



The Golden Bridge

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#LA0952

Yoga is a union between your soul and your self. It is not exercising and building muscles—for that you can go to a gym. It is not mind control—you can go for hypnosis. It is not spiritual, for you to become God or know God. You have to become you. Become a partner with your spirit and shine. The pair of opposites do not affect the yogi. Rising above good or bad, whether he is very sick or very healthy, a yogi is very happy. He understands that the purpose of his free will is to accept, know and practice God's Will.

People are enemies of their own happiness. Charming beauty, hair styles, clothes, being sexy, do not give you a value. You will never get a price for what you merit. Happiness cannot come from outside. You have to get happiness from inside, where you are full of tremendous happiness. Clearing the subconscious is the way of life. You cannot act consciously if you have a guilty subconscious. When the subconscious empties itself into the consciousness and the unconsciousness empties into consciousness, you have nightmares.

It takes one minute to decide, "I am human. I have my grace, I have my virtues, I have my values." If you have these four things, God will come to you, you do not have to search for God. As long as you do not have the determination to utilize these four things in dealing with life, you will be in pain. You do not need to convince everybody that you are great. Your very presence and each word of yours should be great. And see how greatness—not manipulation, not games—attracts things. A human who cuts through everything unto God has the infinite power of love. Love gives people ecstasy. And ecstasy has no dimension, no terms, no condition, no gain or loss. What you call love—sexual, sensory, commotional love—is not love. You have not yet found love. Purkha and Prakirti, the Being and the Universe—serve those who are in love.

It is not a matter of heart or head, and it is not a matter of you. If the sentiments are pure, and if your words are from your purity and piety, the other person will not only believe it, he will give his life for it. Our value is not based on how much money we have, or in our knowledge, or in our degrees. Our value is based on our purity and piety. We are an embodiment of it. Build your height to be right. Walk tall, recognize God in all. Never, ever let yourself down. Never, ever let anybody down. Never, ever participate in a scheme to let down. You will always be victorious. Work with that tremendous honesty. When you rise up, all you wish for will happen. Everything you want to belong to will belong to you. It is the law of nature. Otherwise you sweat and hustle. The day a man trusts that God is, and does not trust his ego, the whole world becomes an amigo. Happiness and riches will surround the person who has saintliness in his heart. It is a very easy way.

How many of you will cross this Golden Bridge? We can make a space, talk to you face to face, let you understand what is what. After that it is up to you. Because without discipline, without commitment, there is no character.

MEDITATION - Burn Inner Anger and Build the Immune System

Sit straight in a cross-legged position. Extend and stretch the right arm forward and upward at a 60 degree angle, pointing the index and middle fingers. Place the left hand on your heart. Eyes are closed. Form an "o" with the mouth and breathe powerfully through it. Do it emotionally—burn your inner anger, get rid of it. Continue for 11 minutes. To end, inhale deeply, hold 10 seconds, stretch both arms and hands over the head, and stretch the spine. Cannon Fire Exhale. Repeat 2 more times. Relax.

This meditation will build a powerful immune system. It correlates the breath of life, the tattvas and the chakras. If you do it for 11 minutes everyday, after 40 days you will be a different person.