



GO
GO
GO
NON
FIZZ



rajneesh
spontaneous talks



world tour 2009
russia



spontaneous talks
mystic rose gatherings



mystic rose gathering

rajneesh enters

everything becomes still

sitting in silence with closed eyes

soft music playing

the music builds into a rhythm

rajneesh gets up and we all move into dance

dance dance dance ... higher and higher to a peak... peaked crescendo

stop

the music stops

everything stops

we sit still in deep total silence

this silence
is the answer
drown into the silence
let it reach you
in each and every corner of your being
just drown
let the silence spread in you
you will dissolve into it
and you will be that silent answer
your very presence will radiate
pure light

this is no ordinary silence
it is full of aliveness
so full of aliveness that your whole being is buzzing
in this peaked state

just feel that buzz of aliveness
that buzz is your master within you
silently speaking to you
listen to it deeply...trust it deeply

russia tour

7 june 2009

in this silence the whole existence is reaching to you
connecting to you
this silence connects you to all that is living
and the living is vast...you are vast
feel your vastness in this silence
this taste is your home
continuously carry this state
continuously drown into it
continuously remember it



enough unto yourself...and much much more
you are a great abundance
you are enough unto yourself
and enough light
to share and dance and celebrate
with each and every person you meet
enough unto yourself is a small message
you are infinitely more than that
you can share and dance
and celebrate with all your friends
spread your light
whatsoever you have...rejoice it and spread it
express it and dance with it
live it and express it

and the more you will share
the more it will grow
the more you will have
the more you will share the more you will grow

and this dance continues
this celebration continues
it is a continuous celebration

this is the message of our beloved master osho
this is the way to be a disciple of your master
spread your joy...spread your love
express it to each and every person you meet
so they will ask you who are you ?
from where did you learn this knack ?
and you will bring them home
and they will understand

share your being...do not be a miser
do not be afraid of what others are saying
just share your being...do not be afraid

in each and every act of your day to day life
as an undercurrent flowing within you
whenever we sit together
i am simply amazed
how easy it is
how simple it is for people
to understand this message
just be gentle with yourself
give it time and space
it will grow...it will grow...it is growing
just let your listening become more subtle
more profound...deeper
can you see your hidden master ?

realize who you are
realize your presence
celebrate your presence
enjoy whatsoever you have totally

you have so much within you
you cannot imagine
what is contained within each and every individual

this is the message of all mystics
that you are...you are enough



celebrate and remember again
if you stop sharing the water will stop flowing
the more you share the more it flows
the vaster it grows
and that is the ocean

each and every sannyasin is enlightened
a celebrant...a buddha
just declare it to yourself
never underestimate yourself
understand who you are...your inner reality

do not make any judgment...it makes you smaller
and do not make anybody else small either
see the beauty in your fellow beings

whatsoever they are...they are beautiful
give them a hand...give them your love
let them express and you will see
you are becoming a vehicle of love

that is the message of our master
grow and let people grow
share your dance and dance with others

life is very short
celebrate
and russians know how to celebrate !
you see how much you make me dance
they ask me when i am in india
how you remain so slim and fit ?
i say just go to russia and dance with them and you will see !

you can see how much i pour
you make me dance
i am so happy to see people who can make me dance
so i can dance with you with totality



we all merge into one buddhafield and become one
it is not my peak that you are experiencing
it is all of you peaking
and such a joy
you are all one in this dance

and today i saw you dancing
there was nobody here
just pure light...pure light
even osho was looking
what is happening in moscow
aah...rajneesh is back and they are dancing
aah...moscow

heavens are looking
they know what russia means
i have been waiting to get here
maybe i can dance in winter too !
so much fire here !

seeker *rajneesh...it is very cold here in winter...*

no...all the ice will melt...!!

question *what to do with unpleasant feelings...*

you want pleasant feelings
you do not want unpleasant feelings
stop labelling...just stop labelling...and watch

you want pleasure you do not want pain
energy is simply energy

pain and pleasure are the same energy
pain is when energy is tight
pleasure is when it releases

the moment when energy is tight you feel it to be pain
you feel that part of the body that is tensed
it is simply carrying too much energy condensed

energy is energy...it is your friend !
so do not label
first thing stop labelling
because the moment you label
it becomes your enemy
and you create a distance

look at it like a friend
energy that is not expressed becomes tense
it enters your muscle and remains hidden there...tight...
breathe that muscle and it will release
and it will become pleasure

actually it is your friend hidden
it is your extra bank balance
why you are labelling it ?

first thing to do as a seeker is watchfulness...



what is the moment to watch ?
when you peak peak peak peak peak peak
when you will come to that peak and everything is silent
you are in the state of no mind

just silently watch into the so called pain
and that energy...that point of witnessing
will connect with your being

it will open like magic
you are bringing in the healer
the witness...connect to it

it is the breath between the breath
it is the ultimate...watching
that is called witnessing

when ordinary people think we need to watch
they are watching their neighbours wife
they are watching other peoples bank account
watching is not that watching
watchfulness is a peaked state of energy
you at your peaked state of watchfulness

when you are peaked there is no pain
it will dissolve and transform its energy into pleasure
and then do not say...aah this is pleasure now
just watch

the energy will go to the witness

the moment you identify with pain or pleasure
you are being locked into it...identified with it
just watch

do not get lost

when you are peaking and you are in pleasure
just watch

the energy of pleasure will transform to higher states



ecstasy is not the final state...the watcher is !
it does not know pain...it does not know pleasure
it simply is a silent witness

if i give you pleasure all the time
you will be tired of pleasure
so remember again
pleasure is energy moving
pain is energy not moving
stillness...watchfulness...is beyond both

try to understand this simple phenomenon
do not worry about pain
do not get so easily lost in pleasure
just watch...and do not label

questioner *it distracts me and brings the mind in...*

go again...go again...go again
mind is mind
distraction is distraction
witness is witness

i will explain it to you from another angle
there are clouds moving
that is the distraction

there is the state of blue sky
mind...clouds are moving
distraction is focusing on the clouds
clouds are distracting...but that is their job
why you are fighting with the cloud ?
that means getting identified with the cloud
with the distraction
just watch

let the distraction continue
it is doing its job
cars are moving
you simply watch the traffic
the moment you say i am being distracted
you got lost in your traffic

understand again
peaking you come to the state of no mind
if there is a distraction let it distract
you just hang

how long it will keep distracting you ?
just say ok ok ok ok
it will leave you
the more you say distraction
the stronger it becomes
because you are giving it energy
you are paying attention to the distraction
you are giving it more food
just remain aloof
do not judge
just watch

i will give you another key
look at a mirror
a very beautiful woman comes...
the mirror jumps out ??
an ugly person comes the mirror shrinks ??
no
it simply watches
no judgment no labelling

silently reflecting
whatsoever happens
good bad distraction attraction



questioner *how about attractions ? they also distract...*

just understand the mirror
look at the mirror
and see its simple innocent quality
reflecting
that is you...the ultimate you
you are seeking the silent mirroring witness
and also be patient with yourself
be patient...try to understand the taste and it will come
you have been here today
did you find any moments where you are relaxed ?
not one moment ? half a moment ?

questioner *of course there were...*

that is enough...just remember those moments
the window opens
slowly the window opens
just enjoy this
you will taste it
remember the taste
and it will continuously come to you

question *osho influences your life and your meditation ?*

osho does not influence my life
i have no life
he is all
who am i



i am disappeared...that is the way of sannyas
the way of a devotee
he does not influence my life

i disappear...he is
a master is a mysterious phenomenon
a being of light
unhindered...no walls

so if you drop your wall he will be present
masters are not people
they are beings of light
presence...you can feel the qualities
they may come in one body
they may disappear from that body
but they are not the body...they are not the mind
they are the witnessing consciousness

i am absent
why should i be ?
i disappear...and i watch
you know how to disappear ?
you can disappear when you are dancing

the more alert you become
the more conscious you become
your devotee hood
your love for your master
will dissolve you

i am utterly disappeared
what remains is a mystery
i am not
i have disappeared into love
who is speaking remains a mystery



he does not influence me
he is everything
i am nothing
in fact i am not even here !

he is available
you disappear...
fall in love and he will be present to you

and why only him ?
all masters are present for those who seek truth
and masters are searching you
do not think you are searching the master
where will you search the master ?

you do not know where to look !
he is always above you
he knows how to find you
open your door and wait
watch how the master finds you

masters need people
they are in the sky alone...
hallelujah...hallelujah...alone...
they are bored...they need you
they need your heart your voice your eyes your hands
they need you to spread the message

remain an open mystery and keep an open heart
masters are knocking on your door continuously
and you go on missing...

the key
understand what i have not said
and that is genius
hmm...



question

*is totality and watchfulness the same thing ?
we are told to enjoy them
at the same time what to enjoy ?*

good question...
in totality you disappear
but the witness remains
when you are total you are not
the witness does not contain a mind
the witness does not know anything

it is simply a witness
witnessing nothing in particular
the witness is a quality...just open
not witnessing anything in particular

there is another word that is been misunderstood
the word is awareness

awareness is a state of being
a peaked state
it is a state of awareness
not aware of anything
try to understand this
you think you are becoming more aware
by knowing more things
that is not true

awareness is a peaked state
simply present...watching
hence your question of totality
in totality you disappear
and what remains is an orgasmic presence
watching...that is the witness

it is not a personal witness
then you are not watching
a witness is a witness
it is a state !
you cannot say...this is my witness
because i am watching myself

the witness is simply witnessing
a pure aliveness
witnessing all that exists
you included
whatsoever is surrounding you

the trees the river the people the car the traffic
everything is in its view
and it is one with all

it is open state of consciousness
and it can only happen in totality
when you are part...you are here
when you are total...you are not
what remains is a witness



are you trying to understand ?
it is impossible to understand
you cannot understand
neither it is there to be understood
mind cannot understand because it is a beyond the mind state
why try to understand ?
live the state
try to understand this part

you are seeking the state of no mind
it is beyond the mind
it is the witness

in totality you reach the state of no mind
it is a state of no mind so you cannot understand
but you can live it
you can taste it
the knowing will be there
but you cannot understand
the moment you try to understand
you lost your totality

you came to figure it out
and the witnessing stops

hence these moments arrive in very small glimpses
it transcends the mind
mind is not aware...like a flash...it is there

you understand ?
say no again !
that means you are understanding
each time i say something
say...i do not understand...then you have understood
try to understand another part
i am not here to give you any explanation
i am simply creating a mystery

mystics only create mysteries
so you learn to live totally and dive deeper
so you enjoy the ecstasy and dive deeper into the ecstasy
 slowly slowly you stop figuring it out
 you stop thinking...what is this...why is it...is it not
 and you start rejoicing and enjoying that ecstatic moment
 and questions by and by disappear
 and you dive into the mystery and you are in ecstasy
 who bothers what it is ?
 when you are drunk do you bother how you are getting drunk ?
this is why i say
i cannot answer any question
i can create a thirst in you
i can create a new mystery in you
so you go deeper into the search
and fall into the unknown
and drink from the well
and get utterly drunk
 forget about how to come back
 just get lost
 get lost never to come back
 anyway...you are not coming back
 where you are going to go ?



it is like natasha yesterday
she was driving home
she was so drunk from the evening satsang
she is just driving...driving...driving
she does not know where she is driving
just driving...she forgot the way home
she forgot which way is home
she wanted to drive for five or six hours
who wants to know the path ?



just the car is moving...rajneesh is in the car
another couple of drunkards in the car
i am so drunk
 this is the journey
 from knowing to not knowing to not knowing
 and not even bothering to know anymore
 that is the way
 getting lost...knowing less
 and totally ecstatic
i do not know anything
i really do not know
i try hard to figure it out what to say to you people
how to explain it ?
how to justify my ecstasy ?
why i am so drunk ?
they will take me to the madhouse
this man is mad !
 just to save myself i have to use some words
 so i say i am drunk
 but i know i am not drunk
 i do not know anything
 i really do not know anything !



the mystery is becoming so vast
so many new dimensions
so many multiple directions
i do not know where it is going to end
i am just celebrating...not knowing
and enjoying my innocence and its expansion
enjoying that i am alive
that i do not know what to do
why bother ?
everything is perfect



he is laughing at me
what a beautiful smile on his face
i love that smile
i am watching him continuously since twenty minutes
he is just smiling and smiling and smiling
and his nose is becoming red
he wants to cry
a man of wisdom sitting there
 he knows what i am saying
 he has the experience
 and now he is seeing it for himself
 i can feel his tears of joy
 and i had been watching him
 what a wonderful smile

one key i must give you
the greatest key i have known
there is only one word
innocence
that word is the most beautiful word for a seeker of truth
if you can remain innocent and seek innocently

for the innocent being
there is no door
all is open
this existence respects loves celebrates innocence
you can see the innocence in flowers
in the birds in the grass in the river
 nature is innocent
 uncorrupted by any scriptures...any masters
 by any religions...by any therapists
 any group leaders and any bla bla bla
 innocent with no language
 and yet it is alive

no law no order no police no court
no justice no politics
nothing
and existence is vast
you can see the fishes and the animals
all living beings and no language

how this existence is managing ?
why is humanity is so stupid ?
because it lost its innocence
never lose your innocence
i would consider that a single treasure
the ultimate
even if you lose because of your innocence
do not worry
lose...but do not lose innocence
they will harm you...they will hurt you...they will laugh at you
but you know what the treasure is
you know it in your heart
you will become younger juicier full of love
never lose innocence
it is the treasure



silence is the message
such a simple message
how could it be said ?

such a simple innocent message
so many people in this world exploiting innocent truth
truth is totally innocent and silent
within the very centre of your being

it is not a question of learning
going to gurus and masters and teachers and therapists
it is a simple innocent process of diving in
deeper and deeper and deeper... into this innocent state
you just need to learn how to reach to this state in totality
that is all...a simple knack
not a great learning
just a simple knack...
how to reach to the state of no mind
where mind does not exist
where you do not exist

what we have done today is a simple experiment
first we began by sitting silently
gathering a still pool of energy
slowly slowly...we raised the energy upwards
into dance and dance and dance
higher and higher till we come to the peak

russia tour

moscow 6 june 2009



the moment you come to this peak
it is your orgasmic peak
everything stops

utter silence descends into you
drink that silence...absorb that silence...
it is your master
it is your peaked state of no mind
showing you the way inwards
dissolve into it and let it settle



try to understand...
it is a very simple process
this is vertical energetic transformation
you do not need to look outside
you do not need any outer information
you do not need to change anything
do not change anything !
just the way you are
exactly the way you are
vertical transformation is a simple knack

you do not need to drop the lower
i do not like this...i do not like that
and usually it is not you...usually it is others who do not like it
these insane therapists and teachers
they come to you and show you what is wrong with you
that this is missing and that is missing
so work hard upon yourself
and change yourself
become a better person
do not be the way you are
you are good for nothing
you are not enough unto yourself

poor person
already the society is crushing you
parents are crushing you
friends are crushing you
now the new breed of therapists are crushing you
and these so called masters are crushing you
enough is enough !

understand what i am saying
meditation is not about change
it is about accepting yourself totally the way you are
utterly accept yourself just the way you are
no change whatsoever is asked of you
no change...

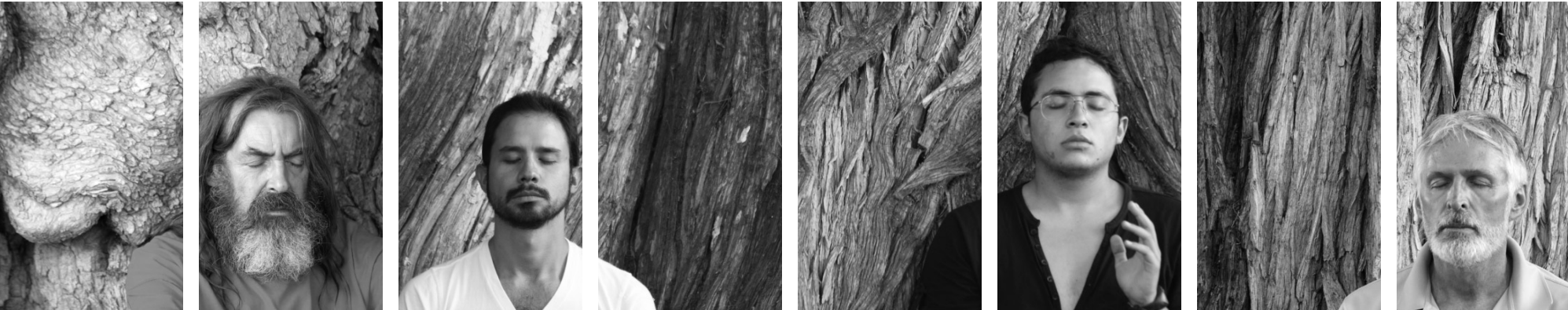
try to understand the difference
change is a horizontal phenomenon
a to b
b to c
it is going horizontal

transformation is a vertical movement of energy
you have the first centre...the second...up to the seventh
how to raise the energy from the first to the seventh ?
slowly slowly slowly slowly raise it up...and peak
the moment you peak
you come to that state of no mind
then drink that state
do you understand what i am saying ?

everyone is teaching you to stop your mind
drop your mind...drop your ego...
drop drop drop drop...
i am telling you...do not drop anything !



dropping the mind...
how you will drop the mind ?
first find it...then drop it...who will drop it ?
you will be there dropping it...
you are the mind !



understand the state of no mind
it is a peaked state of vertical awareness
and the moment you have that glimpse
become still...utterly still
and drink it and let it settle...settle...settle

let this vertical peaked orgasmic stillness fill you entirely
and live with it consciously
it is not meditation...it is meditateness
watch that flow when you move your hand
when you look at somebody
when you take a walk
when you eat your food
doing simple things in your life
utter ordinariness
just watching this flow of energy...alive energy
and slowly slowly it will spread
this watchfulness will spread

transformation means going beyond
into the state of no mind
no mind is simply a state
it is a state of vertical peaked orgasmic movement
do you understand ?

it can happen to you in many ways
through dance like we did today
through running...through singing
anything that elevates you
and vertically takes you to a peak

you know the word orgasm
where is the mind in that state ?
why go looking for it ?
it is simply not present !

and remember on the inner path
slow is fast
and fast is going nowhere

the whole journey is from here to here
not from here to there
there is far away...very far
and you are going further and further away from yourself

your vertical centre is here
herenow
you do not need to go anywhere
understand this simple transformative key
it is just a simple knack
you do not need anybody
and the moment you understand this knack

you become settled in yourself
and you accept yourself totally the way you are
do not try to learn too much
do not try to do too many things
you do not need to become a better person
that is all bullshit
it is all politics from others who do not accept you the way you are

the first key to meditations is
to accept yourself totally
accept whatsoever you have
see the beauties and the strengths
and the qualities which you already have within you

you have life within you
can anybody give you life ?
all you need to do is to understand the flow of life within you
and how to peak to its ultimate state

your energy peaked to the ultimate state
is the buddha within you
buddha is not outside
nobody is going to give it to you
you are the buddha and herenow is enlightenment

you are perfectly enlightened
in each orgasmic moment that you experience
and that is all you have
that one moment of that peaked state
again you will get another moment
drop by drop...drink it
it will lead to deep silence
a total inner acceptance
and you will be your own master
and you will be your own guide

you do not need to borrow anything from anybody
listen deeply...understand what i am saying
my message is very simple

and all of you sitting here are not children
you have made many attempts
and you perfectly understand what i am saying
you have understood... now dance your dance
and live your life with utter joy and gratitude

how can you peak and simply be in your utter glory
you deserve it !
do not let anybody make you feel that you do not deserve it
it is your birth right

existence wants to give you more
and there is only one window
this vertical state of no mind
reach...peak...drink
allow it to settle in
i am simply here as your friend
to dance with you...to give you a simple taste
a small window of what it is to be in this orgasmic moment

i have nothing special to say to you
whatsoever i say
it radiates in my gestures...in my movements
in my silence...in my love



i do not like many words
gib...gib...gib...gib
feel what i am saying and drink it
and those who understand...understand



and never underestimate this small meeting
life only gives you one moment at a time
one peak experience of that one moment is vast
it is eternal
do not think that it will come in buckets
it comes in one peaked moment
and everything simply opens
and that one moment is eternity
you will understand it
it just needs one moment

and when you understood it
something within you will continuously peak silently
because now you know the master
and you know the master is within you
you have awakened yourself

enlightenment is not a long journey
it is many many miniature enlightened states of consciousness
the moment you will peak to the ultimate in you
it is your moment of enlightenment

now who cares about enlightenment ?
just enjoy the simple knack
absorb that one drop of water
you have drunk the ocean !

i am a simple man
i drink one drop and disappear
and the ocean is all around
i keep drinking...just dissolving



so easy to dissolve
when you utterly accept yourself
just the way you are
struggle is over

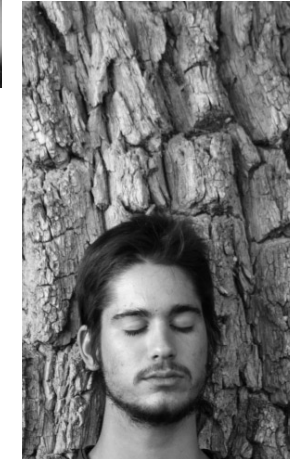
simple silence
drop

you know how to drink
you russians know how to drink vodka
now learn how to drink silence
drinking is drinking !

that is why in russia when they are meditating
they are total !
use that knowledge of vodka
and drink osho
just drink...yourself

i love russia... i am in love with russia
i thank you all for coming
i welcome you all
i am grateful to each of you who has come
thank you

after all my bla bla bla
anybody who has any question is welcome to ask
and remember i never answer any question
the answer creates five hundred more questions
how to drop the answer ?
drink the silence
how can i give an answer ?
my answer is just bullshit
all words that i say have no meaning



it is just to engage you in something you understand
and behind it love is pouring
stillness is arriving to your door
and you think that you have been given an answer !
there is only one answer
that is dissolving into silence
that is the answer
you are the answer
your dissolved state is the answer

but if still there are questions
you are welcome to ask...
i am just warning you
that i do not know
how to answer questions
and you can all come closer
come come closer

question *i forgot everything*

that is the trick...
when you taste the answer who cares ?
when you are drunk who cares ?
the mind has so many questions
all your inner being is searching
is searching for the answer
hence so many questions
but those questions can never be answered
have never been answered
unless you come across the one
who is the answer...



just his very presence...
just his very dance
and something within you starts drinking
you are not here

do not underestimate yourself
do not think you are simply nobody
do not think that here is a man who knows meditation
i know nothing
your nothing is enough
your inner sense is the master
so do not think that you have just began
and i have been there before
you have lived before
you have known before
you have known when you were in your mothers womb
you simply forgot the way

when you meet a man who understands and carries that state
something in you resonates and starts dancing
it remembers itself
you are not here to know me
you are here to remember yourself
just by drinking this heightened state of orgasmic energy
it awakens you
and something within you says
ahh... i have known this before
and that is the answer

it is a subtle transmission
do not think that i will come with a suitcase and give you a bag
it is silently entering
a silent dancing vibration of ecstasy

and those who are thirsty smell it
they know how to drink it
even if you do not want to drink it !

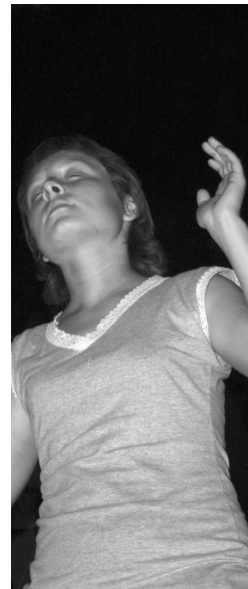
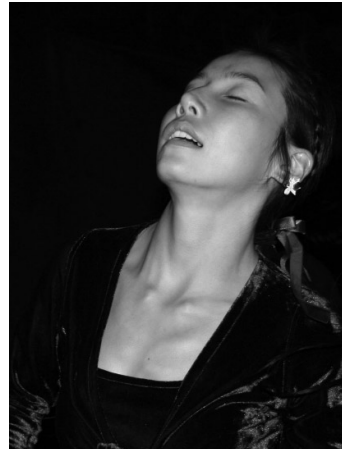
there are many stubborn people
they come...very hard
let go of the seriousness
and slowly slowly the defences drop
something happens

it is love
it is deeper than love
it is so silently moving that it catches you unaware
you do not know where it is coming from
but it is there

you all are masters
you are seeking yourself
and i am simply a mirror
nobody special
i meet many people
wherever i go something triggers in them
and those who are thirsty drink it
and they do not need to say thank you to me

the more i am drunk the more i spread
the more you drink me
the more i am grateful to you
because i spread into your heart
you have given me a space

i came to russia
so many beautiful people received me
i have become so many people !
you think i have shared something with you ?
you have shared something with me !



you have given me a home
i am spreading in you
you understand ?
and i am grateful to each person who comes
they are giving me something priceless
their openness...their innocence
and all i can do is share my love...my gratitude...thank you

i always thank my friends for receiving me
this world has become so closed
they are so afraid of strangers

i am blessed that they can accept a stranger like me
so i thank you for coming and accepting my bullshit
and you will soon understand the mystery
soon a mala will come around your neck
you understand ?
the chain of love
and you will say...i am in love
it is your sannyas !!

question

*why are you so against therapists and therapies ?
can you explain what you mean by body mind and awareness ?*

body mind emotion is one
you are not the body
you are not the mind
you are not the emotion
when you die all these layers drop
and what remains is pure awareness



awareness is transcendental
beyond body mind emotion
therapies only work on body mind emotion layers
therapies only touch these outer layers
awareness is the innerness that witnesses these outer layers

awareness transcends and remains untouched
by the body mind emotion and its conditioning
therapies only touch mundane layers
of the mind and its conditioning
hence have no reality in the inner states of meditation
therapies working on the body mind emotion
is like dissecting an onion
peeling layers after layers
and a never ending process
this dissecting creates more dissecting and more learning
awareness is understanding the process of unlearning
and the knack to see what is already present within you

therapies teach you that you are not enough unto yourself
that you need therapies to learn more and become more
to add more to discover yourself

the path to inner discovery is simple
as the truth is already hidden within you
you are enough unto yourself
and all that you need is already within you
silent and still
waiting for you to uncover its presence

in the state of awareness there is no body mind emotion
just your identification creates and nourishes the body mind emotion
and therapies create artificial value of the body mind emotion
and dig deeper into what is not there in the first place



creating mountains out of a molehill
and now the difficult task to dissolve this mountain
with never ending therapies and more therapies
this is quick sand
the more you struggle to get out the more you sink

question *how to bring in awareness ?*

there is no shadow
just the absence of light

it is like fighting with your shadow
the shadow is simply darkness that has obstructed the light
just move out of the way
and the light will dissolve
this illusion of the shadow

therapies require you to change
and learn more
experience more
become more
add more
do more

awareness is simply a knack and complete in itself

awareness is the knack to unlearn
and become aware of awareness
that is already present within you
awareness is a pure flame
a peaked vertical silent presence
hidden and moving silently
in the present moment



always herenow
responding in multidimensional nature to each moment
awareness is not in the past or the future
but exactly in the middle...this present moment
moment to moment in its aliveness
awareness is not even aware of the past or aware of the future
lives vertically herenow.
it only knows the herenow
and the present vertical unfathomable moment

awareness is not aware of anything but itself
it is simple awareness
a state of awareness
the moment you say...*you are aware of...or you have become aware of*
you have lost awareness
and have become identified with the object
mind and its identification have taken over
and the state of awareness is lost

awareness is not aware of anything
it simply radiates its light
which is its very nature
without identification to anything it reveals
and moves moment to moment
in that state purely untouched
the flame of awareness is like a candle in the dark
it shows you the way but is not aware of the darkness
it shows you the way but is not aware of the object that it brings to its light
the candle flame is unaware of darkness
as it never comes across darkness itself
so awareness is not aware of unawareness
as it never comes across any unawareness
and is perfect in itself



question *you say what is energy ?
but please say it in short*

i have nothing short !
that is the shortest answer...

ok... i will explain to you
energy is simply energy
there are different frequencies of energy
violet indigo blue green yellow orange red
you can feel power and aggression in red
you can feel control in orange
you can feel love in green
you can feel truth in blue
you can feel elevation in purple
you can see the peak of pure light
it is energy in different frequencies
alfa to omega...same energy
raising it slowly slowly slowly
bringing it to a vertical state
to its peaked orgasmic vertical energy

low energy is depressed...sad
energy is energy
when you peak to that orgasmic state
so soft...so expanded...so light
you are in a state of no mind

that energy is a the trance like energy
it becomes available around a mystic
just a different qualitative state
you understand ?

questioner no...

not understand ?
you are lucky... even i do not understand !

i give you salt and i say taste it
i say now...describe salt to me
so you say it is salt...
but i want you to describe salt...
so you say it is salty...
no... i want a description !

what is love ?
i want to know...

you cannot even explain love...
how you will explain truth ?
it is so mysterious...so multi dimensional...so invisible
do not ask for stupid explanations !
any idiot may answer you

there are many idiots
they will tell you...love is this...
a mystic will simply laugh
he will say ahh...just experience it



it is an inner experience and dissolving into it
you know what it is
you cannot tell anybody

a mystic has one quality
whatsoever you know
the mystic will say you do not know it
unlearn and dive into it

he will create mysteries of even your hand moving
and everyday you move your hand since childhood
nothing mysterious... it is just moving mechanically
but with the mystic...even a hand moving becomes a mystery

a mystic mystifies everything in existence
he creates a certain device
that you wonder... do i really know ?
and you question everything that you see
the rose is red ?
when you become a mystic...you look at a rose
is it red ?
that innocence

opens the window to the inner being

a mystic is like a child
utterly innocent

he does not know anything
neither he wants to know anything

why kill the butterfly? why pin the butterfly ?
let it dance
aliveness is the butterfly
do not pin aliveness
live life

a mystic invites you to live life totally
with a new quality of mysteriousness



never think for one moment that you know yourself
the mystic asks you to look deeply at yourself
to look once again inwards
and again decide who you are
am i just so and so...or am i something greater ?

the mystic brings a great confusion
you do not know anymore
everything in you opens and you start living
you are a beautiful person
first time you are coming here
you are welcome
just close your eyes
feel...your heart will open
do not worry what is what
who cares what is what ?

question *your book called tears of the mystic rose
whose are these tears?*

those tears are not of sorrow or sadness
it was in utter celebration
when one reaches home after a long journey
after struggling life after life
the first thing that happens to a mystic
are tears of gratitude and celebration

that moment of meeting my master
it has been the greatest moment of my life
truth is one...to meet your master is another
truth is truth...impersonal...a pure light
a master is infinitely more



he has been there guiding silently
day in day out
the first experience
of my seeing my master descend
and realizing my arrival home
drew tears

and those tears were not normal tears
they were deep
i almost stopped crying after that

those tears i call
the tears of the mystic rose
it happened in a moment
and there was a rose...just there
it was morning
there were dewdrops
and my tears falling and the rose

it is there in front of me
whenever i go to that deep moment
after awakening to my inner being
many people think that my tears are of sorrow
they were of awakening

and mysteriously
as if the rose was crying
to see this phenomenon...
that here is the man...here is the master
he is awakened and the rose is the witness !!



remember
whatsoever you need on the inner journey
its already within you
never forget
whatsoever you need for your inner journey
is already present within you

it means you do not need to add anything
the more you will add...the more stupid you will become
stop adding !
within you is the whole knowing of this cosmos !
seeking truth means...seeking the source of your life
the moment you seek the source of your life
you grow to understand that life is eternal

life does not die
it grows vaster and vaster
the first taste of your inner being is your total aliveness

remember you do not have a long distance to travel
and it is not far away
it is a very short distance
it is between here to here
just three feet you need to dive in
such a short distance !
no additional knowledge is needed
just understanding

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again i say...for the inner journey
you do not need anything
you are alive
seek its source
do you understand the simple nature of things ?
then why is it that people are not finding it ?

the world around you has given you so many ideas
what you cannot do
what is wrong in you...what is right in you
what should be...what should not be

since childhood your parents your teachers your friends the society
everybody shows you what you do not have
slowly slowly you get hypnotized
and you start believing that you have nothing
and your education system starts teaching you
that you need to learn to be
you need to learn so many things
so your innocence...gets confused
you lose your innocence and you become divided

if you start dividing yourself into parts
you become many people inside you
slowly slowly your energy becomes weaker and weaker
you lose trust in your inner silence
and whenever you need to know something
you go and ask the other
whenever you have a problem
you go and ask the other...and the other knows nothing !
the other is asking the other and they are asking the other !
parents teach their children...nobody knows anything
so where is truth ?
it is hidden within you and you are confused

hence masters say...drop the mind and you will find the truth
what they are saying is...drop this confusion
and you will see your inner being
what they are saying is...still yourself
and it will reveal itself to you

stillness is the key
most masters use the word...awareness
that awareness is the key
consciousness

i am making a little simpler
what i am saying is
understand where is the state of no mind

when you are sitting still
slowly slowly you take the stillness up into dance
you go higher and higher and higher and higher
slowly slowly you come to that peaked state
everything stops
this is the moment of no mind...



