Sadhguru espouses the significance of Uttarayana, which begins with the Winter Solstice and is traditionally seen as an auspicious time of the year.

Sadhguru: We are now at the threshold of Uttarayana, which is a period of harvest. The Sun’s run in relation to planet Earth will shift from the southern run to the northern run—from Dakshinayana to Uttarayana. It is not that the sun is moving anywhere. What is happening in terms of celestial arrangement is that on the winter solstice on December 22, the sun was over the Tropic of Capricorn. From that day, if you watch the sunrise and the movement of the sun, slowly, every day it will shift to the north.

People who have been spiritually aware have always identified this transition as a possibility for human consciousness to bloom. Particularly, the first half of Uttarayana until the equinox in March is a period where the maximum amount of grace is available. The human system is more receptive to grace at that time than any other. History clearly indicates that the maximum number of people have attained in this phase of the sun in the Northern Hemisphere.

One of the most famous stories is of Rishi Bhishma waiting on his deathbed of arrows for many weeks. Though he was severely injured, he held onto his life until Uttarayana came because he wanted to make use of this transition in nature, to make his own transition possible. Gautam Buddha also attained on the third full moon day after Uttarayana.

And in South India, there are examples of innumerable sages, sages, siddhas and yogis, who have made the transition during this period.

During the southern run, what is below the anahata can be purified very easily. During the northern run, what is above the anahata can be worked much more easily. That is why in terms of sadhana, Dakshinayana is for purification. Uttarayana is for enlightenment. This is the period of receptivity, of grace and enlightenment, of attainment of the ultimate. This is the time to harvest, and it is also the reason for a spiritual harvest. And during this period, all kinds of harvest begin.

Sadhguru: We are at a time of the year which is considered significant for those on the spiritual path. The Tamil month of Margazhi starts from December 16th. At this time of year, the planet Earth is closest to the sun. In the northern hemisphere this should have been the hottest month, but it is the coldest because the northern face of the planet is facing away from the sun. The closeness to the sun renders an angle where the sun’s rays are diffused as they hit the planet. They fail to warm the earth as they would have if it were a little away. But in terms of the sun’s gravity functioning on the planet, right now it is at the highest. January 3rd, 2014 is the day when the planet is closest to the sun, and the maximum pull of the sun’s gravity happens at this time. That is the effect of the Margazhi month on the human system; it pulls you from the base.

The Margazhi month is a conducive time for spiritual sadhana. One of the simplest things people do is to go into temple ponds at 3:40 am to take a dip. The Margazhi brings a natural sense of stability into the system. There are any number of spiritual seekers who are constantly one step forward, one step back-ward. This is happening to too many people because there is not enough sadhanas to move themselves. If you are pulled upward and you are not stable within yourself, it will lead to imbalances. This month is used for stability and the next month, the Thai, is used for mobility. If you have created enough stability within you, only then you would dare to be mobile. This is a time to create balance and stability.

Sadhguru J. Vasudev is a contemporary mystic rooted as strongly in worldly and pragmatic matters as he is in inner experience and wisdom. Named one of India’s 10 most influential people, he has addressed prominent global forums on issues as diverse as socio-economic development, leadership and spirituality. He has served as delegate to the United Nations Millennium Peace Summit and the World Peace Congress and has been a special invitee to the World Economic Forum (2006-2009), the Australian Leadership Retreat (2006) and TED (2009).

His interviews are featured in The New York Times, BBC, Bloomberg, CNN and CNBC. He is the author of several books, the subject of four books and co-author of the Amazon Bestseller "Midnight with the Mystic." His public talks frequently draw crowds of over 300,000 people.

Founded by Sadhguru, Isha Foundation is a non-religious, non-profit organization with over 200 centers worldwide and over one million volunteers. Isha Foundation offers Inner Engineering Online – a practical approach for inner transformation in a fast-paced world. The course designed by Sadhguru presents simple, yet powerful tools for an individual to experience life on a deeper level with more awareness, energy, and productivity. This program is an ideal opportunity for those with time and travel constraints to experience the profound effects of the Inner Engineering program that has impacted millions of people over the past 25 years. To learn more, visit the free Introductory Talk, or to register visit www.InnerEngineering.com.