

whenever i hear people saying wake up...wake up...
i say...this person is an idiot
go to sleep...go to sleep !
do not wake up please !
go to sleep...have a deep sleep
go into a coma...go anywhere...simply disappear into a deep sleep
do not get up...
there is nothing to do...nowhere to go
no dream...no desire...
go to sleep and forget about tomorrow
just sleep and die !

this has been one of the meditations i have loved the most
when you are going to sleep at night
just imagine that you are going to die
just close your eyes and in deep sorrow and say bye bye world
close your eyes...say...okay...bye world
you can start crying of course
not for yourself but for others
you have a nice deep cry...ha ha...gone

just see how four friends find you dead
they pick your body...take it to the funeral...burn it
just watch the body burning...
momma crying...children crying...wife crying...
enemies are happy...he is gone !!
watch the whole scene...
just go into sleep and die totally
just imagine you have died
you cannot be anything any more
with it all your tomorrow problems evaporate
all problems are solved with death
because you are no more there
no one to answer to...
no more telephone bill...

every night go to sleep...die
and pray to existence...
do not knock on my door to bring me back tomorrow
say...please do not bring me back tomorrow
i have already disconnected from this world
i have no business tomorrow morning
i am dying...thank you...bye bye
and go to sleep..never to wake up

every night follow this like a routine
die to the world...
if you can follow this death meditation every night for one month
you will see suddenly a new pool of energy arising in you
because all your worries are projections about tomorrow...
they are sucking your blood !
your whole energy and investment is sucking your energy
go to sleep...die...in the morning you will feel you have wings
so light...what happened ?
i have become so light...i can fly !

so the death meditation at night...
for fifteen minutes before sleeping...close your eyes
settle your breath and consciously go into a deep sleep
go to death...die...go to sleep
you will have such a deep quality of sleep
whatever you think for the last fifteen or twenty minutes before you fall asleep...
continues all night
if you can fall asleep in meditation...you are sleeping in meditation

six to eight hours you are adding meditation to your life
what you cannot do with all your dynamic and kundalini and all your stupid meditations
you can attain it simply by sleeping in a meditative state
when wake up in the morning
do not wake up and start running straight away