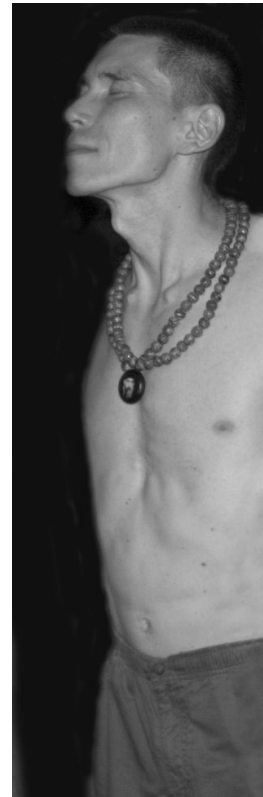
in your peaked orgasmic state
everything expands into the no mind state
there is no mind there
this is how the mystics have found truth
through the experience of orgasm
they have found orgasm in the seventh centre...here

what we are doing ?
first we are sitting...then slowly slowly we are raising the energy
through movement and dance till we reach the peak
we stop...this is a stop
the whole body is still
drink it...drink it...drink it...
let it connect deeper and deeper and deeper

drink that stillness as deeply as possible
and this whole bodymind
will become still and silent
and you will understand...

this is vertical energetic state
meditation is all about vertical energy states
you cannot learn about states
you can dance...you can run
you can swim...you can sing
you can do so many things to peak energies inwardly
you understand ?
it has nothing to do with knowledge

the other half is to drink the stillness
and live it...to spread the stillness
you need to live the stillness
every movement that you create
connect the stillness to the movement



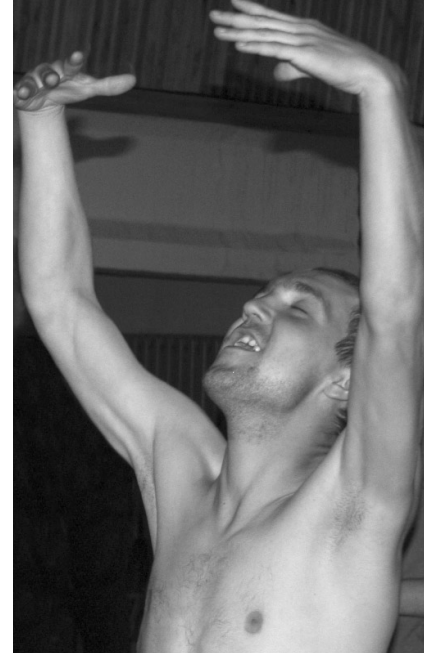
it will spread in you
that is spreading meditation into meditateness
the whole body is flowing totally with life
just watch my hand
it is flowing totally with aliveness
that is what they call grace
it is not difficult
just a simple process
and you do not need anybody
just learn the simple way

whatever meditations you are doing
i will try to show you the inner mechanisms
once you understand the inner mechanisms of meditation
your bodymind is very intelligent
it understands and helps you to open

understanding is very important
so i try to give you these inner keys
so you understand why you are doing what you are doing
and once the bodymind understands it
it starts working as an undercurrent

just by watching me moving my hand
something in you understands it
and it is already learning
we learn by watching
when you watch a mystic
just by watching you learn
just by watching

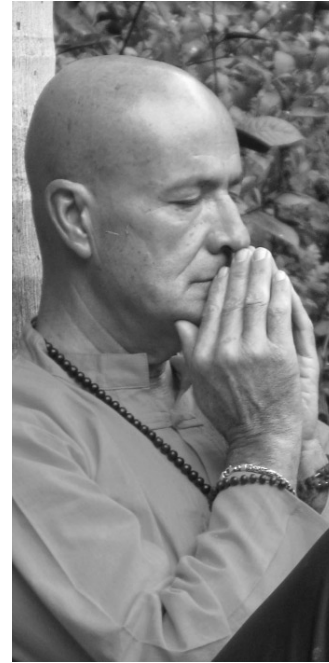
that is why in the east we call it darshan
the disciple goes and simply watches the gestures of the master
the way he walks...the way he sits
the way he stands...the way he moves
they can read the inner flow in the outer expression



so when you watch someones hand moving
you are watching the innerness expressed in action...in a gesture
you understand ?
sometimes...the easiest way to transfer energy is to show the way
because you are watching
and the watcher in you...the buddha in you
the master in you....recognizes it
because it is within you...hidden
it simply understands...aha there is a master
and that is my inner face too

in the inner world...we are all one...
we may have separate bodies
but being is one
the moment i reach truth
the moment you will reach truth
you and me will not be separate
the physical will be separate
but your innerness and my innerness will be the same
truth is one...not two or three or four
truth is simply truth... one
so sometimes just by watching...you can absorb
you can understand very simply

if you see a beautiful rose...you absorb the beauty
and a smile comes to your face
if you see a beautiful sunset
you absorb something and it settles into you
if you see something very ugly...it horrifies you
seeing a buddha is like seeing your inner sky
a reminder of who you are
hence in the east you go and sit by the master
just sit
just go and sit and silently watch and absorb
imbibe...is the word...absorb



the way of the devotee
is utter love and surrender
and they simply go and watch
slowly slowly... they melt away
and the masters inner triggers your inner sky
and that is how i have reached too
that is how i have reached
utter love and surrender to my master
and yes a little bit of awareness on my side
love and surrender and it will open the way
many people say that i imitate my master

the mother imitates the child
the child imitates the mother
one lover imitates the other lover
it is natural
a natural transmission of light
and when the disciple disappears
the masters love shines through

all his gestures...his way
the devotee melts
and the master expresses himself

why even say...the master and devotee
just drop dividing...just melt into him and let him take over
that is the real transmission

you are all sitting here and soon you will understand
what strange kind of mystic i am
and why osho has given me the name rajneesh
it must be something strange
i may be stupid but do not think my master is stupid
something mysterious must be happening

once you are sensitive you will understand
do not look at the body...just feel the space

i am not this body
there is something around me that is expressing itself
absorb it
today is the first day...it will catch slowly

any questions ?
they always have questions
but when they come to the hall they forget
next time write them down and bring them in your pocket !

just imagine a world where you can just sit like this...
this is becoming rare
to find a space where you can just sit silently...
now you are all sitting with no reason
how to go in ? how to go deeper in this silence ?
where is the deeper ?
it is within you...a tunnel...
follow your breathing...push the breath deeper
down...down...down...down
breathe from the head and vertically down
down...down...down
deeper...deeper...deeper

this is active sitting
now i can see the active sitting in you
the air has become thicker
actively move down
deeper...deeper...deeper...deeper
relax the body
keep it loose and soft
push the breath deeper...deeper
not the body...just the breath
body loose...shoulders loose and soft

silent...silent
go in
soft...soft

silently relax
be alert

relax
now you are becoming very alert
relax
keep the body loose

come back...very good

(rajneesh suddenly claps his hands)

remember the stop
everything stopped

so relax

(rajneesh claps his hands again)

sudden sound
flash...
relaxed alertness...very good !

this time i clapped my hand
nobody was even moving
that is the taste of relaxed alertness
good
we will experiment again tomorrow



question *can you talk to us about sleep...*

before you go to sleep at night
you have already planned your tomorrow
you need to go to bank in the morning
you need to buy this... you need to do that
so many things you need to do tomorrow
and when you go to sleep it is already in your system

many people are doing their job in their sleep
so they have not gone to sleep really...
their body is still tense...dreaming about tomorrow
and the inner clock...tik tok...tik tok...tik tok
is still working...
sannyasins need to learn
how to stop the inner clock when they sleep

if you can go into a deeper sleep
you are going to a dreamless sleep
one step below is turiya
and one step below is samadhi

samadhi is the deepest layer of sleep...into awakening
if you can fall into that layer of sleep
you will be so filled with energy...that it will awaken you
you understand ?

when you go to sleep tonight
forget about tomorrow
before going to sleep...sit for five to ten minutes
and just imagine that you have died
you have died...gone !

just imagine you have died and
they are taking your body to be burned...

doing this every night
slowly slowly your sleep will go deeper...
far deeper...

when you wake up in the morning
understand that you have just come out
from the deep state of sleep
you have been out of your body in the state of no mind
whole day you try to meditate to go to the state of no mind
at night when you sleep...you are in the state of no mind
free ! no cost !

we need to learn to respect
and understand the mysteries
the depth of sleep...about the blackhole...
how you can slip deeper and deeper into the blackhole state ?
it can open into the state of samadhi

when you wake up in the morning
you have just come back from samadhi
slowly slowly bring it into your body
do not get up and start running immediately...
let it enter the hara...
slowly feel it waking you up...
slowly slowly bring it to your waking consciousness
this is the same route outwards to enlightenment
this is the route inwards into the mind
every night you are going from mind to no mind
becoming one with the universe
and then waking up
you come back into your body persona

if you can connect this into one cycle
you do not need meditation...



the whole secret of meditation
is to put you in a deep relaxed state
how to bring that state to the body ?
when you wake up in the morning...do not move suddenly
slowly feel it entering in you...spreading in you
get up gently from the bed
and move around like you are still sleeping
that is how i move around
as if still in sleep
if you can do this for ten or fifteen days
your whole energy will change
mystical energy will start enveloping you
it is all around you
when you shake off the sleep too suddenly
you lose the trance like energy
so sleep deep... wake up in the morning
gently bring it into your actions
be soft and slowly merge it with your day to day life
you understand ?

you can learn so much through sleep
that we cannot learn through day meditation
ninety percent i have been learning in sleep
i sleep sixteen...eighteen...twenty hours
there is nothing to do
just sleep

this is the only therapy they have not started selling yet...
you take twenty five people
make a nice bedroom...all go to sleep
i go to sleep !

the person who has become enlightened
has nothing to do...
he is asleep but awake
and moving around....it is very close to sleep
that is why i am going to begin darkness meditations
just everybody in the dark the whole day
even in the darkness whole day like you are sleeping
but consciously
i do not know you can prepare the room ?
it is difficult this time
i am going to begin now
tomorrow i will speak about darkness



this silence expands you
the sky can enter
silence knows no boundaries...no walls
just an open sky
unbounded...ecstatic

deeper the silence...vaster the expansion
this expansion is you
this silence is you
the deeper your silence the more you are
not only you are...you are expanded
expansion is bliss
contraction is misery
silence expands you and all around you
silence reaches and connects to your innermost core

the whole seeking of a mystic
is how to dissolve boundaries with this beautiful existence
how to become one with nature
these trees...these mountains...this lake
how to melt and merge ?
what is the way ?

the simplest way is to fall deep into the silence
and oneness will happen
you understand ? it is so simple

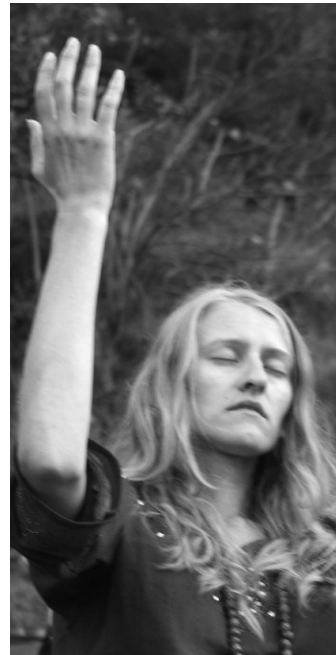
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how to disappear into the inner ?
there is only one golden key
and that is to deepen your silence

silence opens windows
it opens inner stillness
a deep trust and a deep listening
to your hidden inner treasure
your hidden treasure is silently present
the language of silence
is the language of the buddhas



today has been a very beautiful day
you all have experimented meditations in nature
remember...nature supports
each and every dancing wave of this lake
is a pure natural state of truth
the sound of that lake is pure truth
every molecule...every drop of water
waving in that lake resonates truth

your body is eighty percent water
sitting by this lake you did nadabrahma
much of your inner understands this sound

when you were in your mothers womb
the sound of water was perhaps the first sound
you became acquainted with
just sitting by this lake

something in you starts dancing silently

today has been a very beautiful day
it is growing deeper
and you are getting the taste of it
just remember the taste
whenever you will be silent alone



it will certainly come for you
you are here just for this taste
and then you are free
to go deeper and deeper into your aloneness

and remember you are not alone in silence
alone is negative
aloneness is a peaked state of blissfulness
in this state of aloneness you are never alone
everything that is living
the rocks...the trees and the mountains
are one with you in this silence

so never be afraid of this silence
the art of meditateness is to listen
deeper and deeper and deeper
let this silence settle into your being
and spread and spread and spread

the first day...everybody is flat out...lying down !
beautiful !

when you understand stillness then my job is done

i am putting people to sleep
perfectly beautiful !
osho says...wake up...wake up !
i say...sleep...sleep !!
beautiful

this whole hall is sleeping
it means you are drunk in ecstasy
i am so happy that everybody is sleeping !
keep sleeping...do not get up
this is a deep sleep

everybody needs this nourishment
go to sleep
whoever wants to lie down...lie down
those who are still fools keep sitting and meditating

just lie down and go to sleep
when the body gets heavy...full of juice
it wants to lie down
this feeling of heaviness is very very beautiful
it feels thick and heavy
and you want to lie down and let it settle
it is very beautiful

now that everybody is in this lying state
let the body get heavier and heavier
let the body get heavier and heavier and heavier
and drink
it will soon sound as if i am far away
and you are far away
just drown

let it settle...go deeper
the deeper you will go
the heavier your body will become
and my voice will sound like a buzz

keep the body loose...
let go completely
just die
go deeper
and feel all the subtle currents
moving in the body
feel the flow of life in you
go deeper
let the body get heavier...
loosen every part of the body
all the muscles loose

drink this silence...



slowly i am going to bring you back

feel your toes softly...move your toes
slowly move your toes
now feel your feet...slowly feel your feet
softly move your feet
feel your calf now...slowly move your calf

let life enter slowly from your feet
slowly slowly bring life into your legs
feel your legs from within...from inside
slowly stretch your legs
stretch from inside...stretch your legs
feel your belly...put your hands on your belly
breathe in the belly...aahhhaaa
breathe in and breathe out the belly
aahhhaaa
feel your feet connected to your belly
stretch your legs and connect to the belly
just feel the lower body connection
belly and feet and feet and belly

stretch the lower legs from each side
aahhaaaa...
aahhhhh...
connect your feet to the belly and make a soft sound
aaahhhh...
feel the feet connect to the belly...make a sound
aahhhh...
good yawn !

feel the energy moving to your chest...into your heart centre
put your hands on your heart centre...
feel your belly connect to the heart centre
breathe in the heart...aahhhh

go back to your feet
go to your feet...stretch the feet...
now feel the belly
draw the energy from the feet to the belly to the heart
feel the heart centre

breathe in heart centre
make a soft sound...aahhh
connect the belly to the heart and to the throat...
slowly stretch the hands
stretch the hands...feel the energy going into the hands
stretch...aahhh

stretch the upper body
warm the upper body...aahhh
put your hands on your forehead
just feel your third eye
cover your eyes
feel the belly breathe in and out from the belly
breathe the belly
feel it pass through the heart
connect to the throat
go to the eyes

let everything become still
totally still
slowly take the hands to the head
to the crown
feel your feet connect to the crown

feel your feet
breathe in the belly
bring it up to your heart



breathe the heart...the throat
third eye...touch the crown...
everything becomes still
from the crown...come downwards again

put your hands on your eyes
slowly bring it down to your heart
put your hands on your chest
just feel the chest
slowly take the hands to the belly
haaaa...
connect the belly to your feet
move your toes rotate your feet
slowly stretch your whole body and slowly sit up again
aaahhhhh...

you thought i was going to let you sleep ?
you have not paid for a sleeping camp !
that will be a special camp...next year !
it is a first time...i am so lucky
fifty sixty people are sleeping
it is a great compliment
beautiful

now you have a perfect training how to wake up
keep your eyes closed in the morning
feel your toes
your toes are so far away
be alert and conscious of your toes
feel your feet...the calf...the knee...the thigh
slowly slowly bring the energy up to the heart
through the arms...to the fingertips
and the rest of the energy will climb upwards

when you wake up in the morning
first put consciousness at your feet
begin from the toes
take about twenty minutes
slowly warm the body and come back
this is the whole process
of learning how to flow consciously from head to toe
if you can connect there to here
you will become a pillar of light
all your light channels will flow perfectly well
morning is perfect
because your body is loose open and sensitive
it came out of a deep relaxed sleep...perfect time
awaken the body gently gently

remember you are bringing life in your body
it is your temple
your body is not a robot...a machine
just take fifteen twenty minutes to wake up
do this for twenty days
i say to you...your whole life will be transformed
you do not need to do anything

how you wake up in the morning
will become your whole pattern throughout the day
your whole day will depend on your morning
how you woke yourself up
be sensitive to your inner being...waking your body
if you can do this
you do not need any meditation

and yesterday i was speaking on how to go to sleep
from the head slowly slowly take the energy down
down down down to feet
before falling asleep...for fifteen minutes

and when you wake up...fifteen twenty minutes
plus seven to eight hours of sleep
you have got nine hours of consciousness !
falling asleep consciously
whole night the flow will continue in your body
slowly wake up the body from sleep
more than half the job is done...that is immense work
other half is your day
if you can follow this thread before sleeping
and after waking up
you will see yourself and you will laugh
your whole day will become so sensitive and so beautiful
it is simply a way of living
because there is no such thing as meditation...

if you cannot live meditatively
because of pressure from outside
because you have to drive the car
you have to go to the office
listen to your boss
just simply know...
the night is yours !
no boss there
and that is half your life !
if you are intelligent you will
understand what i am saying
a sannyasin is intelligent
this is an intelligent way
see the beauty !
you are absent in your sleep
your body is one with nature
you are one with existence
that is the perfect moment



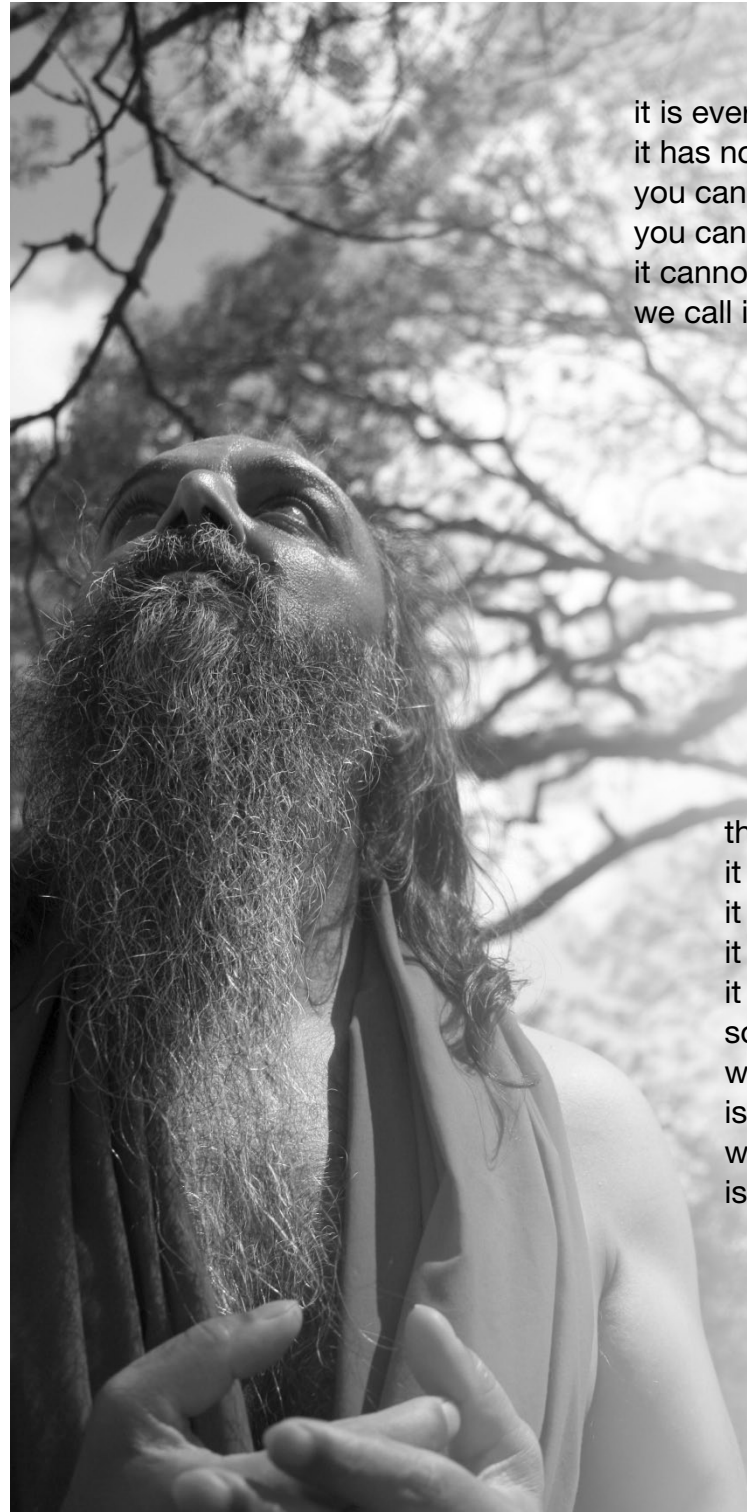
and today you have done it yourself
now you are all masters
go deep into it
it will deepen your sleep
you will come out so fresh
that you have extra energy
for meditateness in the day time

meditateness needs an overflowing energy
from where overflowing energy will come ?
you can only tap it from sleep
do you understand ?
enlightenment is an explosion of utter health
so much health you have
so much restful energy you have
that it explodes into light...it is a wholeness
non doing...doing
sleep...awake
day...night

master the night
there is something beautiful about the night
you are in harmony with existence
it can become your pool of energy...that is very vital energy
today it just happened spontaneously that everybody is sleeping
we were not expecting that you will all fall asleep

i will discuss another aspect of sleep today
the blackhole

if you understand the word truth
there is one in you that is immortal
it has always been...will always be
you cannot destroy it...you cannot create it
you cannot measure it...you cannot weigh it



it is everywhere...but you cannot see it
it has no taste...no odour...no touch
you cannot taste it... you cannot touch it
you cannot destroy it...you cannot create it
it cannot be uncreated...it is invisible yet it is present
we call it omnipresent...omnipotent...omniscient

we are searching this mysterious phenomenon
if you look carefully
there is the one
it is the blackhole
you cannot measure it
can you measure the blackhole...the distance ?
can you weight it ? can you kill it ? can you create it ?

everything comes...out of it...
it is utter rest
no taste ...no touch...no smell...no sound...
something within you is present
and yet you cannot know it...

that is the blackhole in you
it is called the hara
it is the centre of your life
it is spread into all that you see
it is like a feather so soft
so soft it can penetrate everything
when you fall into this darkness
is the first experience of samadhi...
what you call the dark night of the soul
is actually an explosion of light !

when the mystics say
that all around they see light and light and light
so much light
what are they saying is
that you need darkness to see light

falling into the blackhole
everything you see is light
it is no more darkness
everything around it is exploding in light

you can see how the camera works
the blackhole captures the light and you see an image
what you are seeing here are all images
reflected from unnatural light...sunlight is reflecting you
it cannot show the invisible

understand the blackhole
the centre of your eye is black...a different kind of black
hence it sees...

very rarely a mystic has spoken on what is truth
the black is unknowable
you can fall into it and see from within
but you cannot know it
it is the ultimate unknowability
the greatest mystery in you...

and the stronger it becomes the more light it pulls
an enlightened being is nothing but a blackhole
and all around him immense light is pulled
like a magnet...
and what you sense of an enlightened person
is not his person
but this presence that is floating right above him

this immortal being...what i call the blackhole
just understand the taste of it
it is very soft
as if millions of feathers gently caress you
one day you will all fall into it
it is your ultimate being

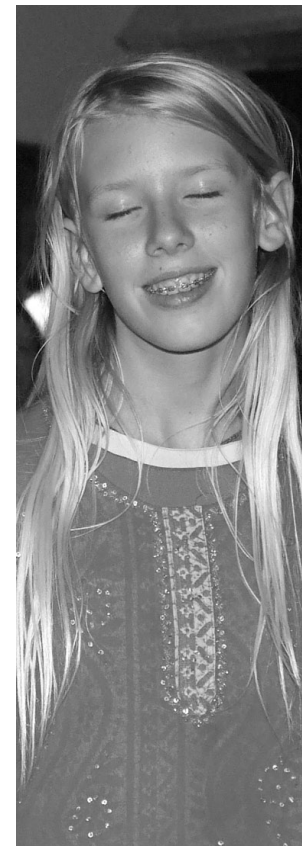


just become acquainted with it
you will know many things
that cannot be perceived otherwise

try to read my book
i left many clues on what happened to me
when i fell into this blackhole
into this state of samadhi
just reading and a little understanding
something in you will wake up
and you get a taste of it
it triggers you

i am here to trigger you and that is all
i know you are intelligent
i know your inner being already knows it
it knows...it will find it...!!!
its taste will be remembered by you
and you will remember your enlightened state
remember the blackhole...never be afraid of it
within the blackhole is a new kind of light
it is electric silver blue
it is absolutely powerful spreading
shimmering light

so do not be afraid when you find this blackhole
it is your very centre
when you go to sleep at night
you can remember what i have just said
just that taste of it
at night it is the easiest as you are in a dark space
do not be afraid of the dark
the darker you will go...the more light you will see



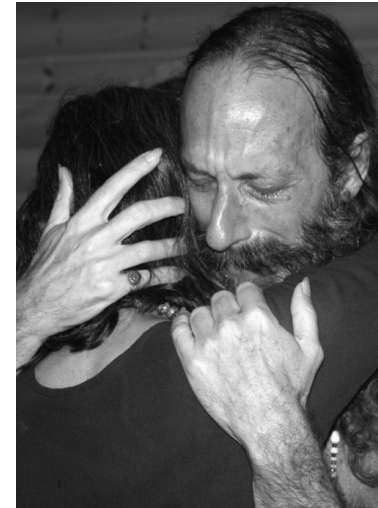
you cannot write on a blackboard with black chalk
on a black board you need white chalk
the very experience of light means
you are within the blackhole
it is the creative womb in you
it was always there
nothing can destroy it
you understand ?

so when you go to sleep at night
remember the soft taste of it
like millions of feathers
just caressing you...soft...sensitive
fall into it...aahha
what a rest you will have !
such a deep rest
aaahh !

you will expand
every part of you will simply expand
that is the master key

thank you madhuri for your translation
she is so stoned herself
i do not know how she is talking
you all have to thank her
because she is gone...still she is somehow talking
thank you madhuri !
thank you all for being here...

thank you for your inviting me pushpa
i will come again and again
we will dance together
this is just our first meeting
slowly slowly i will catch you



i am a very gentle person
those who know me
know that i am very gentle very soft
i take my time...this is an inner journey
one needs to understand...it takes time for inner growth
growth is half the key...the other is to absorb
you need time to absorb...you are human beings
i give you time and a sensitive space to absorb
to leave you alone

in fact whenever i am gone
then people have time to absorb
when i am here...i am such a heavy presence
you do not have time for yourself
that is why i leave people to themselves
so you can absorb
be soft on yourself
these three days you cannot imagine how deep
these subtle connections
just few meetings...a vast sky
you need time

you all have been very beautiful
you all have courage to absorb

the last thing i want to say today
there are three kinds of people
first type is a student
he needs a good teacher or a therapist
he is a student...he needs to learn a few things
second type...there are disciples
they need a master
they need to unlearn a few things

they need to learn how to fall into states of meditation
going to a master one can see the presence of meditative states
and one can unlearn in many ways



there is a third kind...that of the devotee
the devotee does not need anybody
just the presence of the master
wordlessly silent presence is enough for the devotee
the devotee does not even want to learn
he just wants to drown
and disappear into the state of love
just the presence of the master is enough for the devotee
and silently the merger happens
it is of love
for the devotee there is no seeking
nothing to find
he just disappears into love
and that is the deepest way...
that is how i found it
or rather...how i lost myself
i was totally lost...in love with my master

i was not searching anything
just utterly in love with him
it did not matter where he was
it is such a vast oceanic consciousness
i dissolved and what was left behind is love

i did not learn anything
i did not need to unlearn anything
i am a very lazy man...i chose the easiest way
just fall in love and love knows its way
love cannot go wrong
being in love with a master you can never go wrong

it has no conditions...it is pure unconditional love
present for all those who can feel and understand
he is there for you

so there are easier and easier paths
become lazy and you will know
find the way to get lost and you will find the way...
i did not even search the way
why should i ?
my master knows the way...

just become lighter and lighter and he will lift you up
by surrendering and drowning...one drops the ego
one becomes hollow and empty
and he finds the way to you

if anybody has a question...welcome...

question *dear rajneesh...i have a complicated question...
i have once looked into the eyes of this blackhole
and it asks only one question
are you ready to die? are you ready to stop existing ?
and it feels like real death
and there is no possibility to predict
that you would live after that...
could you say something about this...please ?*

that is truth
it is death !
absolute death
i am not going to lie about it
it is total death !
such a great death...nothing compares to this death

it is the greatest death possible
and the very last death possible
and there is no guarantee that you will come back
there is no guarantee
if you are willing to risk that
if you can gamble
then whatsoever happens is perfect

when it faces you...you will know that it is death
there will be no two ways about it
no two ways
certain death
do not even try to reduce the word...that it is half death
it is the ultimate death !

and i am saying it again
there is no certainty you will come back
that also is certain !
if you can absorb and go fearlessly
that whatsoever it is... it is ok
if i will come back very good
if i will not come back...very good
that is the only way

if you do not come back...so what ?
you are anyway going to go
the window has opened...it is a great opportunity
that is your immortality
you may not find your body again
so what ?
that fearlessness is immortality
just go into it with no fear
and you are rewarded
existence rewards the warrior
if you can just go into that blackhole fearlessly
it becomes afraid of you



it rewards you and makes sure that you remain
something will bring you back
you have become such a valuable being !

the moment you enter into it
your whole being will resonate a new power
your whole being will transform
you will understand what is the meaning of bodhidharma
that man can never die...whatever happens...he cannot die
gamble...you are a great gambler...gamble !

something in existence wants you alive
it may be one percent
but such people are so rare
that one percent is bigger than this universe

i have known what you are saying
it was a very fearful night
i was shaking...trembling...shivering
every particle of my being was electrified
every hair was standing
and my whole body was pouring sweat

i cannot even describe it
it was so fearsome
the whole earth below me
simply disappeared into black
with nothing to hold me
whenever i speak of it
something pours out of me...





russia tour
baikal 13 june 2009

this innocence
a deep silence
carrying this beautiful innocence
your treasure...silently
how to dissolve into this innocent silence ?
this word is so beautiful
innocence

not destroyed by mind...by knowledge...by learning
this innocence carries the mystic within it
you can look at the blue eyes of the child
you can see the unpolluted naturalness

so full of energy
so full of love
so full of wonder
this is life...this sense of wonder
pure innocence

not knowing anything
it need not know anything
it has life flowing...present
the presence of life

the abundance of life flowing in you
dissolves all questions...
a child is innocent...full of life...bubbling
and such a beautiful innocence !
you can see the beauty and the grace
its fulfilment

seek silence without any knowledge
just a simple understanding
and you are free from such a heavy burden
all knowledge and learning is such a burden
for living one needs nothing
just pure innocence and silence
a heart dancing humbly with existence
life is so simple

life is so simple !

