



understand the duality of life
understand this vast experience of this world
understand this duality...it creates harmony
how to understand the harmony between the two ?
how to find the balance within the opposites ?
you become infinitely richer
if you had just one it would have no meaning in itself
but if you have two
learning the balance of the two
you find the third
forget about two...find the third !

a wise person does not deny the opposites
he transcends them with understanding
he finds the golden mean
he finds the balance
and then there is no duality
but a trimurti...three
the one that transcends the two
respect duality
live your duality totally
live so totally that by living it you transcend it
it is very important
this particular question
because there is a great group of teachers
who keep denying the opposites
they say you are living in a dream
you are living in illusion
you are living in the body
you are living in the mind...
they do not understand that you need to live !
what about living totally ?
then the mind disappears
living totally...this duality becomes one

understand duality and the beauty of life
then it is not duality but a great celebration
a great experience
there is this movement called advaita
they deny the two
they say there is only one...only this is the truth
they say duality is dragging you down into the world...
they do not know how to live their lives !
the one cannot be supported without the two...
without this two the one is not able to live...
so this advaita movement
is very puristic...very perfect...but it is totally abstract
it has no reality in the world

truth is lived in the world
you need to live in the world so deeply so you transcend duality
and there is nothing ugly about transcendence
it does not deny the opposite
it accepts the opposites totally
and understands the middle path
hence you have a body and you have a no body
you have life and you have truth
balance truth with life
understand life and the truth that it contains within it
understand body and the being...matter and spirit
find the balance and enjoy both the worlds

this is what osho says
this very place the lotus paradise...
within this world is the garden of eden
within this world is heaven hidden
you have to understand life itself so deeply
that you understand that heaven is here now