

if you want to disappear into a deep rest
create a dark room with no light entering
light touching the body wakes you up
it is a beautiful experiment

this is a vast subject
far vaster than what you can learn in the day
all the meditations that you can understand from me
really are not comparable to this darkness
the essence of nothing where everything disappears

in my book i have spoken about the black hole
read carefully...no taste...no touch...no sound...
what will remain ?
you cannot destroy it
you cannot create it
you cannot uncreate it
you cannot destroy the dark
you cannot create the dark
it was always here

the whole mystery of this existence lies within the black hole
in the absence of any object
pure emptiness is the black hole
the black hole is linked to your sleeping
just master the black hole and you will understand truth
all mystics...when they see light...
they have fallen into a deep dark space
all around them is light
the seeing eye...the buddha nature...is the black hole
it sees all...knows all...perceives all...
because it is behind the innerness of all outer objects
it is a very unknowable subjectivity...hidden...
but present everywhere
so much more available at night

i used to joke...
all group leaders and therapists are working very hard to wake up this humanity
i am going to go to one camp telling them...go to sleep...bye bye !
everyone go to sleep...bye bye !
collect the money and run !!
next camp...collect the money...
say...goodnight...go to sleep
i can do thousands of groups just putting people to sleep
why waste time waking up people and talking to them
and then there are people have these nightmares of death also !!
just put them to sleep...question is gone !!
just keep sleeping
everything can be attained in your sleep

question *very often in our events you say we are going higher and higher and higher and then we are settling settling settling into the earth but practically what do you mean ? we should have some realisation of this process or it is like some kind of feeling of our body ? how to understand this up up up and this settling to the earth down down down ? about going up i can understand it better but about settling down is absolutely not understood...what is it about settling down to the earth ?*

women ask very difficult questions !
she says i can understand going up up up
but i cannot understand the coming down down down
perhaps you are right
it is actually a very intelligent question...
the womans energy is earth
a woman is down down down