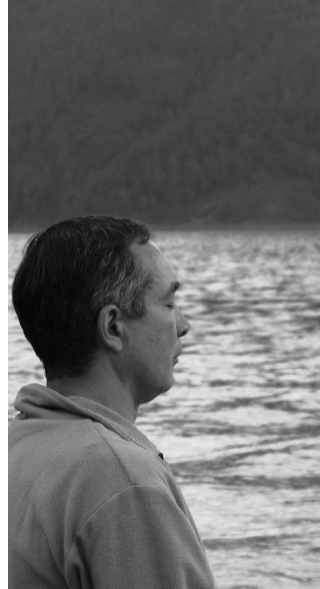
can you manage your breathing ?
can you manage your heart beat ?
what can you manage ?
something is managing it for you

and man thinks he knows everything !
he does not even know how his heart is beating
he does not know the beauty of his innocence
when you become wise you know
that innocence is the treasure you are seeking
your innermost treasure

celebrating your life
living it totally with gratitude
not expecting anything in return
you already have such great gift
can you create life ?

all your knowledge will fail
it is simply rubbish
life is far vaster than your mind

your mind is nothing but different bits of knowledge
that have been given to you from outside
all the lies that you have accumulated
from people who do not know



your mind is just the total set of conditions
given to you by others and society
and yet you hold it as if it is so precious

your precious treasure is your innocence
it will heal you...it will nourish you
it will show you the secrets of your inner being
and the way to reach is simple
watch...feel...absorb...live



another way i have been explaining
is to gather all your stillness
and slowly slowly...peak your energies
into a celebration and a total dance
you will come to that orgasmic stop
and you can taste who you really are

you are an orgasmic totality
that is your abundant true nature
just to have a simple taste of it
is more than enough

you only get one moment at a time
so drink that moment totally !
taste it totally !
one drop of that nectar
can fill your whole being
into a certain state of restfulness
and a certain inner knowing
yes...this is it...yes...this is it
yes yes yes
just that taste
and you will be in celebration

can you see the simple message ?

do not change
do not change anything in you
do not seek more knowledge
more learning
just seek vertical transformative states
these are states...meditative states
learn the inner language
taste it...understand it and live it
you do not need to learn anything
you need to live everything



living is different from learning
living is living...sitting by the river
you are living in harmony with that beautiful river
just dancing with the wind
and the lakes breeze is passing through you
life is such an ecstasy !

these are the moments you need to capture
that is why we do not meditate inside closed halls
i want to place you in oneness with nature
with the trees and the sky and the wind
so you can feel what you are made of
you are not a compartment box in an office
you are a being spread all over this beautiful existence !
whenever you get an opportunity
just sit close to the river
just listen to the sound
and you will feel the river in you
pure and clean

i love water bodies
because eighty percent of your body is water
a certain synchronicity will start happening
between you and the river



all the mystics have sat by the side of a river or under a tree
what is the secret ? why do they search nature ?
why they go to the himalayas ?
they are not searching the himalayas
they are searching a vast expanse of nature
because that is the nature of your being
your being is a vast experience of naturalness
pure and innocent

just as beautiful as this vast baikal lake
as these mountains...these pine trees
it is your very nature
each time you get an opportunity
go into any natural spaces
and that one hour will be drunk deeply
by this inner search...by this inner thirst

seek your natural self
and these are easy ways...nothing complicated
do not go to seminars and talks and teachings and classes
why fill yourself with more rubbish ?
rather be stupid...know nothing...but yet able to celebrate !
that would be the better way

silent innocence...merging with nature
can i make this message simpler ?
if you can understand what i am conveying to you
each one of you sitting here
is a master in your own right

give birth to yourself
do not seek any mental rubbish
just silently be...
find the most beautiful space and environment
to dance with your own inner nature
and you are all so fortunate
to have this beautiful baikal lake

i will leave tomorrow or day after
but you are here
these few moments that we have shared together
let it be a simple inspiration

there is nothing i can give to you
whatsoever i will give you will be rubbish
you have the treasure
why should i give you something ?
do you think i have something special that i can give you ?
 never underestimate yourself
 live totally and you are free
 you have every bit of it within you as any living buddha
 and you deserve it...you absolutely deserve it
 it is your own birth right...claim it !
 it is in your hands and you do not need to do much
 just live intelligently and live totally
and i want to remind you that tomorrow few beautiful new beings of light
are going to take a dive into a new adventure
the adventure of sannyas !

take sannyas every day
every morning you have a bath
sannyas is like a bath
pure light...a pure remembrance
of your inner journey...of your inner treasure
 sannyas is always a special moment
 it is one of the greatest adventures available
 to only few rare lucky beings
 it is the greatest treasure !
 nothing like this adventure exists in this world
 you can go to the moon...you can go to the everest
 but what is the use if you have not gone in ?
 who are you ?

you do not even know yourself !
travelling to the moon and to mount everest ?
and you cannot dive six feet in into your own inner being
sannyas is one of the most mysterious adventures
and we are so fortunate that our beloved master osho
has set no conditions
his sannyas is totally unconditional
no conditions is a total acceptance of you as you are
in the past sannyas demanded a hundred and one things from you
you leave the world...you leave your family
ten years of austerity !
a hundred and one unnatural things were demanded of you

strangely sannyas was not offered to women
osho...our beloved master...opened the doors
a new sky has opened
everybody is welcome !

whosoever can be here...try to be here...
you may have taken your sannyas
but to welcome new people is a remembrance of your own sannyas too...

in fact more women are taking sannyas !
they had been denied their truth...their freedom...their celebration
and women create life !

osho offers sannyas with no conditions
with total acceptance of you as you are
that is the greatest compassion any master can offer

tomorrow during sannyas...i will also be absent...
i never give anything...especially i do not give sannyas
during sannyas i am as absent as possible
i hope not a shadow of me is there...
i always prepare myself that all my rubbish is missing in that space
and let his light descend into you
and give you his blessing

i do less and less and less and less
the more i do...the more i am present
the less i do...the more i am...not
i do not do anything

do not expect i will be doing this and that
that is good for group leaders and therapists
they have many lessons to teach you
and they fill you with their knowledge
because that is all they have
that is how they can show that they know
through their knowledge

i know nothing
and i am absolutely blissful that i know nothing
why should i know ?
every blade of grass
this river and the mountains
are spontaneously living
nobody is trying to do something
just imagine if these were mountains trying to do something
running here...running there...hilarious !
it would be such a joke !

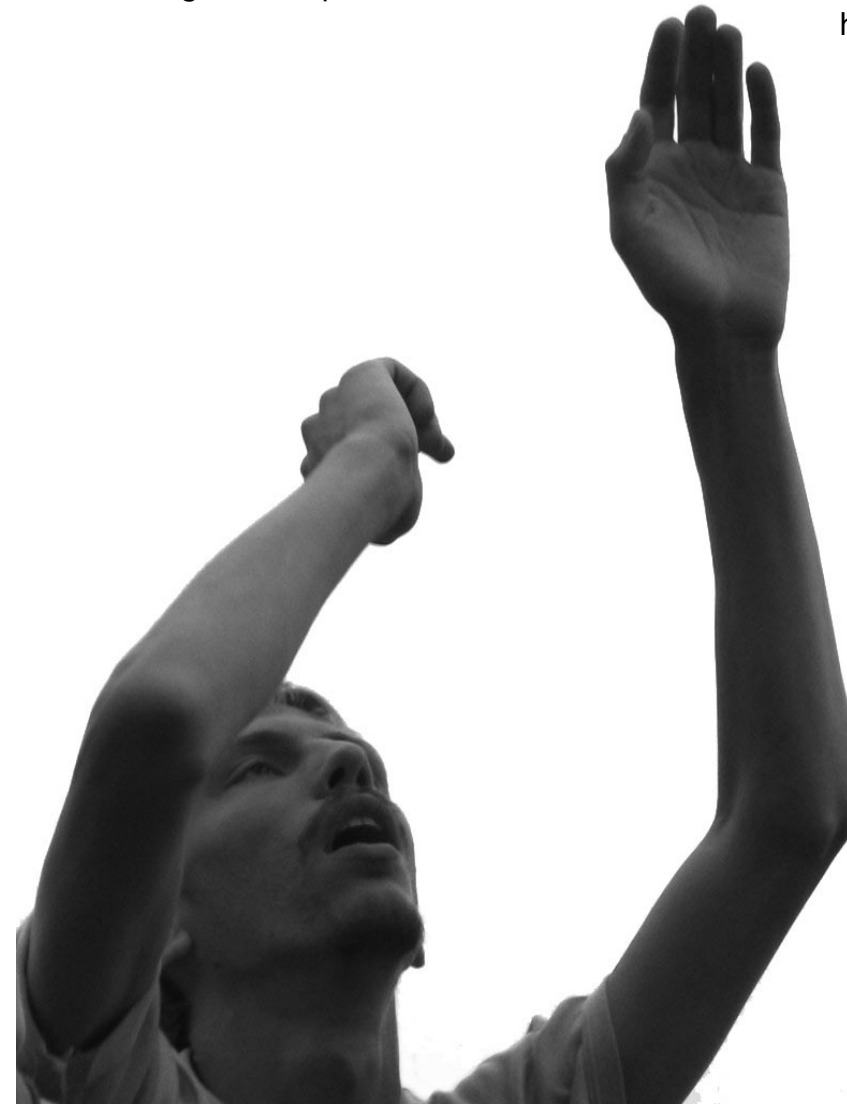
that is how human beings look
running here...running there
totally unsettled
rootless...just running around...looking very busy
a human being has to look busy
opening a magazine...opening a newspaper...just to look busy
carrying a briefcase...wearing a tie
the people will respect him...just for others
he is looking busy and acting foolish !

just be an idiot
learn the art of non doing
doing but remaining so silent within
that you are doing...but from within there is non doing

the art of non doing is not just sitting and doing nothing
whatsoever you are doing
if you can carry the stillness and silence
and your living consciousness is present in your actions
that is doing without doing
and you can see the difference...it is an alive gesture
you understand ?
non doing...yet doing

you do not need a tie and a briefcase
whosoever is leaving tomorrow cancel your appointments
there is nothing to do in fact !
if nothing else...sit by the river tomorrow...you have come so far
just enjoy sitting by the river without even meditating

you will go back...you have got so much work...it will never stop !
rather i would suggest...be here tomorrow
celebrate here some new people are coming



such beautiful people in baikal...i am coming again !
i am already planning when to come
i normally do not make plans yet i am planning to come back
it is pulling me back...and you pull me and i will be here !
this is one of the most beautiful place on earth i have seen
the air is so clean...so sweet
my whole being has become sweet here
just the air is so pure
and there is a sharpness in the air
an aliveness cutting through the air here
so rejuvenating

anybody has any question ?
welcome...

question *during the meditation i felt somebody touched me
but there was no one
there was a moment when i had no body
and i was just watching
i had a very real feeling that somebody touched me*

i do not know the answer to that
but it sounds very true
leave that mystery alive
it is a beautiful mystery
what touched you ?
was it you ? was it a being ?
but the very fact that something touched you
is a mystery
i would celebrate that experience !



so many things are touching you
when you pass by somebody
somebody is touching you
now you are becoming sensitive
that is a treasure
that is a reward of being sensitive

i was going to speak today about trees
and this reminds me of trees...
yes something touched you
so that is the positive and a new mystery
just enjoy !

why i insist on trees ?
around every tree there is a blue aura
you are exactly like a tree
seed...roots...trunk...branches...flowers...
some of these trees are two to five hundred years old
once the seed must have opened
and the roots went into the earth
and the deeper they went
the higher the tree climbed
if the tree is a hundred feet tall
the roots have to be deeper
if a tree is spread wide
the roots are spread wider
when you see a tree
you are seeing the roots in opposite
that is how it supports the tree

looking at a tree is a great lesson
one of the greatest understandings of mystic
every mystic...when they come to this explosion
suddenly they are pulled towards a tree

what can a tree do to you ?

just by putting your spine at the base of the tree

it balances your energy...root and sky

something is pulling the energy from the earth upwards

and something is rushing downwards

the energy of the tree has an opposite pull

away from the earth

the higher it goes the deeper the roots

if a tree has five or six tons of weight

can you imagine how much power the roots have

to push five tons of weight into the sky ?

the amount of power and deep rooting !

that immense power at the base of the tree

can push the tree upwards...

the tree has another secret

it eats carbon dioxide

and throws out oxygen

to increase the vitality in your body and to oxygenate your body

you need immense amount of oxygen

just by putting your spine sensitively...softly against the tree

the tree starts sucking...sucking...sucking all your carbon dioxide !

from each and every pore it sucks out your carbon dioxide

and pumps in oxygen...you are food for the tree !

the accumulation of the fat in the body

is a build up of carbon dioxide...like a layer

carbon dioxide and oxygen

needs to be balanced in the body

understand that oxygen is good for burning...fire

but it is not ignition

the tree offers a blue flame...is called prana

more prana in your body...enough oxygen

you create fire and you lose the fat

trees give you a huge amount of oxygen

and pull out your carbon dioxide

so it neutralizes your body

if you can put your navel close to the tree

the moment you breathe out

carbon dioxide is easily pulled out...it gives you oxygen

but also gives you a mysterious blue energy

it also pushes the blue light of prana into your navel

it enters you like a river

there are negative ions...it is a carrier...of prana

around every tree there is at least three to five meters of blue light

that is prana

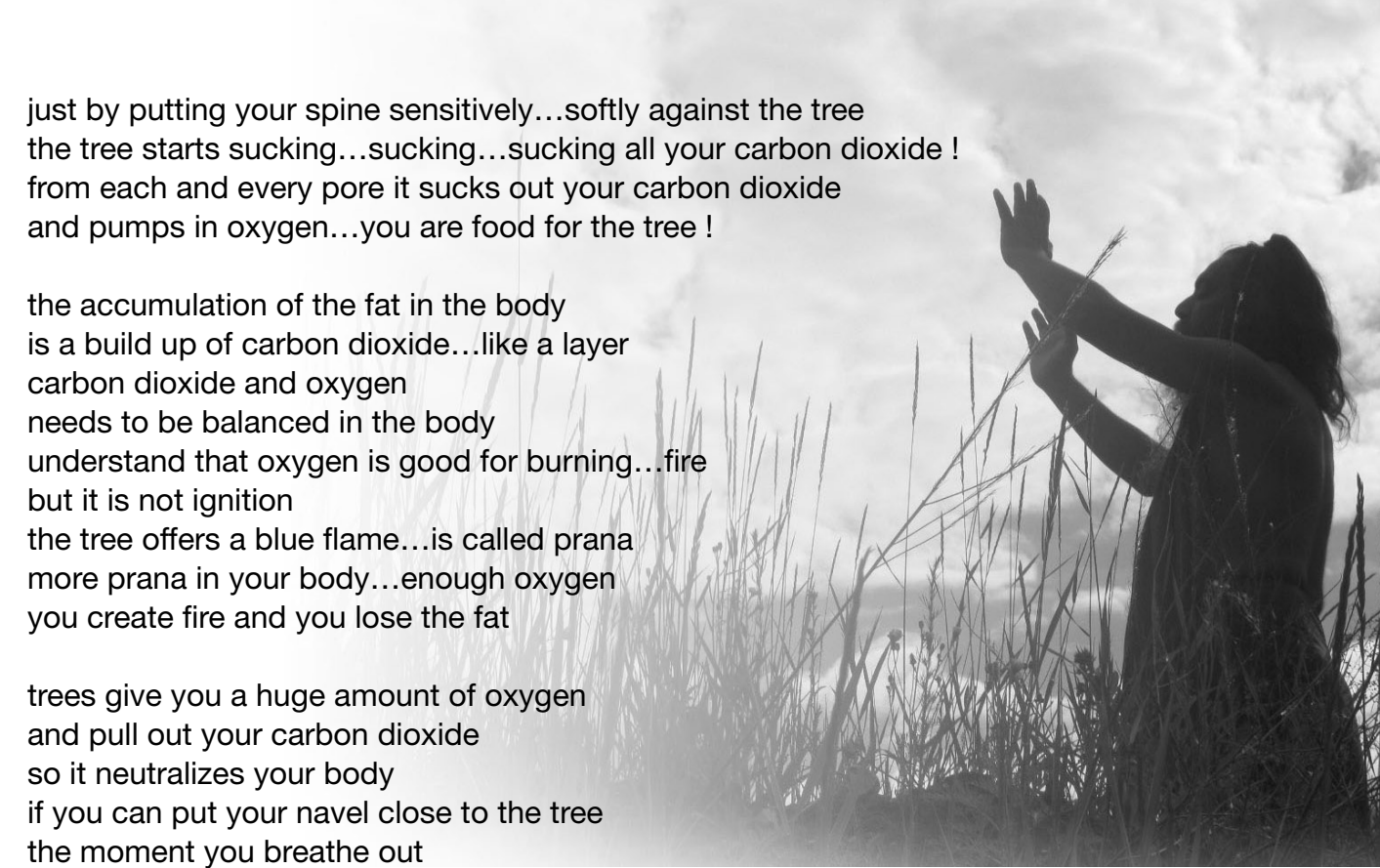
prana starts accumulating around the tree and hangs like a cloud

you just enter that space

sit by the tree...settle your spine...and relax

it will fill you with prana

push in oxygen...and suck out carbon dioxide



you cannot remain overweight for long
it is not how much you eat or how less you eat
it is a balance of oxygen and carbon dioxide
and the blue flame that you need is prana...

around every tree there is this blue flame
it can revitalize your etheric body that surrounds you
sitting with a tree soon your etheric body
will become thicker and thicker...
this creates health...
it protects the body from sickness
there are many many many secrets of trees

find a comfortable place to sit under a tree
i am not in favour of doing meditations inside halls
because there is not enough oxygen or flow of prana...
if you do exercises in closed hall or rooms
your muscles will start collapsing into spasms
if you go to a gym and you are exercising your muscle
it needs enough oxygen
not enough oxygen
and your body will start cramping

doing a meditation under a tree for one hour
equals to twenty days of meditation
even more sometimes !

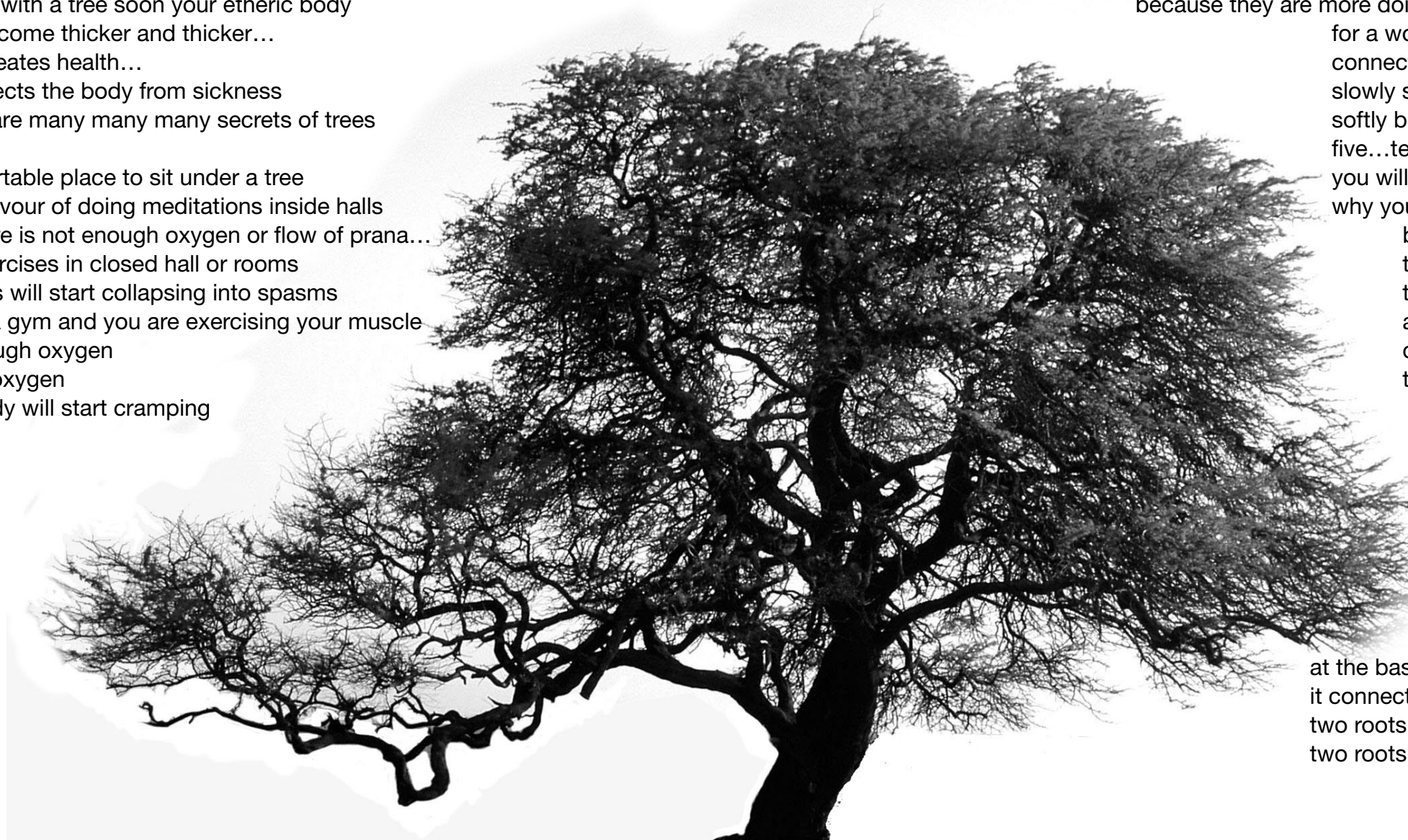
women generally gain more weight in the lower body
because they are more rooted
men get more weight on the upper body the chest
because they are more doing oriented...

for a woman the best is to go and hug a tree
connect the belly to the tree
slowly slowly breathe out
softly breathe out...
five...ten...fifteen minutes
you will start feeling dizzy
why you are feeling dizzy ?

because your body is not used
to so much oxygen
there is a sudden change of oxygen
and carbon dioxide so you will start getting
dizzy and head may start feeling pain
the moment it happens just go hug the tree

the centre of your palms is connected
to your third eye
just by keeping the palms on the tree
it centres the third eye
if you lie down put your feet on the tree

at the base of your feet...there is a root
it connects to the hara
two roots...in the feet...connecting to the hara
two roots...in the palms...connecting to the third eye

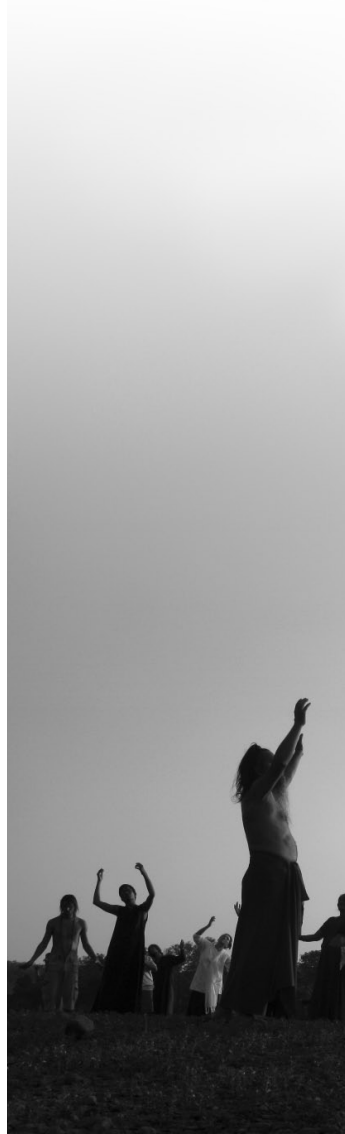


to lose lower body weight...fat
keep your legs up against the tree
and it will burn out the lower body fat
try these soft technique
the key is to remain very soft near the tree
as soft as possible
so it allows the flow of prana to enter every pore of you

just by sitting by the tree for an hour
your whole body will become blue light
it is just a natural gift of the tree
the tree is giving you blue light...prana
this blue light will create fire in you
oxygen prana fire

i always see the tree is the greatest master
because remember
it is two hundred five hundred six hundred years old
its enlightenment has already happened
the seed is burst and root into the earth trunk into the sky
branches and the flowering and the fruits
the tree is already an enlightened master
and offers perfect balance for human beings
because you need oxygen it needs carbon dioxide
perfect friendship
and women love trees

i do not find sannyasins sitting under trees
it is very strange
and that is one of the greatest secrets of meditation
and the ultimate place to find
go near a vast tree relax and sit into it
and the energy is going to pull upward your spine
the tree is lifting twenty tons ten tons of the weight



you are just fifty sixty kilos
nothing
its so small like a stick for it
if you settle your spine into the tree
it will pull your spine upwards
and the energy will flow upwards
remove carbon dioxide give you prana give you oxygen

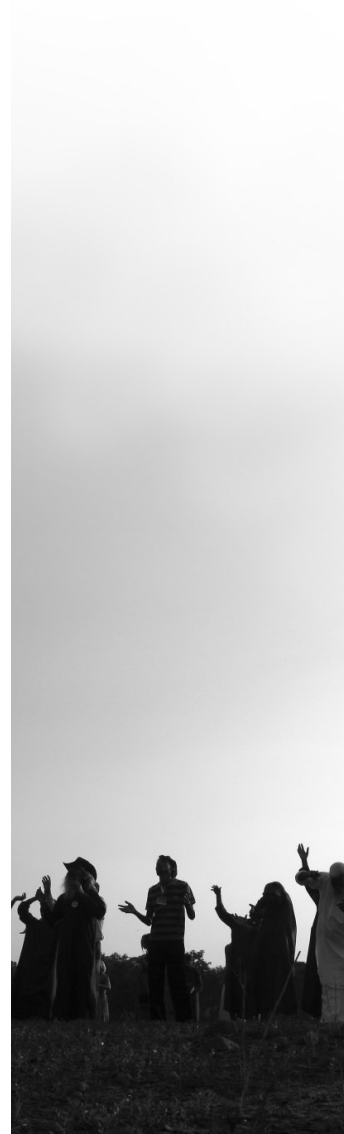
the tree is the master
i have never came across
a single enlightened being
who has not sat under a tree

and yet i have seen osho sannyasins
they do not sit under trees
they do not do meditations in nature
always in halls i do not know why they choose halls
maybe they want some protection feeling of security

be wild
all meditations in the open
find a tree
find some water flowing
meditate there

question *why do you walk so slowly ?*

aha !
i will give you some clues
mind moves this way...horizontal
no mind is this way...vertical

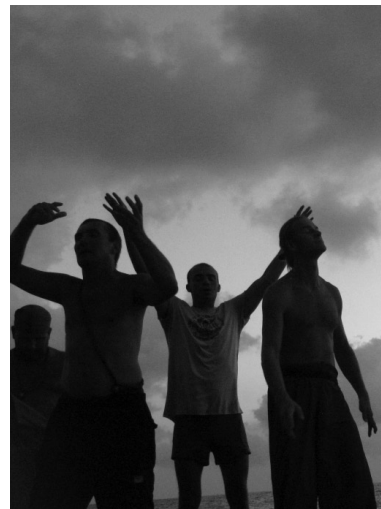




the deeper your roots the deeper your stillness
 and the kundalini is open
 you have to follow the vertical current
 an open kundalini moves very slowly
 it moves with a certain slowness
 a certain slowness is the wave of kundalini
 the moment the seventh centre opens
 the whole body becomes a vertical column of light
 and you cannot move quickly...naturally...
 the river flows this way
 the moment you will become enlightened
 you will be walking slowly
 in a state of vertical latihan
 all moments will become conscious
 drawing from the deepest point and spreading it out

your body is a long column of light
 one breathe connects the feet upwards towards the sky
 you understand ?
 and you can watch me walking
 i walk as if parallel to the earth
 i do not walk up and down
 because i am using the sushumna the vertical column
 to move the body
 but it is a very good observation
 people who have reached walk like this...as if on water
 it is good you observed

whoever has done my vipassana class
 they understand immediately
 they understand the body language
 you are going to fall into it yourself
 you are perfect...you have that possibility in you
 very clear



perhaps that is why that question came
 you will understand it as a living phenomenon
 it will come

