

Yesterday I talked about rules and I said that I do not like rules. I said many times that we are always living in rules but we should make it a rule to break one rule daily. But that should be your decision and not controlled by anyone else. I don't like rules but I like discipline. For what is discipline good? It makes your will power strong. It makes you strong.

Actually the Yoga lifestyle is about discipline. I do not like rules but it is nice to create discipline within you. You could define it in this way: rules are coming from the outside, discipline is what you decide for yourself. You decide: I will do this and I will do this each day, each week and each month!

Having discipline makes your mind and yourself strong. And then, when you are in discipline you can decide yourself what is good for you and what is not. You can see which rule you want to break and control it yourself. Don't do what you don't feel good with, like the woman whom I told you about. If you don't want to drink and you have created a strong will through discipline, you make your decision not to drink. And that is your own rule. That you will achieve with the discipline for which you worked. That is real freedom, when you are not controlled by any rule.

A handwritten signature in green ink, appearing to read '11.12.08' followed by a stylized name or mark.