going to be very costly game.

This world needs teachers. This world doesn't need students. This coming Age needs teachers, not the students. That's what I said twenty five years ago, as we are going to enter the twenty five years age of 3HO, we still continue, we have come to teach to make teachers, not to collect students. That theme of ours shall continue. And it's our privilege as our right and our best.

May the long time sun shine...

(The class sings, "May the long time...")

YB: Blessed ones, let the love surround you and let the light surround you. And let your wisdom surround you, so that people can find it at the very sight of you. This is important now. It's my prayer and my blessing that you will fulfill your destiny and the distance of life from here to Infinity shall be very acknowledged by you and covered with clarity, with prosperity and with grace.

Thank you very much, Sat Nam, God bless you.

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