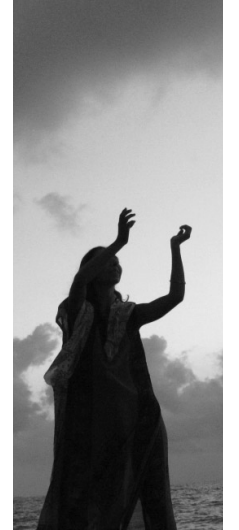
any other question?

question *i have been doing osho meditations
 for long time but it never has been
 as harder as it was these days...
 the time seems to be very long
 in the meditations...
 it is very tiring and it has never been like this*

you need to dig deeper
 i watch many people doing various osho meditations
 for twenty five years without any understanding
 i see them doing kundalini
 none of them are doing kundalini
 they not even understood it
 they are just doing a physical exercise and they run

and the more they are doing it
 the less the chance of them understanding it
 because now it has become mechanical...automatic
 anything done mechanically and automatically is very easy
 you do not even need to think about it

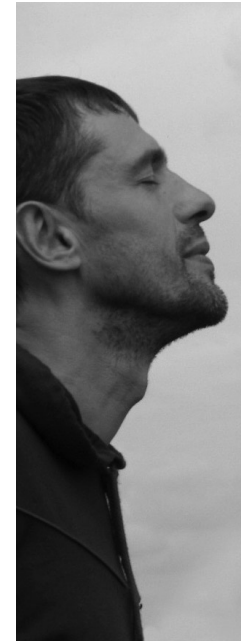
you need to dig deeper and deeper
 it will seem that it is more difficult
 specially with me it will be more difficult
 because i hold people like this
 and i make them shake like this



you may not think i am holding you
that i am just there somewhere
but i grip you like this
very difficult
with me it is very difficult
you have to either breakthrough or give up
you have just begun
try spending one month
you will explode
seven days you can not handle me
impossible
i am so gripping
you have to run away or you have to die
i am like that
i do not want meditations to become mechanical

if you move meditatively after finishing a meditation
then you have caught the inner thread
the inner message is a living answer
meditations are just techniques
to allow you to drop those meditations
meditations are not there for you to do
they are there for you to drink the inner silence
and to live consciously

with me many people get very depressed and unhappy
actually it is a good sign because they can see the gap
that my god...i have been doing this for twenty years...
many have told me that i have done twenty years kundalini
but i cannot even walk like you
impossible to shake like this
so either they give up or they get angry
or they decide that i am an idiot



i am not here to make it easier for you
that is not my work
when you need somebody to give you massage
say very good very good
no...i am saying very good but go deeper
there are many layers
if you have found it
then you do not need to do any meditations
if you are still doing it that means you have not still found it
or it has not found you...

i like your question
i have been watching you
you have courage
gather the courage and go deeper...go deeper
it is for you not for me
and yes the meditations with me are difficult
so be thankful that i am showing to you that there is more
ok ?

you have potential
you have a very stubborn quality
that if you want to do something you will do something
you have to be convinced that there is something here
you are very stubborn
so i have been avoiding you for a very long time
never ever feel that you have done the meditation before
that will open the doors for you
whenever you have done a certain meditation
go again look again and change it
drop mechanical approach to meditation
mechanical approach means
your body is getting used to a certain conditioning



start fresh as if it is a first time
and all the windows in you will open
after you have finished your meditation
feel the flow and move meditatively
catch the inner thread of meditation
then your whole day will become meditative
then you do not need to do meditations
you will be living it...

at least you are sincere
sincerity is very important
once in a while you will meet a strange person like me
and something will become unsettled in you
people are very unsettled and angry with me
because they were so settled
ahaha...i know everything now
i have done all this...
why i have to do kundalini ?
i have to learn something new
i did not come here to learn kundalini
what is new ?

i am meeting sannyasins
who have done kundalini for many years
and they are looking at me while i explain kundalini to them
and they are crying
i say what happened ?
they say i have done twenty years but nobody explained to me like this

that is why i devote so much of time to explaining
so that you can again go to the mystery
do not worry about this initial shock
use it as an advantage to go deeper

osho has created the meditation called dynamic
i watch osho sannyasins doing dynamic
and they have got a system
it is meant to be chaotic unrhythmic breathing
so chaotic that different different points open
but everyday they are doing it the same way
how is it possible ? something must be wrong

something has entered you
and i am trying to awaken that mystery in you
i am your friend
so go again
forget whatever meditations you have done in the past

time for bla bla bla...
since it is cold i do not want to take too much of your time

while sitting do you feel
that when you are utterly still
a certain fire comes within you ?
suddenly the body becomes warmer
do you feel that ?

if you can be utterly still...just silently watch
certainly you will feel a certain heat
arising from within you
when you move your aura creates a few breaks
and the heat leaks out

this is one of the secrets of stillness
the stiller you become your aura closes
and a certain ring comes around you
and surrounds you like a bubble
and suddenly your body becomes warm

when you are feeling very cold
just become still
slow down...
suddenly you will feel
your body is getting warmer and warmer
can you feel it ?

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just stop your breath
relax...
you can create immense heat
stillness has such a fire !
can you feel the temperature change ?

(people say yes)

today is the first day
stillness is present...
it started from vipassana
and you have understood how to generate stillness
first understand stillness
and then move from the state of stillness
a feeling arises...some desire to move becomes a thought
thought creates movement into action

now move backwards
action
before that feeling
before that stillness
watching the source of your actions
and all movements
connect movement to no mind
connect action into inaction

you need to experiment a few times
whenever you act just stop for one moment
see where the thought came from
what created the action ?
go back...go deeper
you find the emotion...you find the feeling behind it
go deeper and there is stillness
just connecting these three



it is a simple knack that you need to understand
and once you can do it with one or two thoughts
you can do it with every single action of yours
whatsoever you do
you will see that there was a thought behind it
a certain emotional charge underneath it
and before that there was silence...

it is a certain knack
and this will create the difference between acting and reacting
conscious action and unconscious reaction
are totally different phenomenon...
a sannyasin acts consciously
it means before the action arises
he can see the thought
the source of the emotion and where it came from
each time you go forwards and you come backwards
you are creating a circle

you are losing immense amount of energy
in all your day to day activities
and the source is getting tired
just by understanding the reverse process
each and every action of yours can create more energy
when energy starts moving backwards
one is moving out but yet moving in
this will create a certain magnetic quality around you
because the whole source has been linked to the action
it is not empty

remember this is a very simple experiment
any single thought of movement
just go backwards

use simple experiments
simple experiments show you the way
knowing the way and understanding your actions
is immensely valuable
because you are moving to the source of your energy

few times you experiment
slowly slowly your whole energy pattern
will learn how to go back to the circle
and you will be constantly replenished
full of life
a certain magnetic quality
it is already present in you

you are losing energy in the way outwards
and in the way inwards...
but if you can create a conscious circle
then the way in is the way out
and the way out is the way in

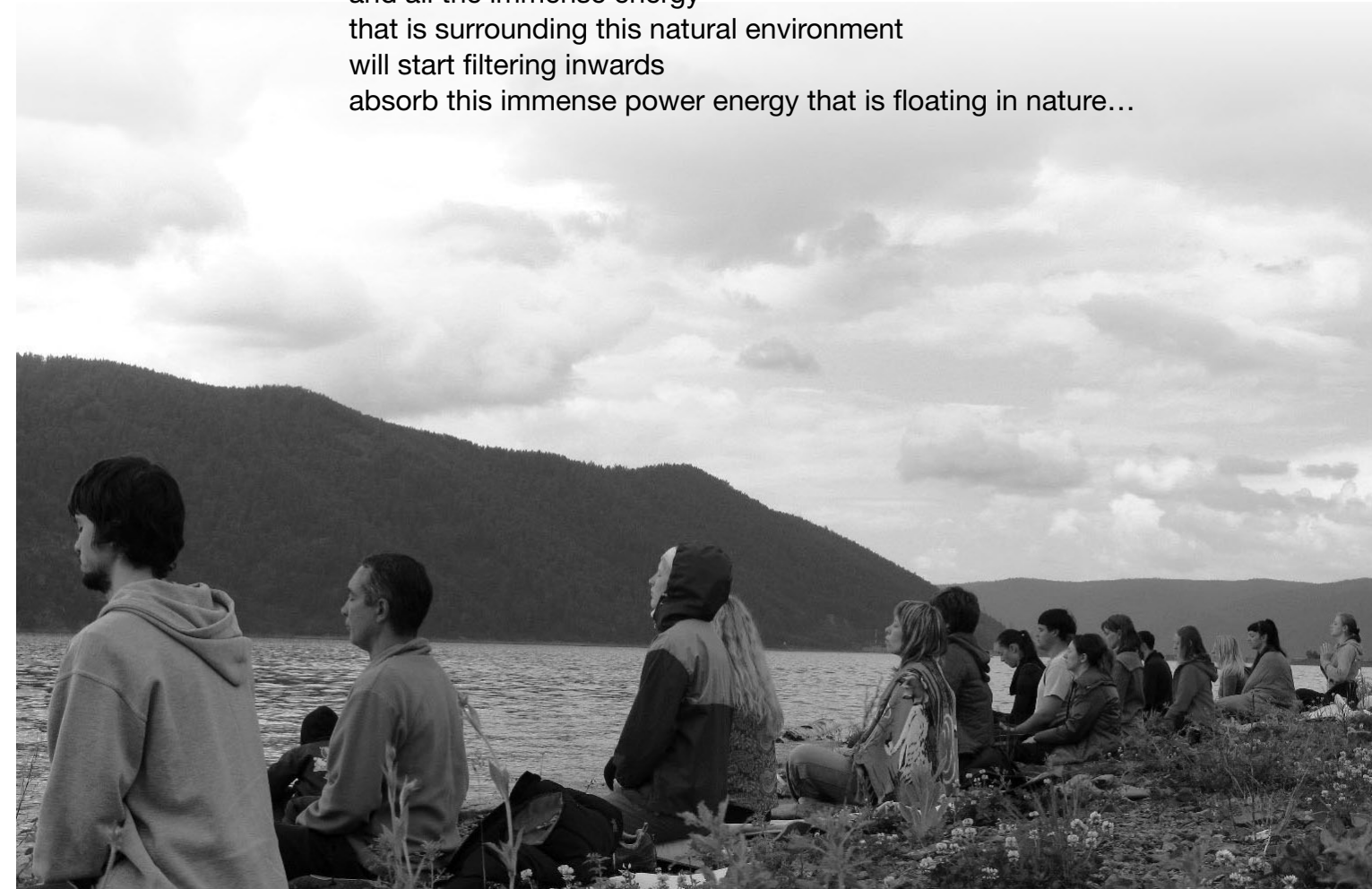
i have explained this many times
that when you look at somebody
energy is moving out
but if you look with an empty eye
that window that is looking out
is also the window to absorb inwards

each and every sense of yours is a two way street
if you can look softly
you will see you are not losing energy
you are not getting tired
but something is fulfilled inwards too

same with actions...
all your five senses are a two way process
listening to sound something is filtering in
and rejuvenating the source...

remember your senses are windows
slowly slowly start experimenting with your senses
it is exactly the same process
moving out is moving in
that is how you can connect the outer to the inner
and bridge the inner to the outer

we are in a beautiful place
tomorrow you can enjoy the lake and its beauty
just look at it softly
and all the immense energy
that is surrounding this natural environment
will start filtering inwards
absorb this immense power energy that is floating in nature...



question *when i was reading osho...castaneda and also your book...*

osho...castaneda and my book ?
my god... in this order ? first osho then castaneda and then me ?
wow...ok...ok...

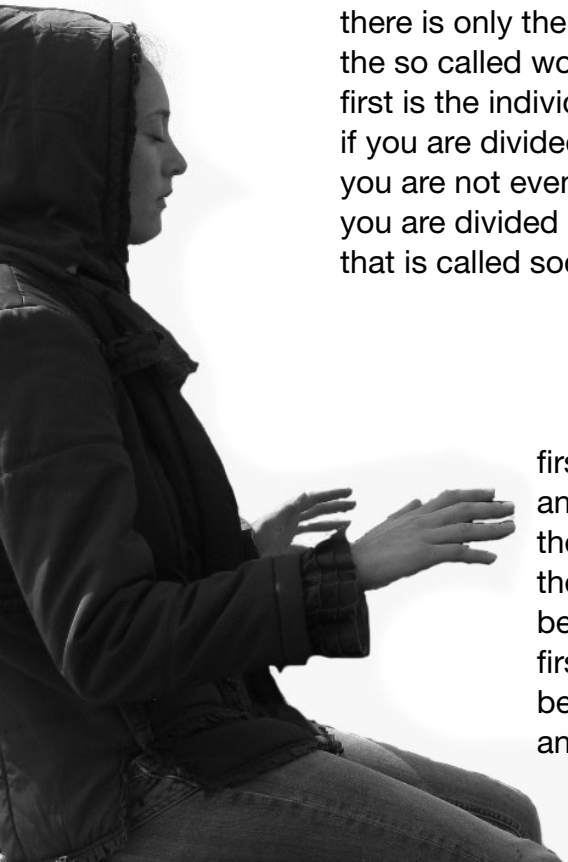
question *i noticed that there is something in common in these teachings or ways and this common thing is that they are kind of antisocial...that you have to leave the society... the family is not valued...you have to find individuality away from society...i feel that in a family a person also gets lots of experience...then what to do with the family?*

there is only the individual
the so called world or society or family is all a dream
first is the individual
if you are divided you have become a society already
you are not even one person
you are divided in so many parts...you are your neighbourhood !
that is called society...an individual divided in parts
 first understand the individual
 the individual is one who is not dividable
 his inner and outer are one
 mind emotion body...all integrated as one
first comes the individual
and the moment you understand and become an individual
then you will start sharing your love and abundance
then for the first time your family has some value
because now you have something to share with them
first fulfill your inner being
become one with yourself
and then you can share your love very easily

if you yourself are divided you will be in confusion
and that is why there is so much misery
the family does not exist...
if five people are individuals in one house they are not divided
but each are individuals
all individuals are pillars of light...they are joint together

people who are divided...are already divided
how they can join anybody ?
even the word society...is many people
first become one

the individual comes first
you cannot sacrifice the individual for any society
even if you wish to...
society is never happy with the individual
show me one person
an integrated being of the caliber of osho or a buddha
and the society is happy with them ?
show me one of the worst cases like hitler
and is society unhappy with them ?
in fact strangely hitler was supported by society
and yet created chaos
everybody was backing hitler
and he was dividing people...he himself was divided
but society was not objecting
society protects and encourages division
because the individual is fire
and that fire is not that he is disturbing somebody
his fire is simply his innocence
and that disturbs the society
society survives on corruption and division
it feels comfortable



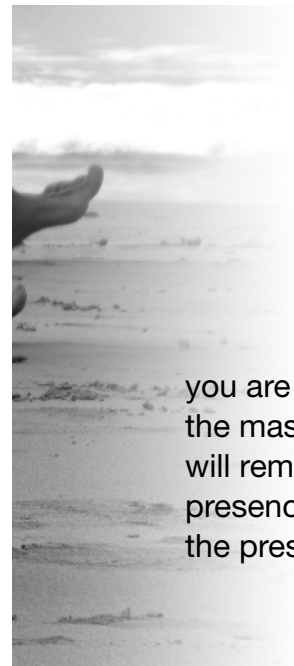
first comes the individual and last comes the individual
this so called society should be many many many individuals
respecting each others individuality
and that creates harmony and respect
towards each and every persons uniqueness

there are no differences
somebody is higher and somebody is lower
that is comparison...
uniqueness is uniqueness
you can not compare it...
anybody who has known
knows the individual comes first
the divided being is not even a person in the first place

today one woman came to me
and she asked...i have a family and my work...
what to do ? which way should i move ?
i said...you are a compassionate person
living your life meditatively within your family
you can remain an individual and live in the family
the individual is in harmony with himself
for him there is no problem
the society has a problem with the individual
the family has a problem with the individual
the individual has no problem with anybody
he can live alone or he can live with others
because he has come to a certain fulfilment
and he is ready to share

question *do you still feel connection with osho ?
and where is osho ?*

once you know your inner being
you understand that the master
is not the body...is not the mind...is not the emotion
but a silent witnessing presence
that presence is known as osho
the physical form that is no more physically present
is not the master
the body will come and go
but the master cannot be destroyed
you are asking do i feel the presence of my master ?
the master is always present
will remain present forever
presence cannot be destroyed
the presence of a master is not only his individual presence



but also the trees the rivers the mountains the lakes
are one with this presence
so wherever you go he is pure natural energy
crystallized watching
where is he ? he must be here...where else he can go ?

your remembrance of the master
brings him back and makes him alive
when you are present he will be present
when you are absent he is still present
when two presences meet there is the living master

and why create a division ?
why divide in the first place ?
that is a master and this is me ?
and he is there and i am here
why divide? just dissolve and disappear
and who is who ?
where is he and where am i ?
or where is he and where are you ?
forget about this boundary

you are a vast presence
remembering your presence
is remembering your master and all living masters
they are free
you invite them once in a while and they will come

i invite him and he is very happy being here
so far he has not complained
and i have disappeared
so i do not know where he is
masters are never in the past
past and future are part of the bodymind

when you come to that moment
you are always hanging in a certain present moment
it is a vertical door
the future the future...the past the past
this herenow is present vertically

the moment you learn the vertical presence
you have found an eternal vertical presence
this...remains...this moment
this way past....that way future
all buddhas remain in the present moment
hence nothing can destroy them
no future no past can change them in any way

they are simple vertical presences
untouched by gravity or any movement
they remain vertically present
generation after generation
osho is totally alive
totally present
here...here...herenow
you have to know the herenow
the moment you will know
all masters will become present to you

osho says...never speak of me in the past
there is no past
maybe you are thinking of that body
but that body he dropped
when he became enlightened
he dropped it in 1952...not in 1990
and today is only 2009
it is just yesterday
in fact he is here today



question *there is much fuss about the year 2012 nowadays...
is there any information about that ?*

two thousand what ?
i have no clue...

question *2012...*

what will happen in 2012 ?
what you are worried about ?

what is going to happen to you herenow ?
today is more important than 2012
all numbers will disappear when you disappear
who has decided this 2012 ?
this earth has been here since millions of years
who put that stupid number ?

what happened to the millions of years
when the planet existed before the numbers came ?
these are all arbitrary numbers
numbers are numbers
one or two or twenty two
every year should be zero

nothing is going to happen in 2012
what cannot happen now cannot happen then
it is always now
always here

there are many fools...
when i was in london
there was a crowd gathered in front of the london tower the big ben
waiting for the time to clock twelve
thousands of people waiting and looking at the clock
what is happening ?
new year is going to come...and when it was ticking twelve
millions of people started jumping up and down
opening up champagne

i had a watch twenty minutes late
twenty minutes later i came...i said now is the time
who cares ?
is all postponement...
you always push the future
something will happen in 2012
nothing will happen in 2012 !
then they will say something will happen in 2020
nothing will happen
then 2050
they have been waiting for jesus for so long
his second coming...maybe jesus will come in 2012...!!!



question *there are people who have a desire to help others
and they do some healing work...
and there are some other people who say
you should not help others
you should not do healing work
because everybody has their own way...*

anybody who has a desire...needs to heal himself !!
healing is not a desire to help others
helping others is very political
healing is simple silence
silence heals

so going to heal somebody is utterly stupid
a person who is totally silent
just being vertically present
is a pulsation of healing
no announcements...
no noise that i am healer...

the sun does not announce that i am giving heat
the sun does not make announcement
it is the very nature of the sun
to warm and heat and to send the fire
a true healer just remains silent
wherever he will go
it will be a natural radiation
nothing special

the whole air will vibrate with a certain rhythm
a certain sense of wholeness and completeness
healing is a wholeness
a full circle balanced
yin yang
male female
day night



right in the middle is the healing
the very centre creates balance
and that balance is healing and health
a true healer does not even need to touch you
just the very presence of the healing force heals naturally
these are divine rays
it is the very nature of existence

the healer is in wonder what is happening
the healer is utterly innocent like a child
and watching the wonders of existence
the wonder of this nature
nature is the healer

become natural
healing is nothing special
it is like life...
never go to heal somebody
that is ugly that i am going to heal you



i do not know any such things neither i do anything
whatsoever happens happens
whatsoever does not happen does not happen
i simply watch
the only thing i can do from my point
is to become utterly still
just allow that stillness
to do its natural work
and natural work of stillness is healing
in fact it is called health
so i do not do anything
i have stopped doing
it does me
i simply watch...nothing to do

and to heal somebody
that person has already got enough trouble
why to make somebody smaller ?
i do not like all these healers

the whole message is silence
deeper you dive in silence there are no doors
this whole existence is open
merging into each other in silence
such a deep silence that there are no two
all is one...

imagine the vastness of this silence
the moment you experience that deep silence
you will know you are as vast as the sky
why be so small when you can be vast ?
and what is the door to this vastness ?
silence...
you understand ?



deep deep silence
everything simply disappears
and you are one
and that is what you are seeking
you are the expanded state of consciousness
unbounded...vast...orgasmic
there is only one way
just disappear into silence

seek deeper and deeper and deeper states
it will connect you and make you vaster and vaster
how innocent this message could be...
how deep silence can be ?

just a simple message
creating teachers gurus masters healers therapists

can you contaminate silence ?
what can you say ?
silence...silence...silence
that is all...

that is why the greatest masters have never spoken
when you go near them
just close to them
you can hear something
something catches you
and that is the real medicine
can you feel the air change
just respect and absorb that silence
you can feel the air transformed

the real way to meet a mystic
is to find him when he is silent and everything is settled
and he is sitting silently by the river
just sitting by the side
something will fill you
it is such a deep silence...

the experience is called samadhi
i have spoken in my book about the blackhole
where no sound enters
nothing moves
pure emptiness
full of alive stillness

i described it in my book as the blackhole
that is the centre of your being
that is the silence you seek
and that is your fulfilment
totally content
just one taste of it
you will never speak
and if you speak you will only speak of that silence

it unbinds you
everything is open
and you can dance
it is not serious
you will be laughing all the time like me
what to do ?
i am always laughing and laughing
smiling all the time
just to get rest i close my eyes
looking serious

meditation is playfulness
it is seeing life in its utter joy and a total celebration
life is so beautiful !
...so much is given to you
nature has given you life
what more it can give to you ?
it is such a gift...

how to enjoy it deeper ?
how to celebrate livingness ?
when you are living totally celebrating it
you forget yourself
and you fall into the very inner current of life
and you flow with life

you become one with it
and that experience of life living itself
seeing itself
transforms you into a deep gratitude
a deep thankfulness
to whosoever or whatsoever has given you this experience
that is playfulness...
and your whole life will get a living meditative quality
because you are sensing life and living it



there is no such thing as enlightenment
but life with a capital l i f e
life and living...
so much you have !

ask any person who is dead
he will say...you are living
for the first time you will realize you are living
but we do not value simply life
because it is given to us
you are simply born alive
and you have this beautiful body given to you
all your five senses simply given to you
your fingers your eyes your ears your nose your mouth
this whole body is simply given

try to create one finger
try to create one eye on your own
and you will realize how difficult it is...
just try to create this brain
just a single cell...

my god...we are living miracles
and people are searching miracles !
the miracle is searching a miracle...

you are the miracle
and the miracle is hidden within you
god is hiding in you
make it more alive
and your presence
is the presence of this divine livingness

just imagine once and sit down and see what you have
forget about what you have invisibly
see what you have visibly

look at your eyes...so beautiful
can you replace that ?
appreciate yourself...
fall in love with yourself
accept what you have
it will unite you
you will feel a new value for yourself...

and then go start seeking
how to live more of what you have
living totally what you have
with deep gratitude
that is meditation...
it is connecting yourself to everything that lives
and once you respect yourself
you will respect the other
once you love yourself
you will love the other
because the other is as beautiful as you

everything that person has is so beautiful
and you will love and tell everybody
hey love yourself
do you know what you have ?
are you even grateful for what you have received ?
did you even ask for it ?
you have just taken it for granted

that is why i say mystics are different people
they are always here to remind you of what you already have
and to value what you have is gratitude...





this silence
is the whole search...
how to go deeper and deeper
into this state of pure innocence
a deep silence
so simple
that is why it is missed
truth is so simple...so silent...so innocent
that you miss it
the mind knows only the language of rubbish and noise
of seeking and searching
of doing and becoming

it needs movement
it needs desires
it needs dreams
it needs to do continuously
the mind is a doer
a duality
you have a yes in you
you have a no in you
the left brain and the right brain
do...do not do
yes...no
this continues as a struggle
and the mind lives through it

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this silent stillness is the gap between the two sides
between the brain there is a deep abysmal death
a silent tunnel that is utterly still and unmoving
it lives in a different universe
it is the space which is vertical
it does not have duality
it is simply silently watching
present in harmony
totally content and still

this is the conflict
the mind says yes and no
continuously wants to become more and more
achieve more and more
because it is not aware of this hidden harmony
this hidden inner being that needs nothing
it just needs a deep silent listening
a total acceptance and a deep dive into it...

it is a very simple message
and it is being misused by so many
teaching you this and that...
all teachings...all learning goes to the head
feeds your mind...adds more and more rubbish
more dreams more projections
meditation is a state
of vertical energetic transformation
reaching a peak
everything stops
drinking that silence
and letting it settle
deeper and deeper and deeper
it is a state
a transformative energetic state

whenever you come across people who know
see the state that they are in
just see their every gesture
their movements...their stillness
see the state that radiates from them
and drink it

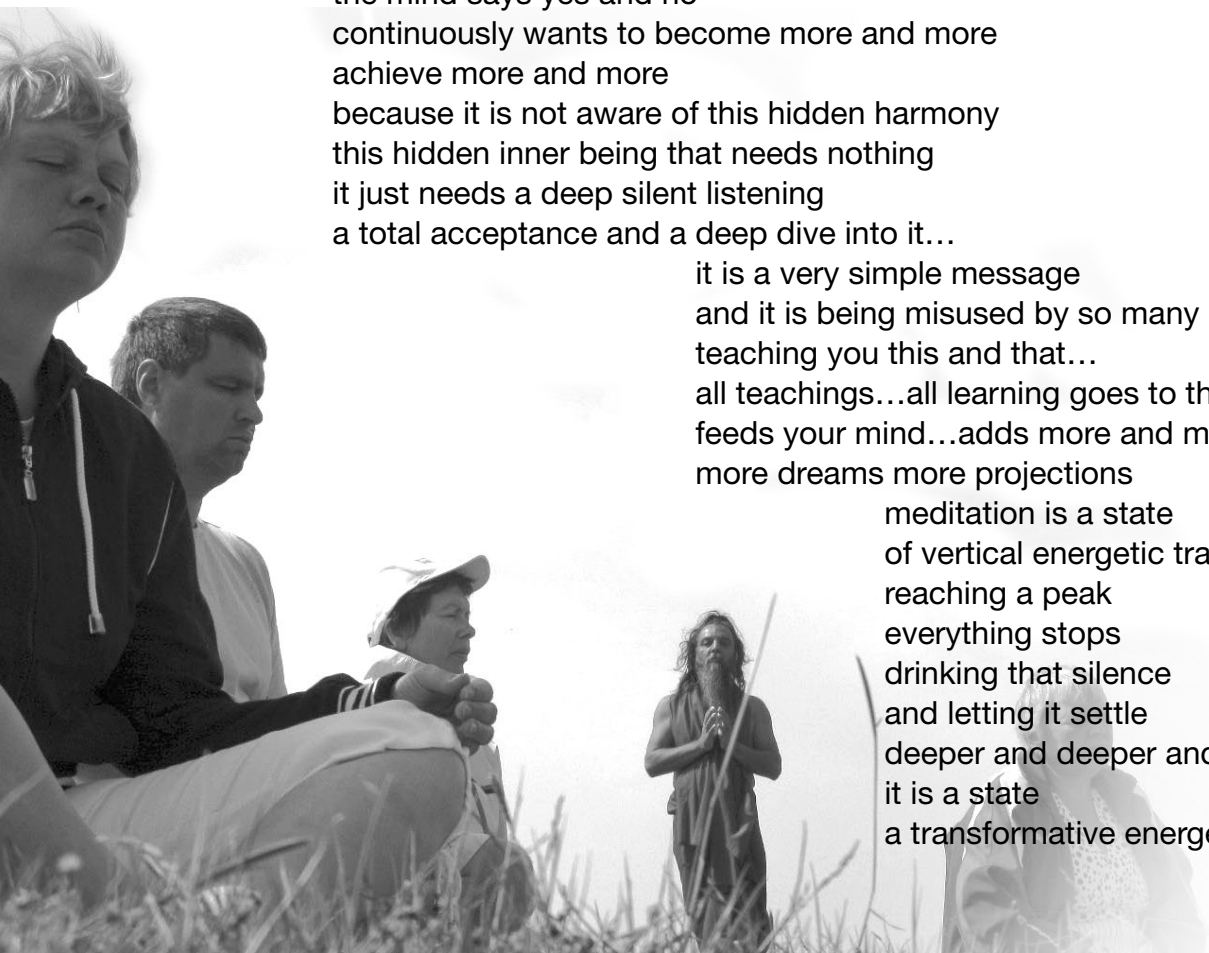
it is not a knowledge...it is not information
it is a state
drink it

when a mystic peaks
it is a vertical opening into the sky
higher and higher and higher and higher
till everything stops
and the sky opens
drink the sky
the sky is open

i have heard again and again
that stupid teachers and therapists tell you
that you have this block
and you have that block
and here is your block and there is your block...

their entire business is to suppress you
and to show you your blocks
they themselves are blocked and idiotic
i am saying clearly again and again
that not a single person here has a block

you just need to know how to peak
and see from that heightened state
and you will laugh
the sky is open
it is yours to drink





there is no block
 you are simply at a lower state
 you can choose to be there
 or you can choose to peak and stop
 and you will see it is an open sky
 it is so easy to transform your energy vertically
 it does not need effort or knowledge or learning
 it needs nothing



it simply needs you
 to peak stop and watch
 that is energetic transformation

see the difference
 between information and learning
 and transformative energies and unlearning

whatever you need on your inner journey
 is completely present within you now
 see what you have within you now
 whatever you need on your journey is present
 and much more is present in you

you have a vast hidden treasure
 waiting for you to listen to it and awaken it
 do not add anything to yourself
 nothing...
 see what you already have

my message again and again
 wherever i go
 is to disturb these therapists and these teachers
 who are misleading you
 they are showing you what you do not have
 and they do not know anything themselves
 they do not know what you have

you do not need anybody to show you what you have
 nobody can show it to you
 dive deeply within and you will know it for yourself
 and is nothing so special
 do not think you will find something special

what you will find
 is your utter innocence and a deep silence
 and the presence of your inner light
 so silent that you had been missing it
 because you are trained to hear noise
 you are trained to do things
 to add more...to become more...not to be !!



