

your body goes into a deep sleep  
dreamless...  
into the turiya state  
your body is in such deep rest but you feel you are awake  
you are not sleeping...you are not awake...  
the body is so rested...there is no rush...no anxiety...  
this dreamless sleep is one step closer to samadhi  
ordinary sleep is of the mind  
deeper sleep is of dreaming  
dreamless sleep is turiya  
totally deep sleep is death...samadhi

if you can sleep totally you will become enlightened  
this is what happened to gautam buddha  
searching...searching...searching...eighteen years of search...  
he could not fall to that absolute zero state  
the dream of enlightenment...the search to attain...continued  
like an undercurrent...an alarm clock...  
whenever he came close to the zero point to fall into the black hole  
that dream must have pulled him back to the body...  
i need to achieve enlightenment...just a single thought...  
i need to achieve and complete this journey...  
i did not complete my search...  
and while something was pulling him into a total black hole  
this alarm clock continued  
the momentum of the mind of the future search  
did not allow him to fall in

understand this  
the deepest experience of truth...  
can only be found when you are not present  
you are the hindrance  
how to attain to the state where you are not present ?  
you are in the way !

learn the art of sleeping in deep let go  
if you can sleep deep  
you will slowly slowly learn the restful states within your being  
it is like a deep tunnel  
you can go deeper and deeper into the well  
the deeper you go into the well the vaster the pool of energy  
the darker and relaxed the state  
till you reach the black hole within you  
the black hole is called the hara  
when you fall into that everything disappears  
it is below sleep...deeper than sleep  
hence i respect sleep as the greatest door to enlightenment

people wake up at six o'clock...  
to do meditation in search of enlightenment  
i say...go to sleep first  
learn how to sleep  
when you are going to find something outside you...  
your eyes are open...you are already in the mind  
you cannot master your sleep  
and you wish to master awakening...  
waking up and awakening are two different worlds

i use the word awakening  
someone who falls into a deep restful state of stillness  
that pull...that magnetic pull of silence...  
is so deep and relaxing and rejuvenating  
that it awakens you from within !  
you are not waking up...you are awakening...  
feel the difference...i am repeating it again for you  
you do not wake up...you awaken !!  
waking up is from outside...awakening is from inside  
buddha never woke up to the truth  
he was awakened to the truth

