

when you find one meditation...just drill
keep going deeper ...
keep it a constant factor...
something in your life on the path must be constant
if witnessing and the presence can be constant
then at least be a witness

in my life vipassana was constant
everything happened
but my inner watchfulness of movement never failed
just one hole...keep drilling...drilling...drilling...
and you will find the bottom
you will find the oil...

when you do too many types of meditations it destroys you
because you find nothing in the different meditations
you give up meditation
you have found nothing...you do not continue on the path
because everything is bitter now
for all osho disciples the path has become sour...bitter
complaining...judging...jealous
the grapes are sour
they have become bitter
that is the worst

you will become bitter if you try too many methods
remain sincere with any one method
and find the totality within that method
the moment you find totality within any single method...
the method falls away...and you understand totality !
the method was just to teach you totality
every method given by osho is condensed into a certain time frame
because you cannot be total twenty four hours
but one hour you can be total

so when you are total in any single method...the method disappears
what is left in your hand is the experience of totality...
so you do not need the method anymore !
you have attained to the method and you dropped it
you do not need meditation
your very lifestyle becomes a way of living totally in every gesture
then the meditation has helped you

otherwise the meditation will become a handicap
you start depending on it
and you can depend on a master...a guru...a teacher...a method...
all dependence means you are not yourself
you need the other to be total
you have to understand this
that you do not need the other to be total
and you become free of all outer forms

the master is the last outer form
there is no difference between a meditation device and a master
it is easy to fall out of the meditation device
but to fall out of a master ?
impossible !
you have to learn and understand that you are searching your inner being
and all outer is a symbol to bring you to yourself
do you understand what i am saying ?

understand the meditation methods more deeply
i always say that you need to be scientific
a mystic is not an idiot
if you are going on the path of mysticism...
you have to be a genius
you have to have a certain sense of alertness...a deep sensitivity...
a sensitive way of questioning...what am i doing ?
where will this lead ?
dig deeply into the method