just be as you are and you are perfect
 you are perfect when you are
 at your peaked orgasmic state
 it just needs a simple dance
 a celebration and a deep acceptance
 and again a celebration and a dance
 life is a dance
 learn to celebrate
 and whatever is present in you
 will expand and express itself
 to each and every gesture of yours
 you are a living message

the moment you understand this
 everything around you becomes a living message
 of love...of celebration...of sharing
 the vast abundance of nature is expressing itself through you
 do not expect any special message from me
 ideally i would have said nothing
 just silence...a few tears and nothing more



if you have a question you may ask
but i do not have any answers
i do not know what is going to happen
what i am going to say...

i wait and watch all the rubbish that is been spoken
ask any stupid question and receive any stupid answer
but remember these are just games
throwing words at each other
but if you can draw the silent message
then you have heard the answer
but go ahead and ask

question *do you like it in siberia ?*

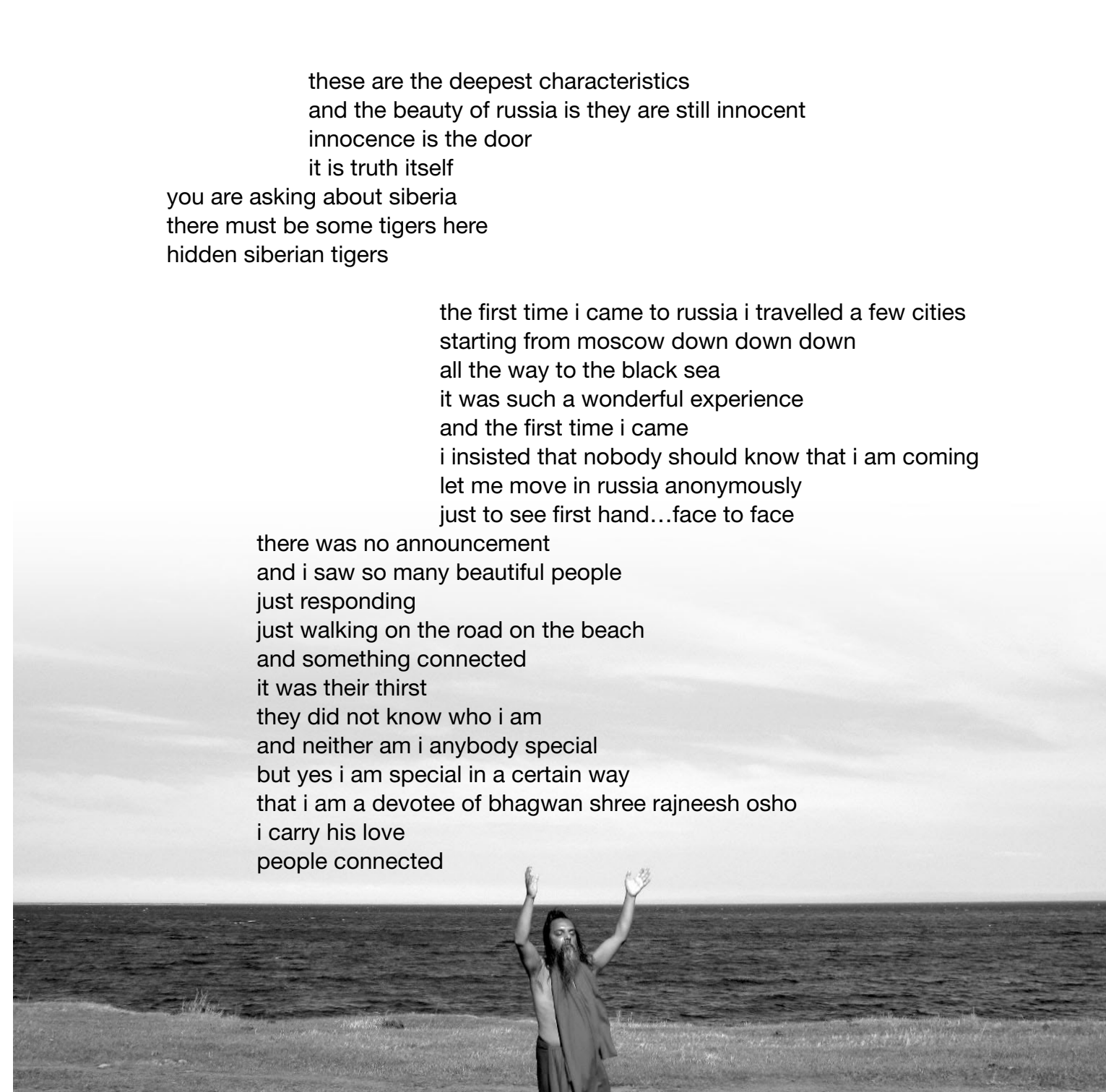
i am in love with russia
totally in love with russia !
the spirit...the thirst...the totality...the youthfulness
this is russia
it is going to grow !
there is fire here
i love this russian fire
the colder the regions i go to
so more fire hidden in them

wait...just wait...the time has come for russia
osho used to say
the new man will be born in russia
i am totally convinced
that russia has the soil and the fire
a deep thirst and totality
that is the very freedom of spirit
the spirit is total and free

these are the deepest characteristics
and the beauty of russia is they are still innocent
innocence is the door
it is truth itself
you are asking about siberia
there must be some tigers here
hidden siberian tigers

the first time i came to russia i travelled a few cities
starting from moscow down down down
all the way to the black sea
it was such a wonderful experience
and the first time i came
i insisted that nobody should know that i am coming
let me move in russia anonymously
just to see first hand...face to face

there was no announcement
and i saw so many beautiful people
just responding
just walking on the road on the beach
and something connected
it was their thirst
they did not know who i am
and neither am i anybody special
but yes i am special in a certain way
that i am a devotee of bhagwan shree rajneesh osho
i carry his love
people connected



second time we came again
we had very short time
and we had to decide only three cities are possible
now this is where siberia comes in
since your question is about siberia

the person who had invited me
suggested i go to the same cities i had gone before
because in one city there were hundred people
in another eighty people...sixty people and so on
so many people are waiting here for you
then somebody told me why not go to siberia ?

i said why ?

he said there are twenty people there

i closed my eyes

twenty people there

they said nobody has gone there

so i said ok ok

twenty people ? i am going

the organizer said we will lose in one city eighty people

in another city sixty people

and this time many more will come

and you want to go siberia for twenty people ?

i said twenty yes...twenty better than eighty

so we went to novosibirsk

you cannot imagine !

and everybody who has travelled with me knows this

twenty or twenty five people came

but each one of them was a tiger

when i met them they were ready

they were ready to drink

i was amazed...so total !

it was the best experience

when i went back to india and announced a camp
all these people came from siberia down to india !
can you imagine ?
it touched me deeply
it made me understand that now i am going to come
again and again and again to russia

you all know that i have just begun
i am very small and i want to remain small
like a little baby
and that is my master
i am just spreading a few songs and a little dance
and i will remain small for those few beautiful people

this year we are planning to build a new ashram in india
but i will make time to come to russia
and this time we have been very lucky to come to baikal
baikal so beautiful...

and here is pushpa sitting

yes siberia has something unique

perhaps it is their winter

they know how to wait...they have no choice

they have to dive deep into this long winter

and waiting for the spring

that is truth itself...

wait for the spring...

struggle deep inwards and wait for the spring

great awaiting and a deep thirst

and the moment the sun comes...awakening
this is truth itself

i guess that is the secret of siberia

all sleeping tigers

these winters are creating a spirit in them

a waiting in them



they have a certain inner strength
i admire their strength
it creates a strength in their spirit
that can climb
siberia has something special
 life is very intelligent
 your inner sources of life know how to wait
 it has been waiting many lives
 and the moment that window opens
 it can smell it and taste it

it knows this is the moment
and nothing can stop it from its explosion into light
siberia has something special

we decided that i will start from siberia
and will end with those lazy people in moscow
they got spoilt
this is virgin territory and these people deserve it
i will make sure i will come here every time you want me here

questioner *thank you for the answer...*

it is not an answer
it is my joy and my feeling
i am very happy to speak on this place
it gives me so much
you cannot imagine how i am searching

people are searching truth
i am searching people
people are searching masters
let me tell you masters are searching people
people are far more important today than the stupid masters
the sky is full of masters searching people
where are the people...all asleep ?!

there is a certain value of a seeker
my work is to raise the value of a seeker
the seeker is not nobody
the seeker is
and the moment the seeker bows
his courage has to be respected

they do not know
and yet they have the courage to surrender
that needs courage !
let us understand the path of the disciple
in the past disciples were disciples
and masters were masters
no more...today the disciple is a disciple
and the master is simply a friend
just helping and sharing out of simple joy

i am just a disciple
i am a disciple of osho
i will always remain a disciple
to me that is the ultimate...to be a disciple...
whosoever i will meet on the way will be a disciple of osho
at the most i will be his or her friend

two disciples meeting and dancing together
i am sorry i am sitting here
i can be sitting there
but some idiot needs to speak
so they decided to let this idiot speak
so i am speaking

but i have nothing to say
the one who has spoken it all
and said it perfectly perfectly perfectly perfectly
is our beloved master osho

i can at the most be an inspiration
an inspiration to other seekers
even seekers need to see some disciple growing
so i am that inspiration
for those who are on the journey
and i will always be a disciple
and you will always be disciples of osho

the moment i find somebody is better
at speaking this rubbish
i will go there and he can come here

i am just an ordinary person
ordinariness is the best one can be
why are people so afraid of me ?
wherever i am going
they are threatening the organizers

are they afraid of my stupidity of my innocence ?
what is it ?
everybody who figures it out let me know
that this is why they are afraid of me
please tell me...i have not been able to figure it out



question *there are pictures in the book...are they done by you ?*

these paintings are very beautiful
they have been done by one disciple of osho
her name is ekin and she studied painting with meera
and she gave us all her paintings to use for the book

question *are you painting ?*

am i painting ?
yes of course...i am painting here !
this is my paint brush !
can you not see what i am doing ?
love is my colour
i paint with love and light
this is my paintbrush...you see ?
this is the paintbrush
love flowing...my painting is alive

that is a living painting
you want some colour ?
which colour do you like ?
these are all colours...they are frequencies of light

once you understand body language...vibration is light
each and every moment the frequency changes
the higher you go higher the frequency
the lower you come lower the frequency
these all different colours of the rainbow

mystics are painters
painting with light
here...have as much as you want
there is some green
can you see the colour ?
close your eyes...you will feel love !!!

question

will we have any tai chi practice during the camp ?

as far as you are concerned
you are perfect for tai chi
it is very suitable for you
your whole body movement is in harmony
with the flow of chi
you have clean flowing energy
so tai chi is good for you



in this meditation camp i am not using tai chi
as it needs at least three months of training
it is a long process of learning many movements
integrating the movement into one single tai chi form
it takes three months...i am here three days

there is a deeper inner method called vipassana
this method gave birth to many enlightened beings in the world
the moment you will become enlightened
the state of vipassana will become your living state

vipassana is very simple
even a child can learn vipassana
it does not need intricate body movements
just walking and sitting...breathing

i make vipassana available here
the way you will learn vipassana through me
will be very radical

vipassana is discovering the purest centre
using the minimum and the simplest body movement
i will work with vipassana here and that is far deeper

tai chi uses vipassana as its core...its centre
and uses the periphery movement
of a circle to connect from the outer to the inner
all movements of tai chi are movements leading
from in to out and out to in...inner to outer
and a vertical pillar through balance
it is connecting all movements into a circle

we will experiment on vipassana
it is the core
and the most valuable and the simplest
and definitely the most powerful inner method
vipassana will happen here
and it is one the most transformative methods
and very simple

question could we privately talk afterwards ?

this is private...everything is private
with me everything is private
you are all private people
you do not feel that this is the private audience ?
i open my heart to anybody
but if you really want you can

but remember i am an open door
i am the same in and out
i would suggest you ask the question here
it will help you because here there are no secrets
these are not ordinary people here
from the city and business people
they are all here for love and understanding
you want to still ask any private question in private ?

question *just to share an experience...*

you can share now here

question *i wanted to say that
anybody can learn tai chi
and three months are not necessary
all the movements are very simple
and all these forms come from simplicity
and you do not have to be a genius to learn this...*

i agree with you

i am already a master of tai chi

i agree with you

but you have to learn a hundred and eight forms

there are hundred and eight forms !

this move...this move...this move...

it is not spontaneous movement

tai chi is learning a form and creating a flow with it
the beauty of tai chi is learning...the stillness in the form
how to move and generate more stillness...is the inner learning
the inner learning is not movement
finding the unmoving inner source

from that point of view tai chi is the most simple

but then you do not need to learn tai chi

if you have already found the inner unmoving formless state

then why learn tai chi ?

why not just a simple walk ?

why not every single movement of your hand ?

why not drink a cup of tea ?

why not cook in the kitchen ?

life is tai chi if you have found the inner stillness

so i cannot agree with you
when you say that tai chi are simple movements
in tai chi you are learning a form
to seek the formless
the still unmoving centre
a true tai chi master will throw away the forms
his whole life will be tai chi in movement
you can watch me
i am living the state of tai chi in everything
then you are right
you understand ?

question *how long it takes to do vipassana in order to achieve
enlightenment ? what does enlightenment give ?*

this whole question is of achievement
and how long will it take to achieve ??

this very instant !!!

peak...stop...watch...you are enlightened

it does not take long and you cannot achieve it

you drown into it and you are enlightened

why do you think that enlightenment is something

you need to achieve ?

learn the taste of the state

and drown into it...again and again and again

so there is no achievement

and certainly no time

can you reach instantly this peaked state ?

no mind and stop...you are enlightened

now taste that one drop of honey

and slowly learn how to drink the whole bottle



one drop of that taste !
now you want to live it throughout the day
throughout the month...throughout the year
it is a vertically herenow
you do not get two days at the same time
or one month or six months or one year
you live moment to moment
enlightenment is nothing but living moment to moment
and connecting them together
each moment you are enlightened
next moment you are enlightened
next moment you are enlightened...

few moments you are not
few moments you are
so forget about it
when you are in that state
just drown into it and enjoy
when you are not....enjoy

do not make it an achievement
i have not achieved anything
i have dropped achieving
i am drowned into that state
and it is taking me deeper deeper deeper deeper
there comes a moment
when you do not care where it is taking you...
i am the river flowing
you know the ocean is there
who cares ?

the journey is the whole beauty
enjoy those moments
enjoy the beautiful journey of those moments
the word enlightenment is nothing



how long it will take ?
you are already enlightened !
how long will it take to know that you are enlightened ?
that is a better question !!
you are enlightened...
are you not alive ?
can you hear me ? can you see me ?
can you touch ? can you smell ?
is life not in you ?
that is enough enlightenment !!

realizing what you have is a different matter
grow in sensitivity
value what you have and you will realize it
it will be a realization that you already have it

this question has been asked again and again
what is that state of enlightenment ?
that is your question
how to achieve this state ?
not permanently but at least to get a glimpse
very simple...sit down...become utterly still
bring all that you have inwards...herenow
everything that you have
bodymind spirit
just sit here...eyes closed
slowly feel the energy within you
start peaking it
peaking peaking peaking peaking
dancing dancing dancing dancing
peak peak peak peak peak
you will come to that peaked orgasmic moment
that is a state of no mind

watch and something will happen
the watcher will see that peaked moment
the watcher is present without the mind
no thought...
just draw that...drink that state...down down down...
you have reached the state of enlightenment in that moment
it is enough to know that you can experience it
that you have tasted it
you understand ?
is it difficult for you to peak to that orgasmic state
and stop and watch ?

you have that peak within you
everybody sitting here has that peaked state in them
that is your buddha nature showing you that you are
now you know...now with this simple knowing
generate more and more of these moments
dance stop peak...again and again and again
and you will melt down
and there will be nobody left
how long does it take ?
who cares ?
its very simple
a simple journey
to that state of no mind
and learning how to drink its silence
and living that silence
as an undercurrent in your day to day life
you are always enlightened
you cannot be otherwise
you think you are unenlightened
but you are always enlightened
what can i do ?



why do you not trust what i am saying ?
are you enlightened ?
of course you are !
in your peaked moment
when you are in that state
that is enough

you know how to peak
this man here is a natural peaker
he is actually an achiever
there is a second step to it
that is letting go and relaxing
so now you learn to relax

you are such a peaked person...always peaking
you have such a strong focusing
so focused...it is your quality
now learn to relax and let it settle
that is the second part of the journey
one is reaching and the other settling relaxing and enjoying
enjoy enlightenment



russia tour
novosibirsk 25 june 2009

deeper the stillness...
the deeper the silence the more you are
you are a vast sky
deep and still
this is your buddha nature
it is so silent...within you

this inner sky is your freedom
how to taste it...how to help it grow...expand within you
is the way to live....live the real life
this stillness will remain with you
when you will leave this form
this formless inner silence will be your only companion
these peaks that you have experienced
will be your only treasures

value these peaks
deepen this silence
and you will be an emperor
you will be holding a diamond
your eternal treasure...

and laugh your way when you leave this body
this body is a school of learning
use your life to grow deeper in life

this is the only lesson
the only treasure you need to realize from this body form
be a witness and you can fly in this sky
and you will expand in your total glory
these few glimpses are vast windows
these windows come very rarely
and the moment you get this glimpse
dive into its eternity

these glimpses are very small moments
because you only get one moment at a time
the moment you are total
a few of these glorious moments
will descend into you

gather them like diamonds
these are the treasures
the only treasures you need for your flight
how long will you keep this body ?
how long will you keep this false security and comfort ?
maximum another twenty or thirty years
and what will happen after that ?
for the next two hundred years ?
and what happened before you got this body ?
where were you ?

people keep planning their lives
searching security and comfort
this silence is the only security i know
those who can understand will understand

drink these moments totally
when you will leave your body
these dances...these silences
will suddenly come like flashes in front of you

leaving the body...such a crescendo...such a peak
that all these peak moments suddenly flash in front of you
and all the rest of your life that you lived
becomes meaningless
gathering all kinds of rubbish
will simply not be present

what will be present
will be simple small experiences
perhaps when you looked at a rose
perhaps when you saw a sunset
perhaps when you saw the lake ripples dancing
these moment flash in front of your eyes
they have entered so deep
they are so priceless
that your inner being has drunk it

when i had my first death experience
suddenly...unknown fragrances
such beautiful visions started appearing before me
most of them were small silent moments of my life

when i lived in the himalayas
i saw beautiful sunsets on the snow mountains
and the purple sky
these moments
which had gone deep into my inner being
were recorded
then from that day i understood
what real treasures are

understand the real treasures of your life
and your life will be such a joy
simple innocent treasures
just the seashells on the beach

just making those sand castles
just little children playing innocently
these treasures will remain with you
and all your houses...your millions...your false security
there wont even be a memory of it

your inner being is thirsty
and drinks only beauty...silence...grace...innocence
these are the qualities
that are absorbed by your inner being

and the more you learn to live sensitively
you will choose very consciously
and search these beautiful moments in your life
live a simple beautiful and innocent life
and you will realize you are an emperor
you are not a beggar looking for small treasures
you are an emperor
searching that which cannot be bought
that which is priceless
and will remain with you and nourish you

once in a while i see your beautiful tears
these are the treasures
these are the greatest treasures
tears come from such deep inner spaces
out of such a joy
that for no reason tears come out of the eyes

look at the value of those tears !
they are indicating that life is flowing within you
they are indicating that you are living
have you seen a dead man cry ?
this softness is your inner sky
treasure it

we are not here to fight a battle
we are here as lovers and friends
to love one another...to share our love...to share our joy
this is the meaning of life
to flower and spread our fragrance

see what are the important qualities
see the real values of life
if you can understand it you do not need anything
just taking a walk in forest
sitting by the lake...seeing a bird fly
how much have you paid for these experiences ?

and yet we ignore all that beauty that surrounds us
look at this beautiful nature
so silent
so much radiation of light
and we go on searching for light
just look around !

and the closer you get to understand
the more you will feel your inner being
and it will reach out to everything that is nature
and all of nature will reach into your being
and you will be one with this beautiful universe that surrounds you

this is the song of truth
this is the dance
this is the celebration
this is the gift of life
these are such beautiful gifts
sit down and feel what i have said

you do not need enlightenment
life is enough...this light within you
there is nothing more



just living in this space
all walls will simply melt and disappear
and you will know this is your home
you do not need to prove to anybody that you are special
you do not need to struggle to live
just being at ease
utterly relaxed silent and you will flower

do you understand that life has given you life ?
what more can it give you ?
what more are you asking for ?

just see what you have
celebrate what you have
you have too much...
you have so much that you can share
empty handed...this fullness of light
open handed...just life pouring
you can share life

try to understand my innocent message
people think i am some kind of master
i am some great enlightened person
i am just an innocent lover
but people do not understand
they do not see my innocence
and even if i am not enlightened...who cares ?

i can celebrate
i can live my masters dream
he watches and smiles
as long as i am a disciple of my master
who cares if i am enlightened or not
who created this word enlightenment ?
and what does it mean ?

just a pure innocence
and wherever that innocence leads
it will be towards life
and life is your friend
it will show you more life and more and more and more
life is abundant
it is pouring like diamonds from the sky
this whole world is psychedelic
it is pure ecstasy
just millions of diamonds everywhere in this universe

wherever i have been going
my real message is
that your treasure is silently within you
learn to listen deeply...inwardly
learn to dive in
and trust its voice...
learn to trust your inner being
learn to love yourself
be soft

just accept yourself exactly how you are
and the struggle will disappear
and your energy will become a vast reservoir of love
settled and relaxed
then you can listen deeply
and trust your inner being



your master is within you
silently waiting for you to listen to it
meditation is nothing but
the art of listening to your inner voice
of sensitively seeking ways to listen
to your own inner heartbeat

this simple message needs no learning
it needs no knowledge
it needs your innocence
it needs your sincerity
it needs an open heart and total acceptance

this existence has given you life it respects you
it wants to give you more
and the only way to receive
is to receive silently

do you understand the significance of innocence
of not knowing ?
you do not need to know
you need to be
and nothing on this earth prevents you
from finding a nice silent space
and drowning into it



accept yourself exactly the way you are
do not fight yourself
and trust your inner being
this message sets you free
just to be
no judgment...no denying
total acceptance
you are perfect

just understand one thing...
grow inner trust
grow your inner master
only you can ignite it from within...

the moment you listen
from the very centre of your being
it opens
and that is the miracle



it is not going to come from outside you
 it is the very deepest inner being within you
 you know where that key is
 that golden key to your inner mysteries
 you hold it in your innocence
 you hold it like a child and you can open it

a real master is nothing but a friend
 he can lovingly create a certain device
 he is a catalyst and a friend to give you recognition
 to recognize the buddha within you
 and to inspire you
 and to show you that the journey is very simple
 please understand
 the journey is very simple

anybody wishes to ask the question ?

question *for me it is very difficult to do dance
 even if i like to dance...whatever i do...i do it through force
 no matter what i do...even if i enjoy it
 i have to overcome myself and whatever i do
 i always wait for the moment when it is finished
 what can i do ?*

the inner journey needs a certain kind of effort
 it needs a total sincerity
 it needs a certain effort to create fire
 but effort is not the answer
 but not making an effort is not the answer either
 how to make an effort and learn where to drop it ?
 that is the understanding



for truth one needs an intense desire
 but desire cannot get you there
 where to drop the desire ?
 truth needs intense thirst
 where to relax is the intelligence
 whatever you do you will need to do much
 to climb your inner sky

what is the intelligent way ?
 let me tell you how buddha explained it
 doing and non doing
 balance...balance is the key
 active...passive...
 active passive creates a friction
 like i explained to you today
 intensity takes you higher
 gives you the peak
 relaxation takes you to the depth
 gives you the let go

understand the balance of the opposites
 if you do too much you will become hard
 if you do nothing you will become soft
 how to find the middle path ?
 how to use doing and non doing ?
 how to generate the third...that is the middle path
 you understand ?

today we did kundalini meditation
 first stage shaking...we created intense fire
 warmed up the body and generated energy
 second stage dance...we peaked the energy
 and started balancing it by doing and non doing
 male...female...giving...receiving...it balances the energy



and came to the one...the third eye
which is the point of awareness
in last stage we lie down...
still...unmoving...we do nothing...
 where is the meditation in this ?
 it is only in the last stage...when you are lying down
 that the energy reaches to the seventh
 the very centre
the first three stages were preparation
shaking...expressing...stilling...stopping...
can you see the four stages
had you not created intensity...expression...stillness...stop
you would have not come to the stop

the last stage is meditation
we did so much
to come to the peak
the peak is a mountain of total silence
pure stillness and you drink it downwards
 the nectar you gathered after much effort
 much expression
 and intense desire to still it
 then came the stop
 you would have not reached there
 without creating these preparations
 these stages...these devises

you are saying....you do not like to do anything
there is another way
really...do not do anything !
there are two paths
one is to slowly slowly slowly climb upwards
go to the peak and come to the stop



the other way is to descend
descend descend descend...downwards
let go...let go...let go
and simply fall into the whole
now you are on the path of surrender
that is the way of surrender
 whatsoever you do
 try to find the inner balance
 that still point...and you will know
 how much to do and how much not to
 do
 you will find this third factor

questioner *vipassana was difficult...almost impossible...*

impossible ?
it is easy...
first day is first day
try a few days...
catch the inner rhythm
 no matter what
 you are walking every day
 how you are managing to walk everyday ?
 is that not impossible ?

a small child will find walking impossible
do you find walking impossible ?
who taught you balancing when you walk ?
you can ask the child to try to walk
he is trying to find the balance
he does not know how and each step he falls down

you are already doing the impossible !
i am taking you back to before you learned how to walk
vipassana is easier than what you are doing
we will figure it out
do not conclude the first day...it is too early

usually people who teach these methods like tai chi
they give you only one step at a time
they say...for one week just put heel to toe
heel to toe...heel to toe...one week !

then they tell you this
how to put your weight forward
one week just to learn to move your weight

i am giving you everything in one and a half hours !
no child learns to walk in one and a half hours
how long it took you to learn to walk ?

it is very easy...my friend
once you understand the inner keys and you apply it
you will understand the inner mechanism
how to use left and right
left foot...right foot...to create centering
you are doing it everyday

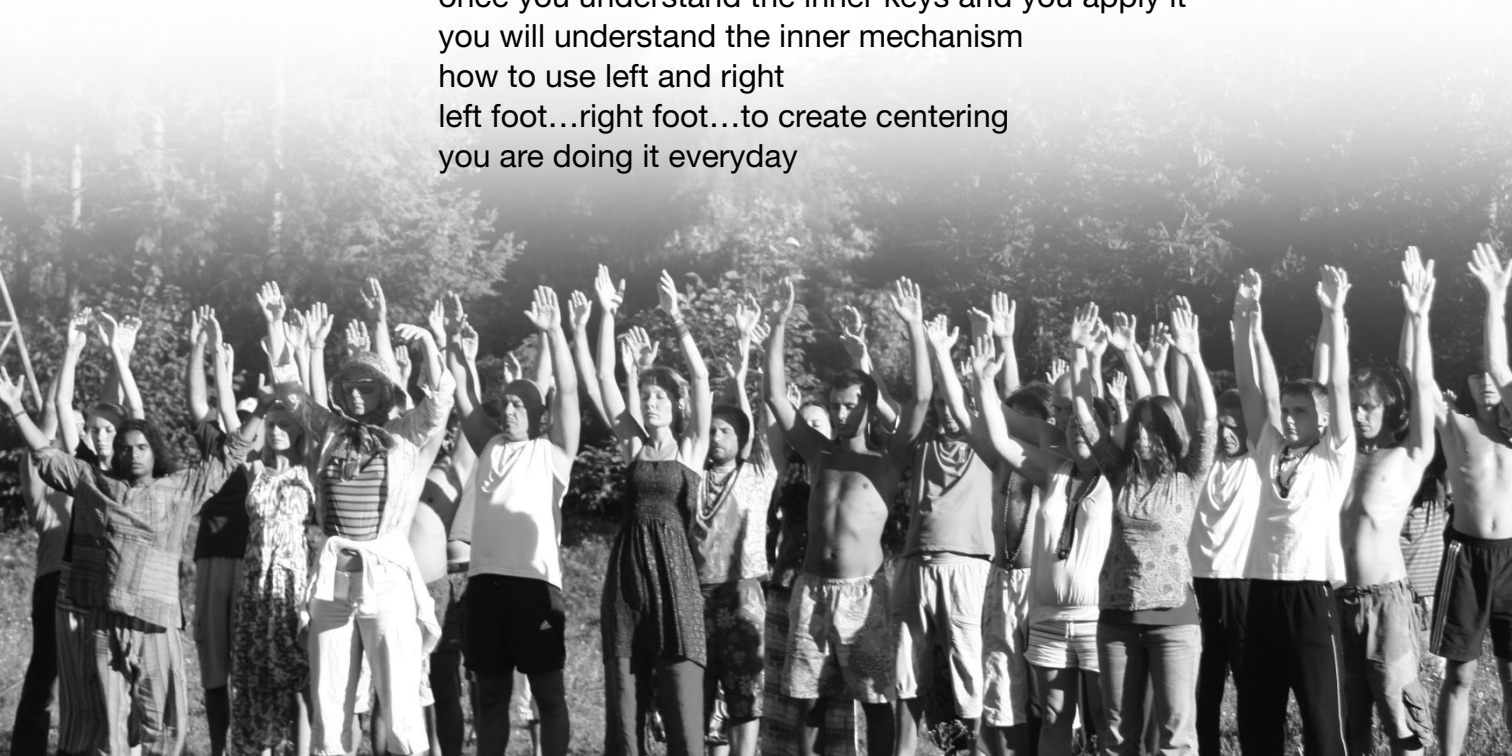
vipassana is by far the easiest method
because you already know how to walk
how to use your walking intelligently
now that is up to you

i can give you a simpler method
and this is for everybody here
your whole brain...all the nerves...are connected to your hands
your hands are connected to your heart
the palm centre is connected to the third eye
joining your hands together is connecting to your seventh centre

it is like a flame
there is a peak
you see this ?
this is the peak...
now your hands are extensions
of everything that you have
very simple
if you cannot do the walking
then consciously move your hands...

just move your hands consciously
slowly move like this...slowly move like that
whatsoever action you do in the day
drinking your tea...using your hands for any movement

you keep moving your hands the whole day
scratch your head...hug somebody...whatsoever you do
you have to use your hands for expression
so the same principle applies to the hands
whole day just move your hands consciously
everywhere you move...just feel the flow
from where it connects and how the breathing moves it



you will feel your energy centred
it will create a certain emotion
it will create a certain thought
and your action will arise out of it
move backwards...
action...thought...emotion...stillness...

