



Commitment

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Many intellectual people try to figure out the secrets of life and death as though they were problems in calculus. Nothing could be farther from the truth. When great sages have had actual inner experience of these matters, the intellectual doesn't believe them because their own puny mental powers are unable to have such experiences.

When the great yogi has had many years of meditation and other disciplines, and has rid himself of attachments and other hindrances, suddenly the realization is there. There is no doubt about it; it is not the result of calculation. I have called it the "growth of certainty." Most of those who have had such realizations do not publicize them. Indeed, they might be separated from society with no desire to make known what they have experienced, which often cannot be put into words. This is hard to understand, but so are many truths. Those who have seen the picture of an advanced yogi in my meditation room cannot explain what they see. The yogi is in Gangotri, one of the coldest localities in the Himalayas. He has just broken a hole in the ice and entered the water, which could very well be 40 or 50°F below zero. He has emerged and is not making any effort to dry himself. After years of practice, he has developed the so-called Dumo Heat, making him impervious to cold. One who does not know this secret could very well die from the experience. In my book, *Meditation for Healing*, I give instruction in this discipline, really partial instruction as I left out a few important details, not wanting anyone to attempt to follow the instruction; it can be very dangerous.

One time when I was staying in the Himalayan foothills, an Indian man who had spent most of his life in England attempted a somewhat similar adventure. Every morning at 4:30 a.m. the holy men, along with many animals, went to bathe in the narrow Ganges River, not drying themselves when they came out of the water. Seeing this he reasoned to himself, "They are men. I, too, am a man and now a yogi; so, if they can do it, so can I." The next morning, he bathed at 4:30 a.m. and, emerging, did not dry himself. By evening he had a fever of 106°F and almost died. He was fortunate to pull through.

People who have accomplished such "miracles" are extremely motivated. Almost always they have broken all ties with civilization. The casual meditator or practitioner is just wasting his or her time. There must be a complete dropping of the superficial as well as giving up of attachments. Just attraction to the idea is not enough.

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