

# A Meditation Technique for the Spiritual Rebel: Radical Discrimination

A talk by Anasakta  
Fort Lauderdale, June 18th, 2010

Hello friend,

In planning my visit to Florida I researched Fort Lauderdale and the surrounding area and discovered a surprising number of groups whose members are interested in meditation and spirituality. So it seemed a good city for me to attempt to make contact with such seekers.

If you decide to attend I can promise you that I will remove all of the confusion that today surrounds both the issue of spiritual meditation and how to realize one's higher consciousness. Even though I had good teachers I was such a slow student that it took me more than thirty years to grasp the meaning of the teachings and to become Self-realized. So I confess that one of my strengths as a teacher is that I can recall my many blunders and wrong ideas all of which I now have answers for. My goal is to help you avoid such mistakes so that your own journey is smoother and quicker.

Where possible I prefer to keep my meetings restricted to no more than 30 people. To that end it becomes necessary to not sell tickets at the door but rather for me to ask that people kindly go online and buy a ticket in advance. So I ask that you please buy your ticket at [http://www.anasakta.org/satsang/fort\\_lauderdale](http://www.anasakta.org/satsang/fort_lauderdale). If the screen shows that a ticket is available, then we have not yet reached the cap of 30.

Just so you know, I follow the ancient tradition of not charging for time spent in spiritual teaching. So I sell tickets merely in an attempt to defray my travel expenses from Canada and also to cover the cost of the meeting room.

When I teach at a yoga studio it is usual that we follow the Eastern tradition of sitting on the floor. But for our meeting at the UUCFL we will be following the Western tradition of sitting on chairs since they are conveniently provided with the room. I tell you this so that some of you now know there is no need to bring your yoga mat or cushion, and others of you will now know that you can attend without fear that you will be asked to attempt to sit on the floor in a painful yoga pose.

I anticipate that we will have a wonderful evening together.

Namaste,

Anasakta Baba