a little imbalance will create action
totally centred...no movement...no mind will move to emotion
emotion to thought
thought to action
this is how you act

your actions do not happen automatically
you feel first...then you think...then you act
now you can reverse it
you can take it back to the source
joining the source of your life to the act
joining the act back to the source is the journey
just move your hands slowly...whole day
it is very powerful experiment
if you can do this continuously
each and every part of your inner brain
will start becoming alive...it is very powerful

just by moving your hands slowly
you are awakening inner parts of your brain
and sensing different spaces...different points in your brain
these are where your energies leak from

you can generate more power and flow
through your finger tips
just sit down...then keep moving your hands slowly
no need to follow any pattern
just let the hands move



and slowly you will understand what i mean
your hands will start creating balanced movements
and a certain stillness will start arising in you
do it as an experiment
one hour is enough
you will feel a certain strength...clarity...flow

there are two ways
one is through control...control in movement
one is through let go...allowing the movement to flow
i am not using control
i am simply feeling the flow and watching the flow
so the hands are empty
there is nothing within it...holding it

it is pure light
it is like a dream
i am not moving it
it is very easy
try it...it is fun
vipassana is very easy

question *i want to ask about my dreams...
i saw you in my dreams several times at night
and you gave me some clues and once even a lesson
sometimes when i wake up i realize
that the dreams were not just dreams
some kind of inner work...
is it just my mind game or my subconscious working ?
what to do with it ? how to utilize this ?*

mallika is so beautiful
perhaps she comes in my dreams !

you are saying i am coming in your dreams
i am lucky...i did not know i was so fortunate !
there must be something to it
mallika has an unusual quality
i told her this when i first met her

mallika is a dreamer
she is really a dreamer
and it is beautiful
it is beautiful to have that sensitivity
to have that dreamlike quality surrounding you

these are wings that make you fly
dreams are your inner wings !
they help you fly freely in the sky
there are people who have this extraordinary gift
they know how to dream
and you are a beautiful dreamer !

it is your journey
this dream is no longer a dream for you
because the moment you took your sannyas
that window opened into vision

when we met...your door of dreaming became a new window
of higher vision descending into you
and you have that quality
it is a very rare and beautiful quality
once you understand that dreams can become visions
that beings can reach you through your dreams
then it is no longer a dream but mysticism

when you are in russia and i am somewhere else
do you think you are there and i am here ?
no !
physically maybe
but this buddhfield is connected everywhere

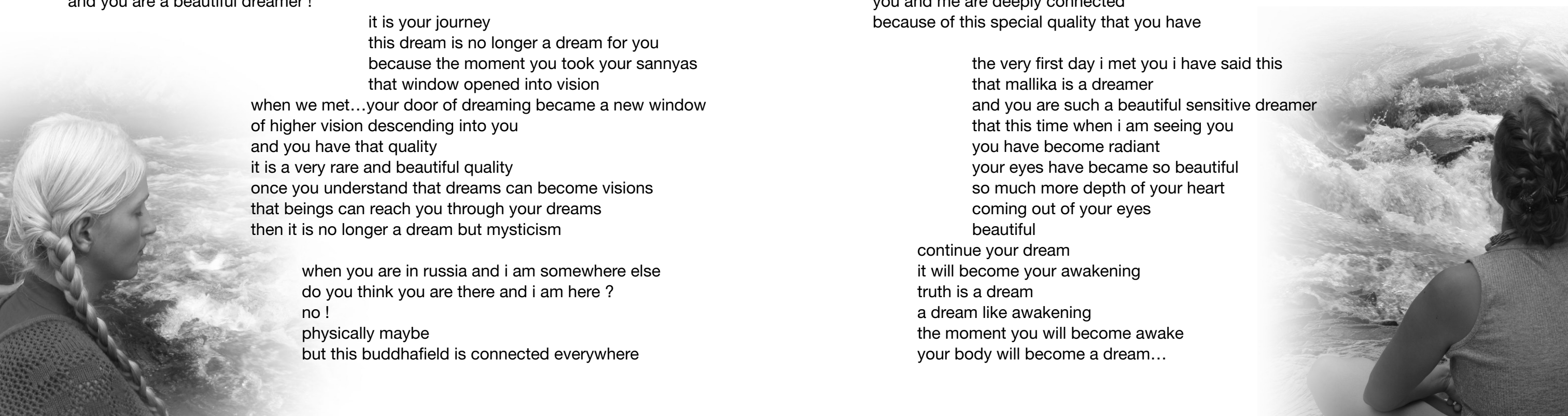
these are vertical beams of light that can reach everywhere
and all the vertical beams present in the world now
can catch the message

most of my personal work and inner work is done at night
i am always awake till four in the morning
and half the day i am sleeping
this is the deepest way to meet my friends
and i do not need a body to go to meet them
whosoever remembers me i am there

so keep dreaming and i will keep meeting you
and please you can come to my dream anytime !
i have no door...it is open
and we have that connection
you and me are deeply connected
because of this special quality that you have

the very first day i met you i have said this
that mallika is a dreamer
and you are such a beautiful sensitive dreamer
that this time when i am seeing you
you have become radiant
your eyes have become so beautiful
so much more depth of your heart
coming out of your eyes
beautiful

continue your dream
it will become your awakening
truth is a dream
a dream like awakening
the moment you will become awake
your body will become a dream...



this reminds me of chuang tzus butterfly
chuang tzu said...i have a big problem
he said to his disciple
i do not know how to solve this problem
see...last night i went to sleep
and dreamt i had become a butterfly
i am not worried about the dream but what is worrying me
perhaps the butterfly is dreaming that he is chuang tzu ?
am i a butterfly dreaming that i am a chuang tzu ?
or chuang tzu is dreaming that he is a butterfly ?

in a dream everything is real !
who is to say that you are not a butterfly ?
and who is going to tell the butterfly in the dream
that he is not chuang tzu ?
there is nobody there to tell you that you are dreaming !

exactly the same way this world is living in a dream
you are all awakened beings...searching the light
nobody is there to tell you that you are the light
wake up from this dream
and you will see that reality is greater
than the dream that you think that you are
keep this trance like quality around you
it will nourish you

question (a woman asks...) *what does it mean to take sannyas ?*

sannyas is the ultimate journey
it is your recognition...of your being
that i am going to discover my inner being
sannyas is a declaration that my inner comes first
that mala around you is a reminder of your inner seeking

what does sannyas mean?
we are very fortunate to receive this beautiful gift of sannyas
from our beloved master osho
and specially for women
in the past women were never given sannyas
osho has opened the door for women
to receive sannyas with no conditions

sannyas used to have so many conditions
you need to live like this...you need to drop that
you are not given sannyas without conditions
osho has offered the greatest compassionate act
by giving sannyas to anybody with no conditions
total acceptance exactly the way you are

they think that half this humanity are women
in fact i do not agree when they say
half of humanity are women
three fourth of this humanity are women
the woman creates the child
two children at least
woman and two children have become three
man is simply one
so the woman is three fourth of humanity

the ignorant past has not allowed women
to receive sannyas and strangely now
thousands of women are taking sannyas
and declaring their right and their freedom
towards their inner journey
sannyas is total freedom...total freedom
and osho gives sannyas with total freedom
when you are searching freedom
the journey begins with freedom



sannyas is a great inner adventure
no conditions...nothing that you need to be...no guilt
you are accepted totally as you are in sannyas
all you need to learn is how to accept your own totality
sannyas is a total acceptance of yourself the way you are
you do not need to change anything...it is utter freedom
you need to receive it to understand its joy

and the moment you receive sannyas
something within you joins energetically
spiritually to millions of seekers on this inner journey
who have been here before...who are here today
and who will always be...you are joining hearts
you are joining your being
to this vast existence of beautiful seekers

your sannyas is a calling
towards all the millions of seekers in this universe
and it is watched by all the masters
that here comes another being of light
thirsty and sincere...a miracle is beginning to happen
it is sending your message to them...saying...i am at your door



gunjan is sitting here
she took sannyas last year
so we use that sannyas photo of gunjan on the cover of the cd
have you seen it ?
i made it specially for you
you have not seen it ? no ?

she looks like an angel with wings
you can see the photograph !
there are wings around her...
i am not joking...wings of light !

you can see the light surrounding gunjan
like wings are flying
so she is now a special angel for me
she protects me...yes !
you protect me

i have heard she has got her exams
she is studying very hard
but she had to make it here when rajneesh is coming
i see she is studying hard from circles around the eyes
what is happening to gunjan ?
what is going on ?
do not worry...just fail in your exams
i have given you a hundred percent marks from me !

your inner education is enough
and your parents are taking care of your inner education
i see it in your dance
you have already passed the test
do not worry
exams are for stupid people

take that photograph of the cd cover
show it to your teacher...ok ?
say to her...you see...i am an angel !!

i want to thank you
for being so patient and understanding
and letting me be in my slow slow way
its very difficult for me to find such beautiful people
to find sincere seekers
and most of the seekers are so demanding
they have so many conditions...so many ideas...so many judgments
i thank you all for allowing me to be the way i am

it is indeed rare to find such beautiful people
so i am very grateful to you all
i have fallen in love with russia
such beautiful people
such a thirst...so much sincerity
no demands....no judgment
you cannot imagine how difficult it is
when you go to share your love
people think you are there
to take something away from them

the most difficult thing to share
is a simple truth
you cannot share your innocence
whenever i look at you people
i am simply amazed
here are people the buddhas dream of

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novosibirsk 27 june 2009





you are seeking the truth
and the truth is seeking you
you are seeking a master
the master is seeking you
it is a two way process
it is not just the master or the disciple
it is one
you have a certain longing
the master too has a certain longing
he longs to share his dance and his song with you
and you long to sing and dance !
you understand ?
 who needs whom
 has always been the question
 do disciples need masters ?
 or is it the master who needs disciples ?
according to me the disciple is far higher
the master already knows
the disciple does not know
his not knowing and his deep surrender is a miracle
he does not know...and yet he has the courage to surrender
 in such a world like we have today
 this is true courage
 only a warrior can surrender !
 every seeker sitting here
 is in such a beautiful state of silence
 that you are declaring to me...loud and clear
 that you are warriors inside !
you are here to awaken your potential
and everything within you is available
you are total !
i have never seen such total people in my life
i salute you people

and i am grateful to each one of you for coming and listening
and giving me an opportunity to express myself
these initial camps are a great learning for me
you have allowed me the freedom to speak
to learn how to communicate with people
and i will always remain grateful
slowly slowly my ability to communicate
will become more sensitive
and i thank you all for that
i never underestimate simple innocent people
they are the very diamonds that the buddhas look for

 i am speaking from my own experience
 i am not telling you a story
 i am not a story teller
 what i am telling you is my own experience
 because i have been a seeker
 and still i am a seeker...and disciple of osho
 so i can understand and i can feel for you
 i can really feel what it is to be sitting over there
 i too have walked the path
so remember...i deeply love you all
i understand and i will do everything i can
to make sure that you get the simple message
it is my joy

 remember the first thing
 that you are enough unto yourself
 you have to understand that very deeply
 you have to learn to trust yourself
 and it is not a learning
 it is a simple understanding
 you need to understand
 that you are the very centre of your search

just understand the silent treasure in you
it is so simple !
why make it difficult when it is simple ?
if it was attainable through difficult ways
i would tell you all the difficult ways

i would tell you to climb the mountain
but there is nothing to climb
there is nothing to achieve
there is nothing to attain
you do not need anything
just becoming more and more of what you already have
and you already have it !
when you understand this
this huge inner struggle stops
you are losing so much energy
searching the truth that is already yours
why not dissolve into what you have ?

wherever i go i try to simplify the message
because that is the truth
this whole movement of sannyas has become so complicated
just the words of this innocent man osho
six hundred books...three hundred therapies
you need five lives !

how to go to the very essence ?
how to search the very essence of the message of osho ?
understand the essential
and then...if you want to fool around with other toys
no problem...it is pure entertainment

entertain yourself
do all kinds of groups and therapies
it is good for children to play with toys
but at least know...what is the essential !

it is a state of no mind where mind simply disappears
and you are present
how to reach that state ?
that is why we have these evening satsangs
to create as much stillness as possible

first comes stillness
a vast pool of stillness
begin with that
slowly slowly slowly...in your dance
raise it...raise it...raise it...raise it
higher and higher and higher and higher
and the moment you will peak
everything will stop

from that still stopped state
just watch
watchfulness from the peaked state
is a state of no mind... watching
crystallize your watching
slowly slowly slowly...bring it down
let it connect to each and every part of your body
bring the state of no mind into your bodymind
your bodymind will begin to experience
these states more and more
these are vertical transformative energetic states
these are energetic states of being

understand your inner harmony
how to peak and come to a stop...watch
drink it down...drink it down...let it settle
each of you...do it everyday
this is the very essential work
to continuously arrive to that state of no mind
it is a state



it is not a place...it is not a thing
it is not a thing to learn
it is not a therapy...it is not a group...it is not a teaching
you cannot learn it...you can experience it
each time you are dancing you are coming to that orgasmic state

this is how the buddhas have found it
the state of no mind is your peaked state of consciousness
at its orgasmic totality
this orgasmic state within you pouring in
relaxes you totally
that is why orgasm relaxes you and peaks you
a peaked relaxed state
it is the only inner attainment
the only knack...the only knack !

and each person is different
as how to create enough friction to peak and drink it
slowly slowly this whole bodymind will melt into it
when you are in your orgasmic state
do you think of your problems...your misery ?
do you know you are a man or a woman ?
whether you are rich or poor ?
you are simply in that ecstatic state

that is why the word totality is important...vertical totality
it connects you bodymind...emotion...spirit
all become one
there is no division

your body is real
your mind is imagination
your emotions are imagination
but your body is real
use your body to peak and the window opens

this is the whole journey
from here to here and back to here
slowly slowly the passage becomes wider and wider
so wide that you fall into it
you simply drown into it
each time you have peaked
you are experiencing the state of enlightenment
you are at the point of enlightenment
you have already reached



how to enlarge these moments
and open your inner being to expand and grow deeper ?
how difficult can it be ?
dance and celebrate
and the moment you peak
just become silent and watch
you are enlightened
now you know your enlightened state
once you understand this
that you are already enlightened
in your peaked orgasmic moment

that is the beauty of a buddhafield of energy
where many people are peaking
that is why a group of people gather around the mystic
and the mystic is simply peaking
and everybody is peaking
so many peaks
and the whole air becomes vertically electric
and raises everybody
higher and higher and higher and higher

that is a sangham
the meeting place for the buddhas
once you know the simple inner secret
the open secret
then you seek a master
for no real reason
just because he makes you dance
and then you meet other fellow travellers
who are also mad...who are also dancing
dancing...dancing...dancing...dancing

the sky is open
otherwise you do not need a master
do you understand the simple journey ?
and if you do not understand...who cares ?
in the orgasmic moment...do you care where you are ?
do you ask...is this the door to enlightenment ?
will i become a master ?
who cares ?

just enjoy that moment and its glory
where is the desire in that moment ?
where is the future in that moment ?
it is vertically present herenow
so total...so fulfilling...so utterly glorious



none of these stupid words
enlightenment...master...searching...desire...wanting
nothing can stand there !
as far as i am concerned i saw everybody peaked today
in their dance everybody was peaking...peaking...
peaking...peaking...the whole room became electrified in blue
all are buddhas
now you decide what you want to do with your buddhahood
what to do ?
you are buddhas !
in your peaked moments you are enlightened
a flash of light passes through you
aahhh...
that is all

do you understand ?
anybody finds it difficult ?
just enjoy the journey
it is very simple
do you need a therapy for that ?
you need to go and ask somebody how to dance ?
you need to go and ask somebody how to reach an orgasm ?
you see ?
be free...be free...you are free

do not be influenced by anybody
nobody !
you are enough unto yourself
and i am saying it with my totality
i have known it...i am knowing it...and it is my message
you have all read my book
how i walked in my inner journey
and how people come to tell me what is wrong with me

beware of these people !
beware of people who tell you what is wrong with you
beware of people who tell you that you need to change
that you need to learn something
that you need to work hard to improve yourself
that you need to add and learn something
to become an enlightened being
somebody has some secret knowledge to give to you
charging you three thousand to five thousand dollars
for their therapies and their groups

be careful of such people
they are your enemies !
they are putting you down
they are telling you that you are not enough unto yourself



you understand the meaning of therapy ?
they say...you need therapy
you need improvement
you are not good enough unto yourself
learn this...learn that
this is the way to truth

these monkeys know nothing
they are your enemies !
avoid such people and get rid of them
you are enough unto yourself



just listen inwards
there is absolutely nothing lacking in you
nothing lacking in you !
you have too much abundance
and each and every person sitting here
is carrying treasures from many...many...many lives
who are these therapists to tell you that you are not



they are cutting your wings
making you smaller and smaller
you are as big as this sky
everything you need is within you
and it is a very simple journey
you understand ? please understand

i have been hurt enough by thousands of people
always trying to crush me
i do not like any of my friends being crushed
this is going to be my biggest fight
against all these therapists
all these dominating group leader politicians
trying to make people smaller and smaller
and trying to show them what is wrong with them

there is absolutely nothing wrong with anybody here
everything is perfectly right...just a little intelligence
and a loving reminder from a friend...a fellow traveller
i am with you and i will never exploit anybody...why should i ?
you are all emperors as i am an emperor...i need nothing

i cannot see my friends being hurt
i cannot see my friends being exploited
at least osho disciples cannot be exploited
i have the right to fight for them
and i will fight for their freedom...their innocence...their beauty
to be the way they want to be

utter freedom of speech
total freedom of expression whether right or wrong
they have the freedom to express their joy
and their celebration and their love
they have the freedom to declare their enlightenment
they have the freedom to declare their buddhahood
they have utter freedom...



my master osho gave me utter freedom...
freedom comes first
and each person is free to share anyway they wish
with anybody they wish
with absolutely no fear of persecution or ridicule

everybody is free and freedom is my first message

you wish to be unconscious...you are free

you wish to be conscious...you are free

there is nobody here to judge you
nobody should judge any sannyasin
are they masters ?

in fact a master does not judge

if they were masters they would accept you the way you are
with no condition and no judgment

the greatest judges today
osho therapists...have become parasites
they judge each and every person who comes to their door
and show them what is wrong with them
these judges are egoistic parasites
they have become the new priests and politicians
exploiting oshos name...exploiting innocent hearts
of those who have come to the door of their master
full of love

do not exploit love
leave them free to their innocence
i am fighting continuously against all these therapists
they know nothing
and they do not even have the courage to declare they are enlightened
these are dangerous crafty priests

seek freedom for yourself and for everybody you know

live your life totally

allow everybody total freedom

to live their life the way they want

we are not here to judge anybody

we are here to share our love

to see the beauty in the other

whatsoever is wrong in that person

help that person

help his strengths

do not look for his weaknesses

see the beauty in each person

each person is so beautiful in so many ways

each person has their own individual uniqueness

each person has so much to contribute in their own way

let us help and support whatsoever they are

support them totally so they can flower in their own way



why should we search their weaknesses ?
because they need therapy ?
then offer these therapies free !
why do these people charge ?
three to five thousand to ten thousand dollars for osho therapies ?
if you are compassionate...just offer it out of your love

all osho meditations the core meditations are absolutely free
kundalini...dynamic...nadabrahma...gourishankar
all methods of meditations are given free by our master
these are the core meditations of the master
given to humanity as a gift

the greatest buddha that ever walked this planet
has given such a vast treasure
such a vast gift to humanity
these meditations are priceless !

go deeply into any of the meditation methods
stick to these core methods of osho
just the core methods...and they are all free !
they are given as a gift of his love
to all seekers...today...tomorrow and in the future
just do the basic meditations of osho
kundalini...dynamic...nadabrahma
trust these methods and go deep into them

i have never done any single therapy
i have just done these basic core meditations of osho
and these are the most extraordinary methods given by any master
do not get stuck in any therapy or group
be very alert and careful
and the journey will be very simple
the journey is simple !
stick to the core meditations



while we are here
i want to thank madhuri and deepak for bringing me here
i hope that we have not charged you too much
whatever money you have given
is gone for food and stay here
and a very little bit
just to take care of our travel and come here
many people who cannot afford
we make sure that they can come free also
we try our best to keep the price as basic as possible
very soon we are going to have an ashram in india
there will be no gatepass
nothing...

i am trying to keep it as inexpensive as possible
and we will offer some of the valuable therapies and groups
and those therapies and groups will be offered free
we will not charge for those groups and therapies

for example...

the mystic rose meditation used to be free in poona
today they charge one thousand euro for mystic rose meditation
just for laughing and crying...one thousand euro !

i am going to cut all their business
we will make the whole course free
the whole course !

i am going to make a joke out of these therapists
they will lose their businesses
it has become a business today...
they use osho books
his words of wisdom
they start selling to the innocent people

we are going to make such a vast open hearted space
nobody will be banned in my place
even my enemy will be allowed
i have no enemies
we have the courage to welcome that person
even if he is my enemy

i want all kinds of people to come
no judgment...total trust...total acceptance
even if they are my enemies...they are welcome
we are not afraid of such people
we welcome such people !

let us see if love can help
perhaps they need a hug
they need love...tenderness...acceptance
nobody will be banned in my ashram

this poona ashram is banning all the beautiful people
because they are afraid of them
if anybody goes a little bit off
they remove them and throw them out
what kind of people are these?

anybody on the path of meditation
will go a little mad...thankfully !
a little bit out of the mind a little madness is needed
that is beautiful !
that person has the guts to go out of the mind
he goes a little bit mad
and they throw them on the road ?
they should welcome them first !
they should give them space and love
these are the brave people !
they are experimenting
they need to be protected

all the greatest people of this world
who have reached peaks of consciousness
have always been declared mad...insane...crazy
they are not crazy...they are above the mind
they are far above...misunderstood

an ashram is a space for freedom
an ashram is a place for any seeker of truth
to knock on the door and enter
in fact there should be no door

the first rule of an ashram is freedom
freedom to be
freedom to express
freedom to live with no judgments
no one telling you what is wrong with you
supporting you in each and every way

that kind of environment will help the growth of humanity
it will help the growth of those who are seeking truth
and we need a space like this
where you feel welcomed and protected

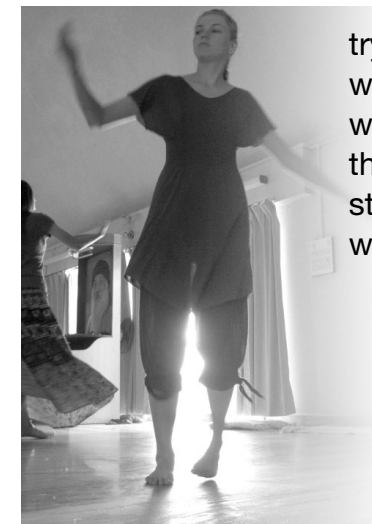


the inner journey creates a lot of sensitivity
and one needs to be protected
we need to protect the innocent

very soon we will have that space
i will do my utmost to make sure that people
who come to my door in their innocence
will remain protected
nobody will interfere with their innocence
nobody has the right to interfere
with another beings inner journey

these are very important lessons
that is why i have spoken about it in my book
these are the people i will protect
those who are misunderstood abused and ridiculed
all our ashram guests need to learn to love each other
to be compassionate in that group
they need to be...
how they want others to be with them
they have to learn to behave humanly

my book is very important
because it was an experiment of my master
and i was one of the seekers
who went through this experiment
each disciple learns and delivers
i will protect every seeker in many ways
and i know all that happens here
i will welcome you all soon
i hope very soon
whosoever wants to join us
will always be welcome



question *what is the secret of deep silent sitting ?
should we reach...peak and then go back
or is it something different ?*

each time you dance
you go higher and higher and higher and higher
and the moment you peak
everything become silent and still...

the higher the energy
the deeper the stillness
the deeper the silence

one needs to learn how to peak
and reach that peaked moment
where the whole body stops
no movement...is the peak

the other way is to sit and to sit and to sit
and to create such stillness
that the peak is already hidden within the still sitting
once the body becomes utterly still in sitting
like a deep valley supporting the peak

try to understand what i am saying
when you peak the whole body stops...yes ?
when you are peaked
there is only one single thread
standing upon...just one single thread
when you reach...everything stops

sitting you are searching the single thread
that fine vertical stillness
whichever way is suitable for you

first make a deep active movement
then expression
still...
stop...

it is more difficult to start with sitting
because you did not create enough pool of energy
to express it...to still it...to stop it
hence all osho meditations
are active meditations
activity that moves in balance and harmony
and comes to the stop

old buddhist traditional methods are simply sitting
it is a long way
osho methods are quick intense methods
to make you peak and come to the stop

you want to keep sitting
and come to the stop ?
if it is possible for you...it is perfectly ok...
you understand ?

tonight we are just sitting still
you had your dance for the day
you have done at least four to five meditations today
only so much you can do
and now you can just relax and absorb
whatever you have done...

half the job is to do meditations
but how about drinking it ?
how about just sitting to absorb the meditations ?

tonight we are just going to sit in silence...ok ?



dive deep into this silence
there is nothing to learn here
you have not come here to learn anything
you are here simply to unlearn
and experience deeper and deeper states of silence
so do not expect to learn anything
i am not a teacher
i have nothing to teach
neither are you a learner
going to some stupid school

you are here to understand
this inner treasure that you already carry
it is already present in you
how to dive in and listen deeply ?

this evening we created a pool of stillness
slowly slowly we moved the stillness into dance
higher and higher into dance
higher and higher till you peaked
when you peak
you come to the state of no mind
just this orgasmic peak
everything becomes silent
that silence...drink it down...down and down
connecting as deep as possible
this is all you need to learn
deep stillness and silence

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slowly slowly peaking higher and higher
this peak is an orgasmic moment of no mind
just watch...that watcher at its peak
slowly drink...bring it down
this is the journey
from here to here... and back again
here to here and back again
peaked state of no mind
drinking slowly...feeling how it goes deeper
deeper and deeper and deeper

the deeper you will go...the higher the peak
the higher the peak...the deeper you will go
earth and sky...earth to sky...back to earth
this is the journey

this is what we are doing today
sitting silently
creating a pool of energy
moving it into a dance
stop...
bring it back into silence
this is our evening meditation
once a day you peak to the maximum
and you go as deep as possible

there is no such thing as meditation
but people go on doing meditation
not necessary !
it is meditateness
a relaxed peaked awareness
moving through your whole body
as an undercurrent aliveness...meditateness

you are here to experience these states
coming to spaces like this you come here to experience
this transformative energetic state of consciousness
it is already within you
i am just here as a reminder
the moment you see somebody in ecstasy
peaking into this state
something awakens in you
something triggers within
i am there to trigger you
not to tell you anything

just live here for the next few days
you will feel what i am saying
do not come here to learn anything
when i am dancing...just dance
just disappear totally

in that moment like a rainfall something descend into you
when you are dancing the window opens
and something pours in
the window opens and something descends
the window opens and something fills you

you can remain seated like a buddha like a rock
you will not be open to these energies these states
that are descending on you
so when i am dancing just get up and dance
then be still...just be still

you will understand slowly slowly
why you are here...why i am here
rather...you are not here...neither am i
i am not here... you also disappear !
no one here...perfect !



in these four days we will try to go as deep as possible
we will try many different techniques given by osho
we will try to create as much intensity as possible
it is not about doing many meditations
it is the right balance
between doing meditations and absorbing
the first half is to do the meditations
the other half is to absorb
to absorb these energy states and get deep restfulness

when on your own be as silent as possible
silence expands you
it allows you to absorb these mysterious vibrations
these energies are very subtle very sensitive
if you are not silent enough
they will simply bypass you
be as silent as possible and move slowly
slow down your speed
slowing down helps your bodymind to become silent

physical movement is moving the mind
continuous movement is generating more movement in the mind
there is nowhere to go
just relax
enjoy the next four five days in deep relaxation
when you do your meditations
do them intensely and totally
and then relax
by relaxing after intensity
you draw back
you absorb
intensity creates the peak
relaxation allows you to absorb



just observe what i am saying
peaking...peaking...peaking
allow the energy to climb higher
then watch and let it settle

so each meditation that you do
do it totally and intensely and then relax as deeply as possible
if you can understand this simple secret
you will understand what you are here for
we are together as one...as oneness
each one is supporting the others meditation
we are all one pool of energy
you will go home definitely richer much richer
and remember i have nothing to give you
do not think i will give you something
i will take away many things from you
leave you alone in your silence

question *normally i have a lot of energy...i want to express my energy
but being here with you these days i feel as if i am frozen...
i feel as if everything is shrinking in me... stuck and i cannot
express myself...*

you say you have a lot of energy and normally express it
how do you express your energy ?
you run...you shout...you dance...you sing...??
i condense people
i catch you and hold you like this
you cannot breathe
everything stops !
with me the air stops
i stop things
simply stop

you do not understand energy
expression is not energy
stop is energy !
you will see people running shouting screaming jumping laughing
you think that is energy
it is all rubbish

when you peak...everything stops
you cannot even move
you are simply stopped
that is energy

if you do not like this energy
then you are free to leave
i am not a usual kind of person
i will stop you...freeze you
it is difficult...very difficult
a real master is not easy

people think they know what is energy
and the moment they come here they freeze
and they feel they have shrunk
you will understand it
if you have the courage to
i am very different
with me you will experience the stop
you can see...the air is not moving

you will not come across a person like me
i do not know whom you have met before
whom you have felt expanded with
have you met somebody ?

then how you can make a decision so quickly ?

if you want...i can make it very easy
i can loosen up
very easy...a child can do it



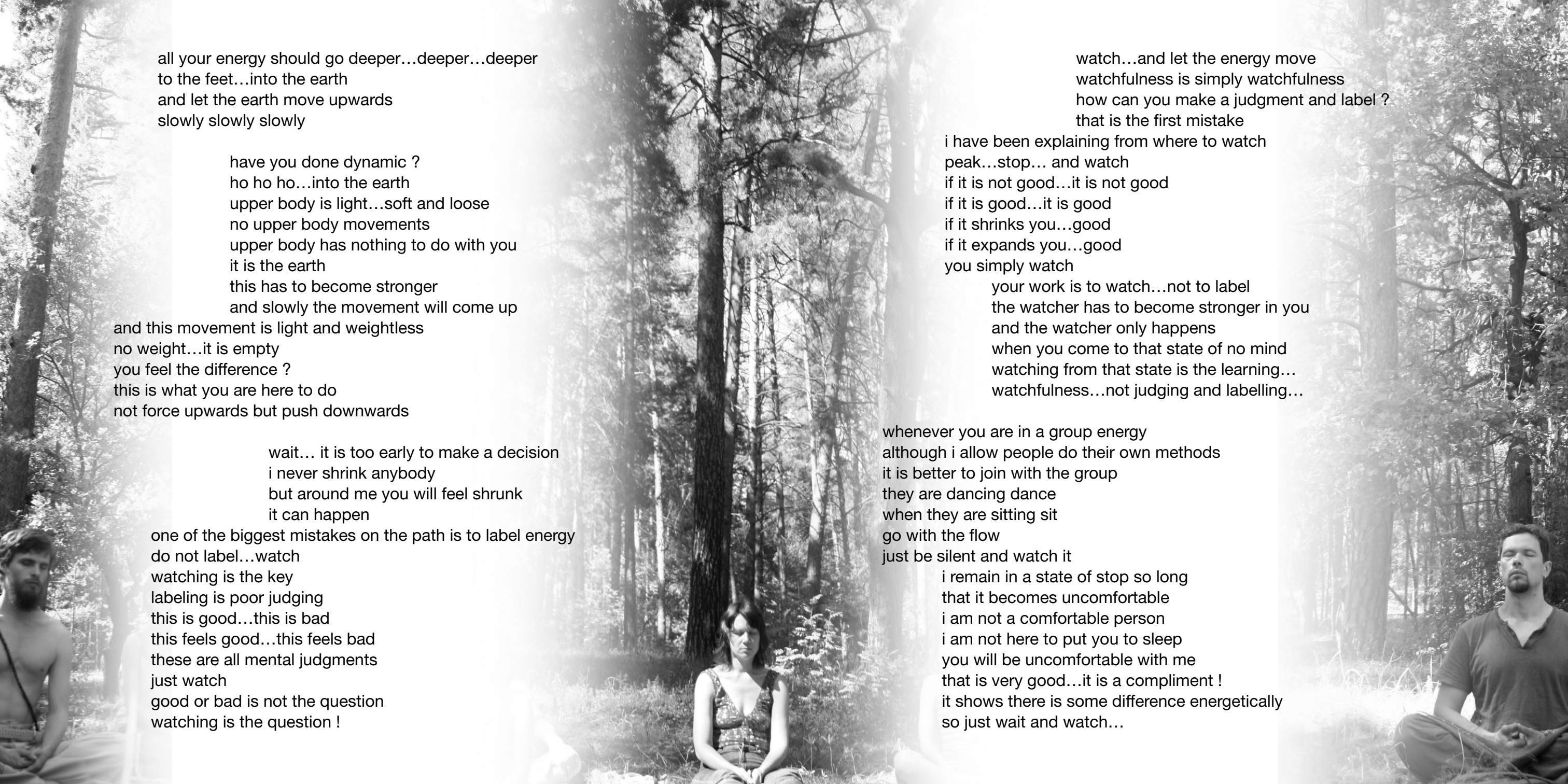
but to stop in this space
you need very high peaked energy
just by looking at a person everything will stop
so do not make such a quick decision
that everything is shrinking me

you have your own methods of meditation
you and your friend here
both have a certain technique
what you both were doing is a very powerful method
but it is forcing

i watched you both...i could not say anything
it is not my business
both of you were sitting and going into heavy movement
through rapid breathing...that is forcing
you are forcing your movement and sitting
that is dangerous...it is dangerous !
because you are not using your whole body to move
you are not going with a natural flowing movement
you are creating forceful movement

this method will create power in you
but not flow in you
so i would say it is a wrong method
since you are telling me something
i am telling you something
drop the method
go into natural flow
find the natural rhythm

what you are doing is trying to move upwards by force
you are using rapid breathing to climb
but who told to do that ?
the method is to go from here into the earth



all your energy should go deeper...deeper...deeper
to the feet...into the earth
and let the earth move upwards
slowly slowly slowly

have you done dynamic ?
ho ho ho...into the earth
upper body is light...soft and loose
no upper body movements
upper body has nothing to do with you
it is the earth
this has to become stronger
and slowly the movement will come up

and this movement is light and weightless
no weight...it is empty
you feel the difference ?
this is what you are here to do
not force upwards but push downwards

wait... it is too early to make a decision
i never shrink anybody
but around me you will feel shrunk
it can happen

one of the biggest mistakes on the path is to label energy
do not label...watch
watching is the key
labeling is poor judging
this is good...this is bad
this feels good...this feels bad
these are all mental judgments
just watch
good or bad is not the question
watching is the question !

watch...and let the energy move
watchfulness is simply watchfulness
how can you make a judgment and label ?
that is the first mistake

i have been explaining from where to watch
peak...stop... and watch
if it is not good...it is not good
if it is good...it is good
if it shrinks you...good
if it expands you...good
you simply watch

your work is to watch...not to label
the watcher has to become stronger in you
and the watcher only happens
when you come to that state of no mind
watching from that state is the learning...
watchfulness...not judging and labelling...

whenever you are in a group energy
although i allow people do their own methods
it is better to join with the group
they are dancing dance
when they are sitting sit
go with the flow
just be silent and watch it

i remain in a state of stop so long
that it becomes uncomfortable
i am not a comfortable person
i am not here to put you to sleep
you will be uncomfortable with me
that is very good...it is a compliment !
it shows there is some difference energetically
so just wait and watch...

question *is the watcher physically above me?*

yes...

the watcher is a certain state

at a certain height

it is certainly above you

it is above you...watching...

just like the sky...it is a watcher

it is a state...it is above you

hanging above you like a balloon

hence you cannot find it

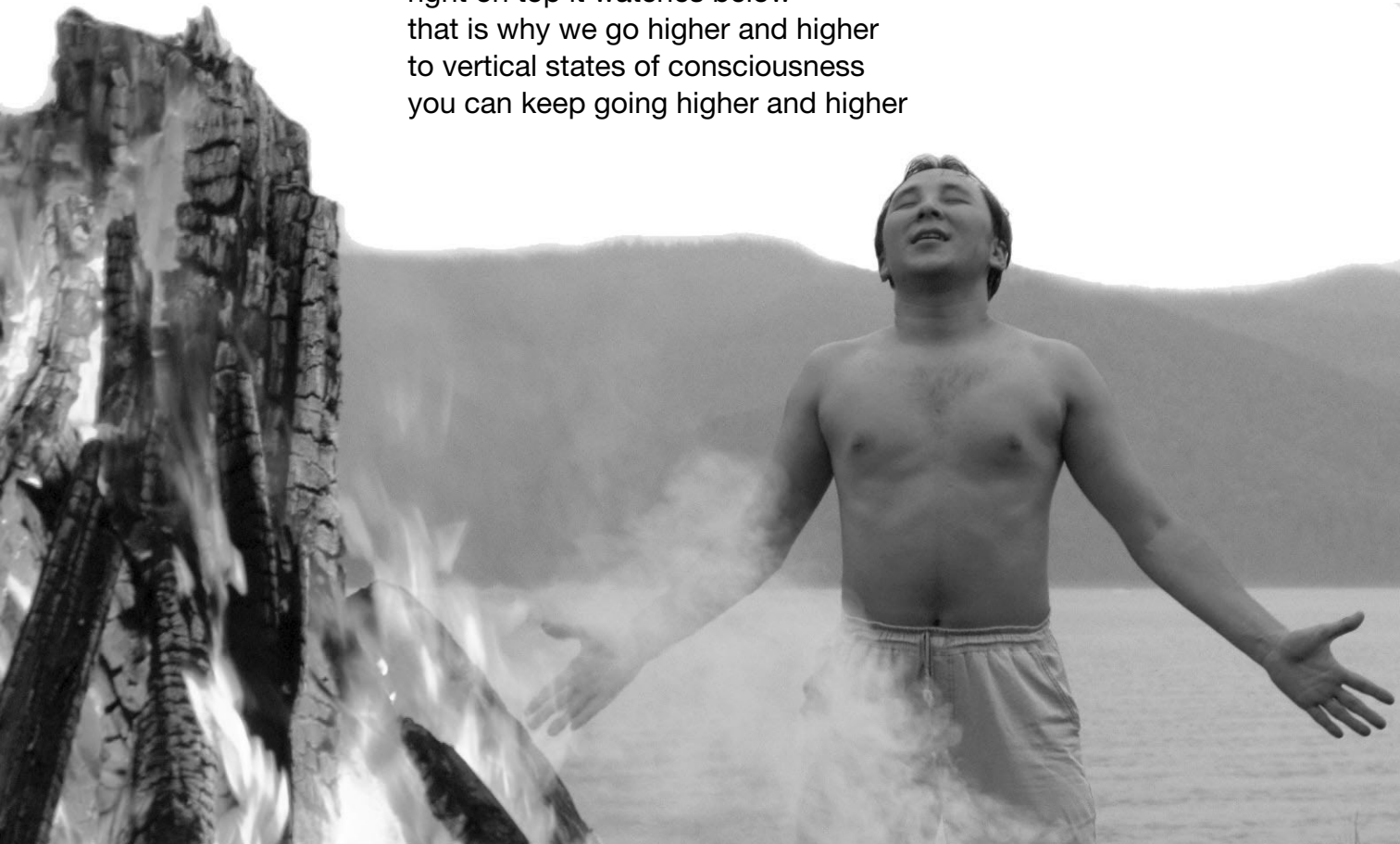
because it will be vertically above you

right on top it watches below

that is why we go higher and higher

to vertical states of consciousness

you can keep going higher and higher



just a simple understanding

there is a witness above you at a higher state of being

but it is present

it is present to you

how to reach that vertical peak ?

that is why we create stillness

and slowly slowly...we peak vertically upwards

it does not need much energy to peak

anybody who knows the state of orgasm knows how to peak

and when you peak...do you know you are there ?

you do not know whether you are russian german indian or french ?

you do not even know whether you are a man a woman rich or poor ?

you are just in that state...no mind

it is above you

when you reach that state

just become silent for one moment

that is the watcher

it has no judgment

it does not know anything

it is simply present to itself

it is not running around to judge somebody

it is simply hanging silently...in utter bliss...

it is not looking for anything

it has the quality of a mirror

it is simply above you

as a pure still silent witness

it is a state of no mind complete in itself

that is a pure witness

it is the ultimate state of consciousness

when you arrive to that state

absorb it into a deeper level

let it filter downwards...

you can peak for one moment
slowly that peak will descend
it is natural...it will descend slowly
it comes to your third eye
it comes to your throat centre
it comes to your heart centre
slowly slowly slowly it descends
it creates stillness in the whole body
and this bodymind will become silent
do you understand ?
it is above you and it is simply silently...watching

so you do not need to run around to find it
it is there where you are
peak and stop
drink it...live it through all your movements
it will filter through all your actions
it will become your meditative state

it is good you are asking these questions
because today is the first day
you need to ask certain questions
so you can break the walls
it is good

question *will it prevent me from doing everything ?
what will i do with it ??*

once the witness gets stronger and stronger
it becomes very difficult to do many things
many things that you were able to do before
slowly slowly become difficult
you will lose many things

when you go on the inner journey
you will lose mechanicalness
you will lose that certain kind of dizzy sleep
it will always keep you alert and awake
in fact when you will find the treasure
a great difficulty will arise
now what to do with this ?
this happens to everybody
what to do with it ?
nothing !
it will do you
you have to listen to it
you have to follow it
it will lead you
what to do with it ?
become more silent
become totally still
and let it lead you

and it may not lead you the way you want to go
it may take you somewhere totally different
and that is the price you will be paying
it will take away all your comforts
all your sleep...all your dreams
all your desires...all your luxuries
you will start losing everything...one by one
and when you become totally empty
nothing to hold onto
then it will take you also

it will take everything that you have
everything that you think that you have...
and it is better
because anyway it is going to be taken away
the day you are going to die...



you better let everything go
before it is taken away from you
enlightenment is another name for death
pure death...with no unconsciousness
pure death !

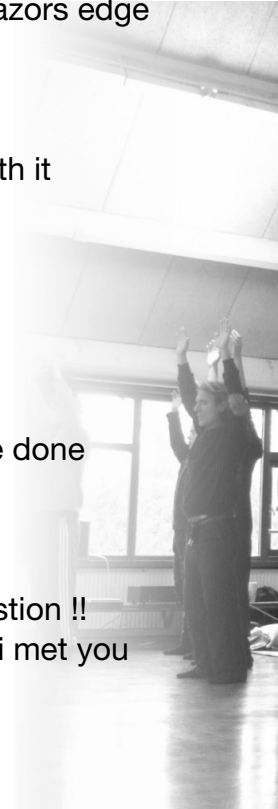
watch it with a laughter
no unconsciousness
you will see them take your body away and you will laugh
that is the real answer

remember...you are going to die
you cannot live forever
but that witness will remain
it is not comfortable for this bodymind
definitely uncomfortable !
it is like sleeping on a razors edge

you are earning your treasure
that is how you earn it...
continue !
do not ask what am i going to do with it
it knows what to do with you !
it is your life source
it entered you...gave you this life

it will come out...leave you and say bye bye
what will remain...knows what to do
the witness knows exactly what needs to be done

but i am not answering your question
i know you are not asking this question
i am scaring the other people with your question !!
you never had this smile the last time when i met you
this time you have such a big smile !



i cannot recognize you !
your smile has become so beautiful...
last time when she came she was very uncomfortable
but now she is so comfortable...such a big smile

question *can you compare vishnu and shiva to osho?*

i do not know who is vishnu...
i do not know who is shiva...
but even if i knew them i can tell you
that osho is nowhere close to vishnu or shiva
osho is far more juicier !

he is so whole...he is so acceptant...he is so full !
his wisdom...his knowing
his experience...his sharing
his love...his compassion
everything is on a different plane
he is from a different world !
he is so total

he is the first master who i would say is master of masters
he worked with so many different individuals
from so many parts of the world
india...africa...europe...america...the whole world
he has worked with human beings across the world
he is the first master who accepts women totally
no master has worked so openly with women
he has so much regard
so much reverence towards women
he is a total breakthrough !

i can never compare vishnu or shiva to osho
yes shiva was perfectly ok where he was
but osho is of a very different kind...master of masters

he has spoken on buddha nanak farid meera kabir raidas
every single living master !
shiva was very poor in the outer world
but in the inner experience of shiva or vishnu or budhha or osho
the inner zero experience
is the same
there is absolutely no difference

inner experience
the outer expressions
the outer work of a master creates a new dynamism
a new inner juice
and certainly osho is master of masters
just from simple understanding

so let us drop the past
bye bye vishnu...bye bye shiva
let us live with the present
let us come here to these days

living masters are very difficult
because they confront you all the time
you can dream about shiva and krishna and mahavir and buddha
they are so far away and in so many dreams
meeting a real person is totally different
no comparison !

so i would say...bye bye to shiva
good for them
who wants to live two thousand years behind ?
why not look at yourself ?
you drop these people
india is full of religions living in the glory of the past
and you can see the present india
vishnu...rama...shiva...krishna

look at the people in india
they have no quality of religiousness
how many indians have gone to osho ?
they do not even have the guts
total hypocrisy !

india is no longer a spiritual country
it has nothing to do with the spiritual
nothing...the most retarded
there is more fire in russia than in india
i say there is a greater spiritual future in russia than in india



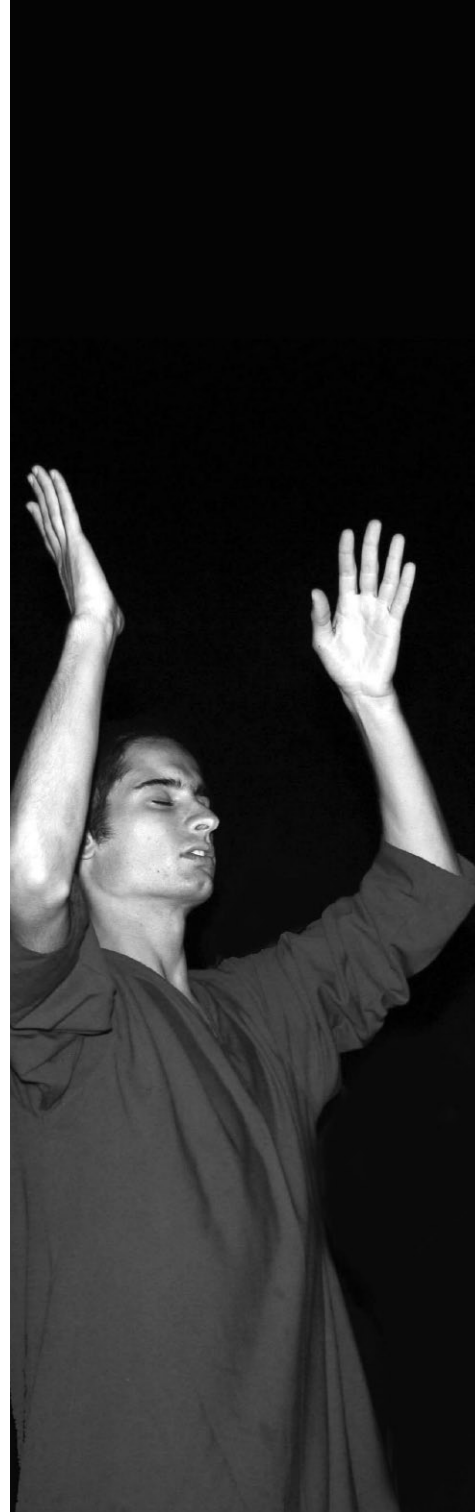
forget about shiva !
i never discuss about the masters in the past
osho is the present moment
always go to the present

but your experience in india must have been good
because you have a certain flavor around you
a certain taste of understanding
i can taste it
it has been beautiful for you

sometimes dead past masters open doors
because you can live in a certain fantasy
you can see krishna
krishna is a perfect master
why ? because he is not present !
the moment he will come present you will run away
you can see
the whole of india ran away from osho
they condemned him...ridiculed him
laughed at him...rejected him completely
yes !
understand what i am saying
no comparison to osho as far i am concerned
even if he was not my master
i would still say the same
he is raised the very level of consciousness to a new height
he has made it so much more colourful
he has accepted all paths and all people
from sufis...to bauls...to taoist...to zen
no comparison to osho

i love my master
whatsoever flows around me
is a small river from his ocean
i am just a small river...he is a vast ocean
but my river is growing vaster and vaster
people like you are making me grow...
and i am growing !

growth has been the way of osho
enlightenment is just the beginning
after that comes a new growth
how to share...how to express...how to spread
how to expand into the wisdom of a master



enlightenment does not make you a master
a master is a different opening
i am not a master...certainly not...i am a devotee
and i am growing and i will grow
give me ten to twenty years
some flavours of my master
a certain taste may come through
that only a devotee can carry
it is not a question of enlightenment
it is a question of my love
yes my love for my master will give you a certain taste
hmm ?

question *what is the difference in vibration
between shiva and vishnu ?*

i do not know their vibration
i never met shiva...i never met vishnu
how i can know their vibration ?
how ? you tell me...

question *shiva is pure consciousness...
vishnu has a different kind of energy...*

who cares ?
i do not care !
i am not even bothered...living into the past !!

question *vishnu is energy... it is nothing personal...*

i am more concerned about you than about vishnu...
whats your name ?

questioner *ma sahaya*

are you interested in vishnu or in ma sahaya ?
are you interested in your meditation or in vishnu ?

questioner *we are one...*

no you are not one !
if you are one
then you are enlightened !
you are still two
forget about all these religious people

i do not know vishnu
and neither i want to know
i know people who are in front of me !!

call vishnu to my camp i can discuss with him
if he wants he can come here
i do not care about past glories
 who told you india has something great ?
 people go to india
 because of some vishnu...shiva...krishna...
 do not be hypnotized by these people

questioner *i got an experience of vishnu...*

you can experience a master five thousand years before ?
you cannot even experience your present moment !
please do not give me this kind of questions and answers !!
you are sitting here alive
vishnu was five thousand years ago !
you can experience the person five thousand years before ?
you cannot experience yourself here now
please !

understand what i am saying
i am trying to help you to come herenow
you want me to give you a message about vishnu ?
no...i am not that kind of person
cut all that rubbish away...you come here !
do not go back five thousand years in the past
and all those experiences are rubbish
bogus...imagination...fantasy...dream



this silence
is the search
how to dive deeper and deeper
into the state
of utter stillness ?

deep silence
such a simple message
and so much talk about silence
how to reach it...how to drown into it
can you understand how ridiculous it is

have we gone so far away
that we have forgotten
how to listen to our inner being ?
have we lost this simple state of innocence
and gathered so much rubbish
that we need to learn
how to be still and silent ?

the message is very simple
but nobody wants to understand the simple message
the simple does not suit the ego
you are a powerful person
you can move the world
you can do so much
sitting silently...doing nothing
how the world will move ?
maybe it will stop spinning and collapse

russia tour

ekaterinburg 6 july 2009



this ego of becoming...of doing...keeps you away
from the simple innocence of your inner being
again and again i will say to you
that your entire search for truth
is hidden within you

it is within you
in the deepest state of silence
and utter stillness
it reveals itself to you

you do not need to add any knowledge
you do not need to add anything...all adding...is looking for change
as if more understanding...more knowledge will give you the way
you already contain the truth !
how to listen within
and transform your inner being is simple

transformation is not information
transformation is not change
change means not accepting yourself
the way you are
something is lacking in you
so you need to learn
and add something to yourself
to become more than who you are
all learning...all teaching...all therapy
everything is asking you to change

the moment you go for therapy
you are saying i am not enough onto myself
i need to learn something to change myself
but you do not need to change anything
you are perfect just the way you are

try to understand what the buddhas mean
when they say that you are perfect the way you are
they are indicating that within you

there is the silent buddha
awaken it...

how to awaken it ?

you need to understand the word transformation
the moment you understand
that you do not need to add anything to yourself
you begin to understand the word transformation

transform whatsoever you have within you
move the energy vertically upwards
whatsoever you have

use it to transform...vertically...higher and higher

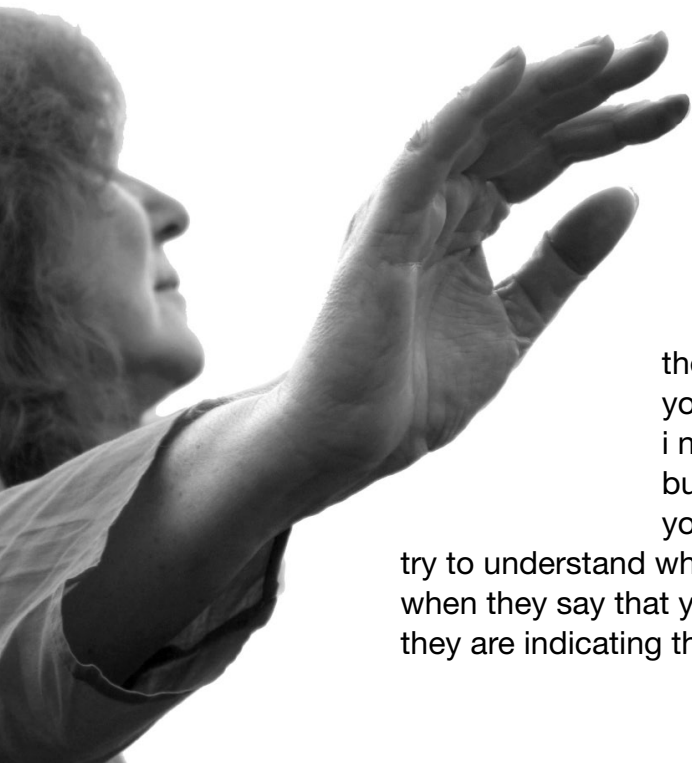
you do not need to go outside yourself
just inner vertical energetic transformation
and learning how to peak
to the highest possibility in you

the moment your energies
are transformatively moving vertically upwards
it hits the highest centre in you
and that is your state of no mind...
the windows are vertically above you
the state of no mind lies in your peaking

what is the dance ?

it is the vertical transformation of your energies
to move higher and higher towards a crescendo

the moment you reach that peak
that orgasmic centre in you
everything becomes silent
you disappear
you are no more man or woman
rich or poor
russian indian african...
you are simply that orgasmic silence...



you are transforming your inner being to its highest potential
and that is your living master
each moment you dance and you peak
you arrive to that enlightened state
you are face to face
in that orgasmic moment
with your own living master

hence i dance
peak
stop
drink...drink...drink
let that peak descend deep into you
that is transformation

vertical transformation needs nothing
just a simple dance
a totality of being
a deep thirst to reach higher and higher within you
and the moment you will reach
you will know

drink...drink...drink
let it go deep
again you peak
drink it and draw it down
and live your life meditatively
let it spread...this orgasmic silence
let it spread into your day to day life
and soon
you will be utterly filled
utterly fulfilled in an orgasmic celebration
the word bliss...the word no mind
is a living experience
just dance...be total...disappear
and you will know



and once you have known that state
whenever you wish to peak again
just dance
and sit still

your silent sitting will no longer be dead
this sitting will be alive and vibrating
in a heightened state of consciousness

this stillness while sitting
is so deep and utterly content
because it is drunk
from the highest peaks of consciousness

now you understand what we do every evening
a small glimpse...a small taste
sitting silently
gathering your energy
vertically transforming it
higher and higher through dance
coming to the crescendo
slowly bringing it down
allow it to settle

you see the journey
it is from here to here
herenow
this vertical moment
you do not need to even step outside yourself
do not change yourself
just be exactly the way you are

accept yourself totally the way you are
if you do not accept yourself just the way you are
you will be dividing yourself
and you will lose your totality
you are perfect

just a little knack
how to peak and be still
this peak creates the stillness
the moment you will peak
stillness will be so natural
a simple answer

and each one here
knows perfectly well the way
remember again and again
it is a vertical journey
the path is within you
in fact you are the path itself

each time you dance and peak
you are becoming the path
and slowly slowly you dissolve

there is no path
there is no goal
you have dissolved
into this vertical tunnel of light
there is no one

you have become the living answer
can you see you are free
you do not need anybody
you do not need any therapy
you do not need to learn anything
unlearn...see the treasure you have
be grateful for what you have within you

just listen deeply and silently
and there is no door for you
it is an open sky
it is freedom waiting for you
it is a treasure that has been given to you

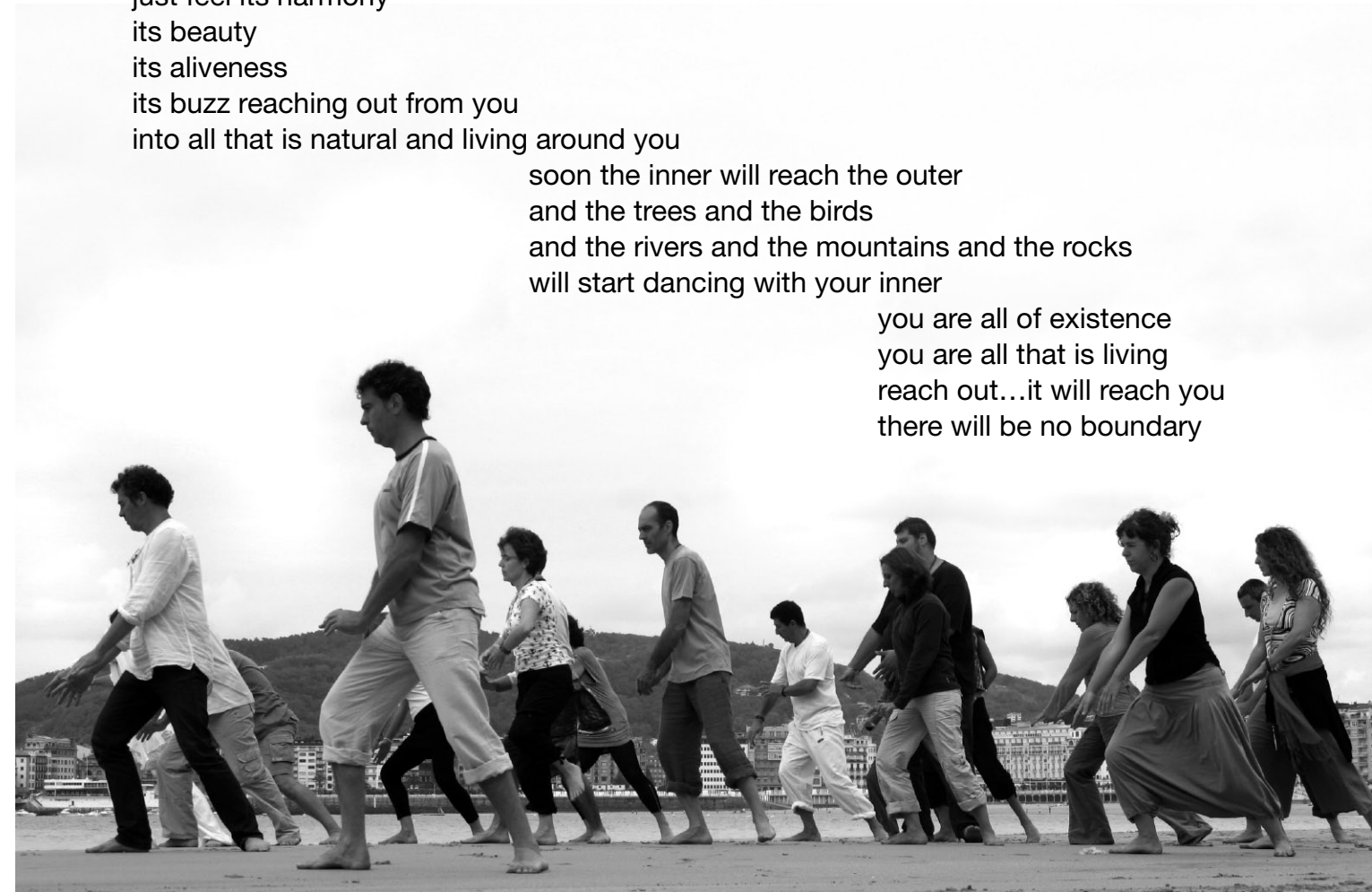
accept yourself
love yourself
and you will hear it knocking on your door
trust its silent voice
learn to trust when it comes to you
deep trust and surrender
and you will grow stronger
and that inner voice
will become louder and louder like a buzz

it will not say anything to you
just feel its harmony

its beauty
its aliveness
its buzz reaching out from you
into all that is natural and living around you

soon the inner will reach the outer
and the trees and the birds
and the rivers and the mountains and the rocks
will start dancing with your inner

you are all of existence
you are all that is living
reach out...it will reach you
there will be no boundary



the greatest art is to learn how to be silent
in silence there are no walls
you become transparent
it is easy to say become silent
but the mind keeps on moving

how to reach that state ?
the simplest way i know
is to dance your way to the divine
and in that silence of peaking
you can drink it easily

question *what is meditation ?*

when you say meditation
it implies that there is something that you can do
but meditation is not something that you can do
because if i give you something that you can do
the human mind is such
that it will be continuously doing...doing...doing
people think meditation is something they do
to achieve something

the same mind that says
do and you will earn
do and you will become

people think that they will meditate continuously
six hours...ten hours...twenty four hours
just tell anybody to do meditation continuously
and the door will open for you
they will do it...that is easy



people think that meditation is a goal
hence i say again and again
there is no such thing as meditation !
all meditations created by masters are simply devices
to teach you how to be total in a certain space of time
how to be total ?
in total movement...total expression
total stillness...total stop
the moment you can learn totality
and how to come to that stop
then you have drunk from that meditation

once you have drunk the state
you need to live the state
hence i say meditateness
as a quality of living your life

for example kundalini meditation
first step your are shaking
that is not meditation
it is the body shaking
bodymind shaking

then you come to dance
the emotions are shaking
bodymind emotion
preparing to arrive to the state of no mind
then you sit still
things become silent
last stage you lie down
the last stage is meditation...

hence it is very clear that you cannot do meditation
all stages of meditation are preparation
just warming up the bodymind
to come to a peaked state of no mind

the moment you arrive to that state
you finish the meditation
and then you start running
i have done the meditation
now i will live my life
smoke a cigarette...find a girlfriend
run after something or the other...

after you finish
taste your meditateness
live meditatively
i call it living vertical awareness
being in the state of meditateness
please try to understand

all meditations leave you nowhere
meditation is not an achievement
it is to learn how to drop this achieving mind
to slow you down...to still you

you disappear as an ego
you start losing all your knowledge
and by and by
you become vacant and empty
what are you achieving ?
pure emptiness
that is the achievement

learning to lose all boundaries
all definitions
learning to lose
is the way
learning to disappear
to dissolve
to become one with this beautiful universe



why you want to be separate ?
be an achiever ?
the more you will achieve
the more you are
the less life will enter you

this outer existence
that is just dancing with life
cannot reach you
because you are in between
let these boundaries disappear
you are nobody
just a pure emptiness
unbounded
weightless

there is no such thing as meditation unless you can live it
walking...sitting...brushing your teeth...having a shower
just breathing...just living with awareness
with a certain grace and an inner flow
moving from the centre to the periphery
then all meditations will disappear
and a new quality arises
you understand ?

whenever you do a meditation
the inner secret
is to dissolve yourself
finish your meditation and live it

the moment you do any meditation
come out of it and spend the next twenty thirty minutes
feeling the silence and stillness
feeling the flow of life within you

i do not do any meditation
i simply flow with life
hungry...i eat
sleeping...i sleep
waking up...i wake
i follow a natural rhythm
more and more naturalness...

any question ?

question *how to be with the sense of guilt and sense of being
offended ? it prevents me to go deep into meditateness
into meditative states...*

two different worlds...

be offended !
let them offend you
you simply enjoy
everybody attacks me
i simply laugh

if you are offended
it means something is hurting within you
you do not know yourself
the part that they can offend in you
is your ignorance

if you think that you are an idiot
somebody calls you an idiot you will be offended
but if somebody calls you an idiot
and you know that you are not an idiot
you will simply laugh !
the person does not know me...
you understand ?

taking offence means
accepting that you are an idiot
he said you are an idiot
you got angry
it means deep within you
you think you are an idiot

taking offence shows much about you
when you know your inner self
nobody can harm you

they can harm your body
they can try to hurt your mind
they can try to hurt your emotions
but are you the mind the body and the emotions ?

when somebody offends you
just close your eyes
if it is true
then accept it
if it is not
have a good laugh...
do not be so serious !

guilt...offence...
you are still young !
just go shake it up...have a nice dance



life is vast...what guilt can you carry ?
keep the guilt in one bag
say ok...i do not have time right now
i am too busy dancing
having a nice love affair
swimming in the river

mister guilt...stay here in the box
and when you die
in your coffin open that box
ahh...here it is !
you have plenty of time when you die
to think of your guilt

i am surprised
just sing dance and celebrate
do not ask such serious questions
tonight dance totally !

let me tell you one secret
the moment you become serious in life
guilt starts coming towards you
when you are paying attention to guilt
it says...ahaha... i have found a nice place...cosy
from all around you other peoples guilt start rushing to you
it also needs attention



from eternity to eternity you have time
you will be bored in your coffin
right now you are living !
enjoy your life
enjoy what you have
just celebrate
who has time for guilt and all this nonsense ?
hmmm ?
you will have plenty of time
do not worry...i assure you
you are so young
i do not know how to answer you really

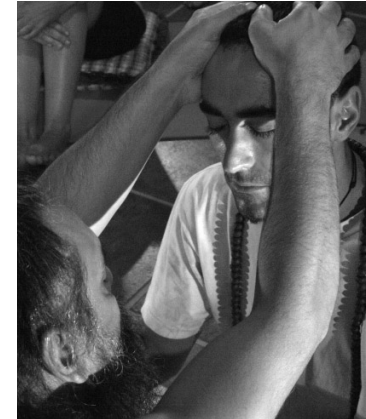
love needs attention
guilt also needs attention
guilt is searching somebody
listen...take me seriously...i am guilt
who do you think you are ?
you do not even look at me ?
just dancing all the time in ecstasy
guilt looks for a serious person
he will come to you
i have seen many people
very serious people
collecting guilt

they have no other work to do
they see somebody celebrating
it makes them guilty
it is my living experience
i have been dancing and dancing
then somebody comes near me
he is guilty that he is not dancing
so he comes to tell me
what are you dancing for ?
you have no serious business ?
whole day dancing... what is wrong with you ?
get your brain examined...
you are living in some kind of fantasy

my ecstasy is causing him misery
you see the guilty people
even my ecstasy will become a guilt for him
and i will become the offender

you can see the osho world
i am in ecstasy...celebrating and rejoicing
for the love of my master
he has shown me the way
i have nothing else to do but to dance
i have nothing else to say but to dance
and to express myself
so much love showering on me
i cannot dance enough
but the osho world feels so offended by my dance

just celebrate your life
do not worry what people say
that they are not living their life



just live
be grateful that you have life
be grateful that you can dance
be grateful that you can love
that you can share
whatsoever you have
the moment life will leave you
then you can do all the other things
hmm ?
that is a beautiful smile

see such a nice smile...beautiful
what more you can do...

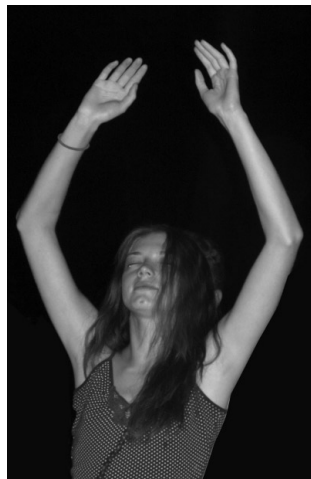
any other serious question ?
i never answer any question
i only joke
i have no answer
i am not so stupid to give you an answer
i say again and again
all questions and all answers
are both stupid
somebody gives you the answer
then that answer creates fifty new questions

just the other day
one ridiculous thing happened to me
one man asked...but there must be god
i never answered that question before
i closed my eyes
i said...but god is a great problem !





he could not understand why
 if there is god
 then there has to be heaven
 if there is heaven
 there has to be hell
 with hell there has to come devil



now understand this
 god created heaven
 because there is heaven there has to be hell
 god has to create the devil
 you sinned so you get sent to hell

nobody knows the way
 so there has to be somebody to take you there
 that this is the way to hell
 now imagine six hundred people die in an air crash
 quickly they need computers
 two hundred have to go to hell
 four hundred have to go heaven
 so they put them in a waiting room
 now there has to be a waiting room
 now the waiting room must be secured

somebody who knows that he is going to hell might escape
 so they have to create security
 then they have to be secured

you see the problem...
 god is such a problem !
 one man gets send to hell for making one mistake
 so they need a judge to decide
 they have to make a trial and he has to be heard
 some judgment must be given to him



so now you know
 how the police station came
 how the police came
 how the court came
 where the judgment came
 and there is one man...

just this one god
 you see the misery ?
 this is the world we live in...
 with god
 one stupid answer
 one stupid belief
 and you need to create
 a whole universe of rubbish and lies

just think carefully
 with god comes good and bad
 crime and punishment...heaven and hell
 so many issues
 god is not so simple

same happens in your inner being
 there is no answer
 when anybody gives you an answer
 you are following the same pattern
 take the answer...look carefully
 penetrate into it and you will see
 fifty more questions will come...

masters never give you answers
 they show you the way to listen deeply to your inner being
 the question when it arises from within you
 will have only one answer one solution
 that is to dissolve the question and the questioner both

and there is only one way to dissolve
that is to transform your energies vertically into a peak
all those questions will dissolve
all answers will look meaningless
and you will be simply celebrating and laughing

you take any answer
diagnose it and then you will remember my story of god
creating this big mess

never search an answer
i never ask osho a single question
i had enough opportunities
i never asked him a single question
because i did not want to hear his stupid answers

i knew what he was saying
i could drink him
i could eat him
i could be dissolved into his feet
why ask him a stupid question ?
to receive a more stupid answer ?
i never asked him a question
because i am not so stupid
he could never have answered me

no master can answer you
but you can drink him
be filled
celebrate and you will know

too much bla bla bla for one evening...
what is the time ?
enough of my bla bla...





this silence is the only message we need to learn
the only language one needs to understand
listen deeply into its silent inner message
in this silence
all that you need to know
will reveal itself to you
an inner explosion of your hidden treasure
of the wisdom that is lying within you
this silence is not ignorance
it knows all
this silence which is innocent
is the purest state of wisdom within you

it knows
hence it is silent
its contentment is because it knows
and yet it says nothing
just a silent buzz of peacefulness
whatsoever you do
whatsoever meditations you are doing
is to arrive to this silent state
music leads to deep silence
movement in dance leads to deep stillness

stillness and silence deepening
and the window opens
how to dissolve this i ?

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moscow 8 august 2009

there was a great master shri ramana
just one single question was given by him
who am i ?
just a single question
no other question
who am i ?

such a vast question
thousands of disciples meditated
with just this one question
how did this *i* come ?

you are born a pure silence
you do not have a name
you do not know who you are
where you came from
why you came
just a pure silent innocence
pulsating with life
and the first few questions that arise...
who is this looking at you ? she says mother
who is this looking at you ? he says father
what is this...what is that
why is this...why is that
where this came from...

a thousand and one questions
start coming from this empty space
the child is beginning to learn
this is my mother...i like this food...i do not like this
slowly slowly the *who*...*why*...*what*...*when*...
becomes the *i*
who am i ??



the mother comes
the child loves the mother
feels the love...
and the *who am i*...the *am*...begins
this *am* is the feeling of love
the connection to the child

the *who*...all its answers
the *am*...its connection its emotions
i like this ...*i am* happy here
now *i am* crying...now *i am* sad
all its relationships
to the *who*....become the *am*
amness...the feeling of connected
the child is beginning to learn

who...becomes knowledge mind
am...becomes heart and emotion
it is linking to the world...
becoming the *i*
the *i* gets a name
that *i am* so and so
this is my mother
i love her
who am i
the *i* is the ego
with all its answers
supplied slowly slowly by the outer world
by parents teachers and friends
all the *whos* are answered immediately
before the child can understand
its true relationship to the world
it sees innocently

but slowly slowly it is fed with so many lies
and all these lies put together
become the *i*...the identification with *i*

this identification this ego is based on lies
every question answered by parents and friends
are all about who why what when
and the innocence of the child
is lost in this world

this *i* becomes so strong
that if someone says that the mother is stupid
you will be angry...this my mother
immediately you will be angry
if she is not your mother then there is no emotion
the *am* is not developed towards the other woman

all your conditionings are so small
the *who* is so small
the answers are so ridiculous
that by and by when you grow
the same question comes again
who am i ?

by now you know all the answers
this is my mother
this is my father
this is my home
you know all the answers...

so why does that question come again ?

the same question comes again when you become mature
who am i...really ?

that question begins the search of your inner journey
because by now you know that *i* am not that
this false ego will not last for long

one searches a mystic
and the same question is asked to the mystic
who am i ?

now everybody is answering you
you are this...you are that
and you get a new set of answers

all the therapists in the world today
are giving you a new...*who*
a new spiritual reason of the...*am*
and creating the new spiritual ego of the...*i*

all education gives you a new *who*
you connect and you know the *am*
arises the new ego identification of *i*
this time a spiritual ego
this spiritual ego is given to you
by therapists and teachers
these spiritual teachers
are taking away your old rotten answers
and create a new personality

all knowledge leads to a new personality
more polished more intelligent more refined
but i always say to you
be careful of the spiritual ego

this new...*who am i*
is the same rubbish
a new set of conditions
given to you by therapists

the real mystic never answers you
his answers take away all your questions
the moment you say *who*
he will look the other way



you say what is this
and he will create a new mystery
you say why is this
he will simply laugh and create a new joke
a real mystic does not give you any answers
enough is enough
he takes away all your set answers
and you realize that no answer is enough
any answer is simply stupid
nothing but lies to keep you asleep



a true mystic leaves you mystified
the moment you meet a mystic
you feel utterly lost
totally confused
the whole world is upside down
no answers fits
but you need to live with something
you need to learn something
the real mystic creates utter confusion
you are so mystified
no answers to hold onto
and you keep falling and falling
into a state of silence and innocence
a mystic takes away all your answers
he shows you they are all lies
they are simply leading you into sleep

every question answered by a mystic will leave you confused
he is taking away your mind
its false conditioning
and you are losing that conditioned *i*
into a not knowing

the beauty of innocence
not knowing any why who or what
and you open your heart
reach out to this beautiful universe
to reconnect from the inner
to all that is beautiful surrounding you



not through answers
but through living
through a dance
through a celebration
this dance this movement flow of ecstasy
is the answer
and it reaches all around you
and slowly slowly you are drowned
in this energetic flow of life
a mystic creates a mystery
a livingness in you
a total energetic field
there is no *i*
the *i* disappears into dance
you are simply dissolved

there is no need to have an *i*
the *i* is so small
you are as vast as this universe
break all the boundaries and you are one with the universe
hence the mystic never gives you an answer
all answers create boundaries
and you are not bounded to imprisonment
the deepest answers the mystics give is to dive deep into your silence
and the deeper you go the less you will know
and you will get utterly lost with nothing to hold onto
just pure innocence

within this innocence
a great explosion happens
this explosion is of pure light
you have come home



just remember when you were a child
and you did not even know how to say mamma
just the first few words of a child
just sounds of joy
some feeling of creating a sound
so that somebody pays attention to you
but yet there was such abundant life
such pure innocence
the child is an enlightened being
filled with light and love and wonder

that is why i fight so much against these therapists
you do not need anything
the only thing you need
is a state of wonder
a deep silence
a total acceptance of you
exactly the way you are

you do not need to know to be
to be you need nothing nothing
nothing is asked of you
just the way you are
in your perfect state of unknowing
truth will surround you
truth is in search of innocence

you want to find the truth
it is hidden within innocence
remember truth is a silent innocence
treasure your innocence

this is the real message
with this you are utterly fulfilled
if innocence is the goal
if not knowing is the goal
if disappearing into the whole is the answer
then stop chasing answers
the moment you stop chasing answers
suddenly you become relaxed and settled

truth is within you
settle and you will find it
waiting silently
this is the real search

wherever i go
i say it again and again
stop searching
start living
just be and trust
this life that is in you will reveal itself to you



the moment you know
how to listen to it
all you need is a deep listening
can you see how simple this message is ?

if you truly understand it
you are already free now
you are free just by understanding this message
you are free
what more can you ask for ?
this is the celebration
this is that laughter that arises in you
when you find it
whenever a mystic has found it
he starts laughing

why does he laugh ?
because he was always free
and he was searching freedom everywhere
asking everybody the way to freedom
asking everybody where is the master

everybody is supplying false answers
you are your master
you are free
please understand this message
it is a revolution
that you are free enough unto yourself
everything that you need
is contained within you

everything is contained within you
existence gives you everything
you are whole and complete
do not divide yourself
do not become your own enemy

become a friend to your inner being
trust and listen deeply
i assure you
it is my living experience
that is how i drowned into it
just pure love
total surrender to my master
such deep trust
not knowing anything
and there it was
it is as simple as that
remember what i am saying

truth is utterly simple
totally silent
a pure state of innocence
and you are free
free of everybody
even me
i am not anybodies handicap
do not be addicted to any master
you need to find it for yourself
it is hidden in you

question *how to understand which way to move
because i have so many desires and i never know
which desires are right and which desires are wrong
and which way to go and so how to choose my path...*

just for you....go with desires....finish them
do not choose desires
whatsoever desire there is
just do it...finish it...do it...finish it
first get tired...fulfill all desires

which is a wrong desire...which is a right desire ?
desire is simply desire
just fulfill your desires
all desires lead you outside

there is only one thirst
that leads you in
keep running out as much as you want
but the answer is to move inwards

if you cannot understand that
then first finish with the outer world
hmm ?
do not choose
just finish desire after desire
ok ?

sometimes i do not get the question
his question is not even thought of
just the way the person asks the question
meaningless...

really think carefully of your question...write it down
and you will laugh with the question you asked
really speaking all questions have the answers within them

tell me what is your desire ?

questioner *i do not know...career personal relationships*

enjoy
enjoy as much as you want
keep enjoying
i do not have answers to careers
all those who meet me
they lose their careers

if you want to become jobless
then i can show you the way
i can only show you how to lose your job
how to lose your relationship
how to lose your desires
you are a loser with me

i am a loser myself
i only respect losers
those who can gamble

go gamble
and be a loser
keep losing keep losing
soon there will be nobody left
in the end you have to lose
even your mind your emotions
one day your body
you will have to lose it
you have no choice
they are going to take you in the coffin
no matter what you are



the career will go in the coffin with a nice suit and a nice tie
big boss of the company
have you seen the coffins ?
big boss...big coffin
they even make him smile more
they take something and stuff it in his mouth
so he dies smiling
when you look at the coffin
who is this man ? head of microsoft ? big smile !!

you are asking the wrong question to me
i think you have not read my book
you can read how i always lost my job or i left my job
i hate career people
reducing a human being into a robot
making a machine out of life

find the way in
do not waste your life
all careers are meaningless
the amount of effort you are making outwardly
just a little effort within
just a deep let go without effort
and you can have a new career
as a guru !!!

just look at me
useless person...totally lazy
good for nothing
i cannot even make it to the camp till 4 o'clock
people wonder what is going on here
still sleeping ?

what a career
pure laziness and so easy
one qualification
utter laziness
deep sleep
total let go
aah

why work unnecessarily ?
listen to your boss or listen to your colleagues
all telling you that you are good for nothing
i do not have any job
i know i am good for nothing...i go to sleep

find a new career...moving inwards
dancing and celebrating
just dance

osho had a dream
for at least one thousand buddhas
what is the qualification of a buddha ?
useless lazy good for nothing
can you qualify ?
half the buddhas have no education
you do not even need language

question *and what about the beings of the buddhas
and what about zorba the buddha ?*

who ?
too much effort
zorba the buddha
it is too much
i just like the buddha
zorba is too much effort
it is an osho trick
to make the zorba enjoy and feel
that they have some buddha them !!

there is no such thing as zorba the buddha
just a trap for those zorbas in the world
who want to feel a little spiritual
if you tell them be a buddha
he knows he is going to lose his job his girlfriend...everything
that fish will not be caught
so osho made a trick
zorba the buddha
half half

enjoy the outside world
enjoy the outer games and move inwards
but you do not know the trap

the moment you move in
the outer zorba becomes a joke
but by the time you are in
it is too late

by the time you realize you already a buddha
but that is oshos joke
there is no such thing as zorba the buddha
zorba is nobody
only buddha is

buddha...just moving his finger...is pure ecstasy
that ecstasy even zorba cannot dream of
who is zorba ?

he does not exist...just imagination

a buddha is more zorba...than any zorba can be
soon you will understand ...just enjoy the dream right now
good name for restaurant...zorba the buddha restaurant !!!

question *why do you sleep so much
and never come out in the mornings ??*

i do not know what happens in the morning
my morning begins at 2 o clock afternoon !!
i am very strict about my morning
even when my master left his body i did not get up
that is the last thing i would have done
i closed my eyes i said sorry morning not possible
he said perfectly fine you sleep
your sleep is awakening



a person of samadhi does not wake up
to move the body here and there unnecessarily
it is so stupid

the ideal condition is to find me one room
six feet by six feet
put me in a bed
i sleep for 10 days
yes...just sleep

not need to do anything
and everything will happen
it is not a physical body work
remember you are not the body
you are not the mind
you are not the emotion

osho even says
you are not the subtle body
you are not the astral body
these are still astrophysical manifestations
you are the beyond...a pure state of witness

you are not the body
you are not the mind
you are not the emotion
you are not the astral body
you are not the subtle body
then who are you ?

that is why i am against therapists
they deal with your body or your mind
or refine your emotions
you are not the body not the mind not the emotion
the idiotic therapist
does not know what is beyond

that is why he is so busy teaching you bodymind and emotions
show me one therapy that deals with the beyond
beyond body beyond mind beyond emotion
it cannot exist as a therapy at all
therapy needs your body or your mind or your emotions
and you are none of the above

do you understand how stupid therapists are
how stupid teachers are
they have no idea
that there is something transcendental
that is why it is so rare
to come across somebody
who understands the transcendental
that it simply floats above you
and watches all these lower layers
bodymind emotion

bodymind emotion needs movement
movement creates mind
movement creates emotion
movement is the body
stop
no body no mind no emotion

hence one of the qualities of a person who knows
is utter stillness
he knows the transcendental
through his stillness and silence
what is he expressing ?
what is he indicating ?
what he is showing you ?
that there is a witness present
his awareness that there is a presence
silently watching

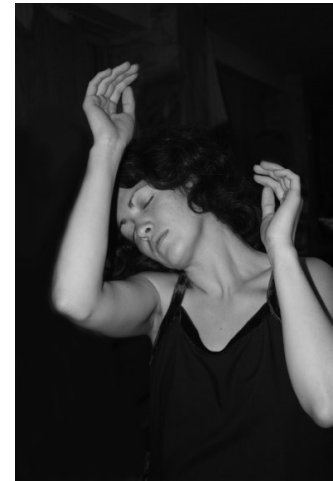


hence mystics do not move
that is the answer
find a being who does not move
who is utterly still
each movement each gesture
indicates whether he knows or not
what is he revealing is the still unmoving centre
and when you watch a being who knows
just those gaps...in those moments
something within you triggers
that is why in the east
we call it darshan
darshan is to see a man who knows
acting...in action...his grace...his stillness...
reveals to you his knowing



bodymind emotion movement
all movement is mind
no movement no mind
it is a state
a transcendental state beyond the mind
it has a presence
it has a magnetic quality
it is surrounding the being
but you cannot see it directly

the only way you can see it
is through the action of an enlightened person
he can say it to you just through his gesture
you may not see it
but by watching it
the watcher within you reads it
there is a master also within you
you have the master within you present





it recognizes presence

it understands itself

it is like seeing a mirror of your own inner being

a master through his silence

mirrors your master

shows you that you are also present

watch your inner presence

and you will know

who is sensing it ?

not your mind but your state of no mind

only a buddha can recognize a buddha

the moment you can see it

your very seeing is your buddha

that is the transmission

masters transmit messages through very strange methods

they bring the disciples close and speak to them

and slowly slowly something in them remembers

it awakens you indirectly

these are devices

osho speaking to an audience of seekers

his each gesture was a device

to trigger it within you

the moment you feel it

you have absorbed it

the only way you can understand a master

is to eat him to drink him to imbibe him

within you the same master is resonating

that is synchronicity

it is not because the master needs it

but because he wants to trigger it in you

and that is the only way he knows



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silence
this silence
is the message
this silence is your search
such a simple message...so easy
how could it have been made simpler ?

existence is so compassionate
it gave you the simplest answer
but you do not know how to dive into it
this silence sets you free
can you understand how compassionate existence is
to not make life arduous and complicated ?
just a simple message
grow into your inner stillness
you do not need anything
no mind...no learning...no becoming
no changing for better
no trying to be somebody else
just simply be yourself with a quality...silence

how to attain to this state ?
is it difficult ?
do you need to learn things ?
do you need to re educate yourself ?
or is it simply a knack ?

it is a simple knack to create stillness
bring your energy together
slowly slowly raise it upwards
higher and higher
and come to the peak
stop
the sky opens

that orgasmic stop
drink it...drink it...drink it
just drink it totally
let this stillness fill your entire being
drown into it
and you will know it

there is nothing to know
you will dissolve
you will not receive an answer
but an orgasmic silence
pouring into you
totally content
utter bliss
all disappears

we are seeking simple ways
to reach to the space of no mind
you do not need to drop the mind
the state of no mind
is you...at your peaked vertical state
the moment you peak
where is the mind ?
where are you ?

it is a simple knack
vertical transformation of energy
is that so difficult ?

just learn to dance totally and stop and drink
drink...let it filter...let it fill you...live with it
gently find the flow inwards
follow its inner silent movement
and spread this through your day to day life

the source is spreading itself into the periphery
inner and outer have become one
this bodymind will disappear into the state of orgasmic stillness

i repeat this everyday...i say it again
you do not need to change yourself
you do not need to become a better human being
these are all outer changes
these are pressures from the outside
because people do not accept you
the way you are
they cripple you further
and divide you into parts

meditation does not ask you to change anything
it does not ask you to go to improvement classes
it does not ask you to go to some school
it does not ask you to learn something

transformation is so simple...a silent process
accept yourself exactly the way you are
your whole energy is filled...united in you
it will become like a pillar of light
all the parts of you become one



do not divide
do not label yourself
do not reject any part of you
just a simple acceptance
and there will be a let go

a silent trust will develop within you
a silent voice will speak within you
not in words
but in your dance
in your celebration
in your silence
in your deep relaxation

that inner voice will be heard
as a buzz of well being
of deep restfulness
of a deep harmony
reaching everywhere

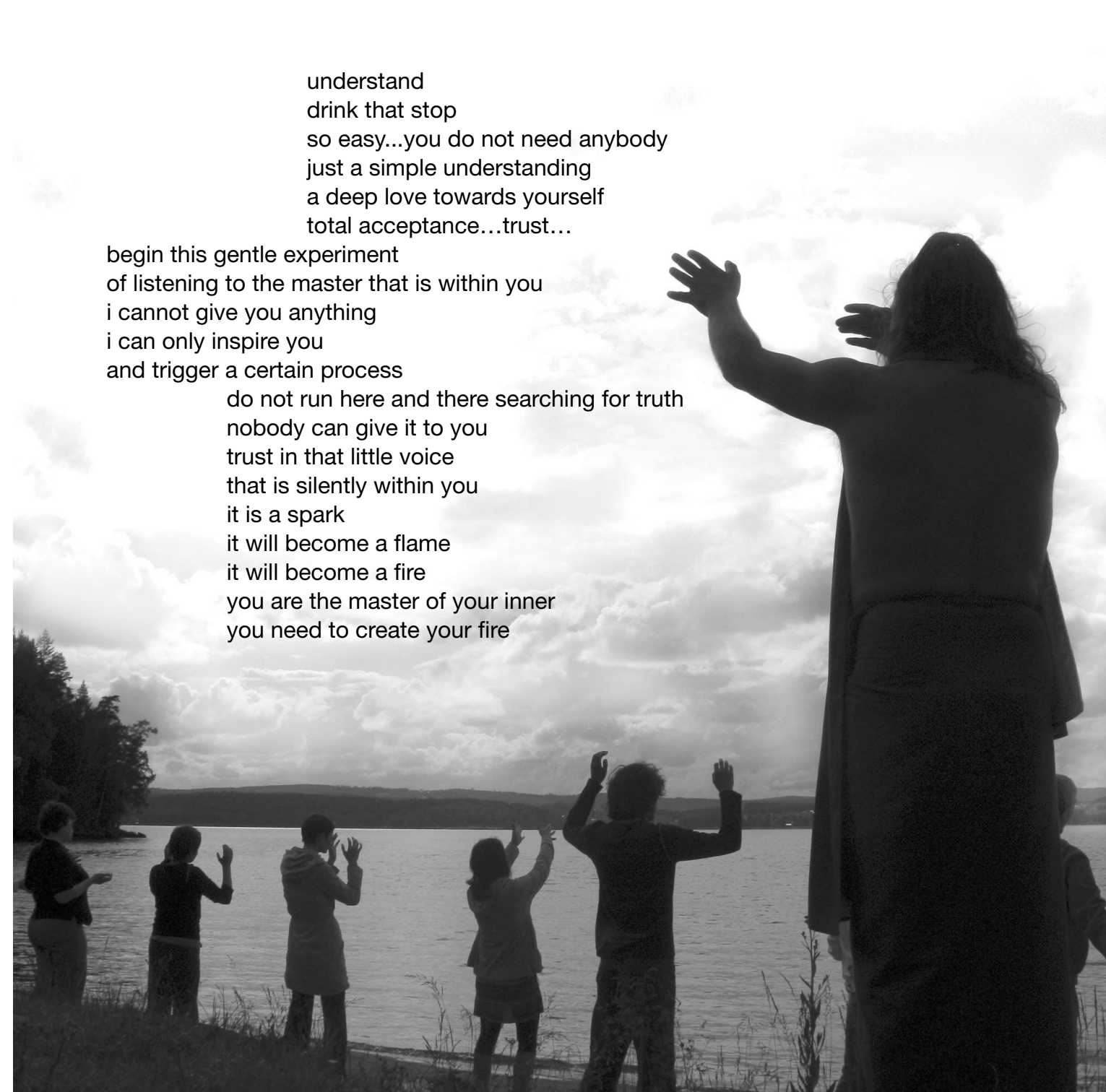
you will see the trees and the plants and the river
and you will feel connected
this is well being...
it will grow and grow
listen to it and it will expand

try to understand again
this stillness that you are experiencing here
is no ordinary stillness
it is not dead like the graveyard
no...this is totally alive and still
the more you peak
the higher you go
you come to that orgasmic space within you
and such contentment
it creates a stop

understand
drink that stop
so easy...you do not need anybody
just a simple understanding
a deep love towards yourself
total acceptance...trust...

begin this gentle experiment
of listening to the master that is within you
i cannot give you anything
i can only inspire you
and trigger a certain process

do not run here and there searching for truth
nobody can give it to you
trust in that little voice
that is silently within you
it is a spark
it will become a flame
it will become a fire
you are the master of your inner
you need to create your fire



is it not beautiful
that only you can create your own fire ?
so beautiful
just imagine that somebody else can create your fire
what a poor fire it will be !
you will not be in it
it is your life
you deserve it

and it is such a beauty
that you can ignite your innermost
and make it radiant
it is your freedom and your glory

you are so blessed to have this opportunity
to dive into this inner adventure
count your blessings
see what you have
there is such a beautiful mystery present within you
that this inner journey can become an utter celebration
it is so exciting
it is such a beautiful adventure
that the little pain that you come across is also sweet
everything turns sweet
once you know you are giving birth to your inner child

what a joy
you should celebrate yourself
express your beauty
express your joy
let it spread...let it spread
know once and for all
that it is present in you
there is nothing lacking in you

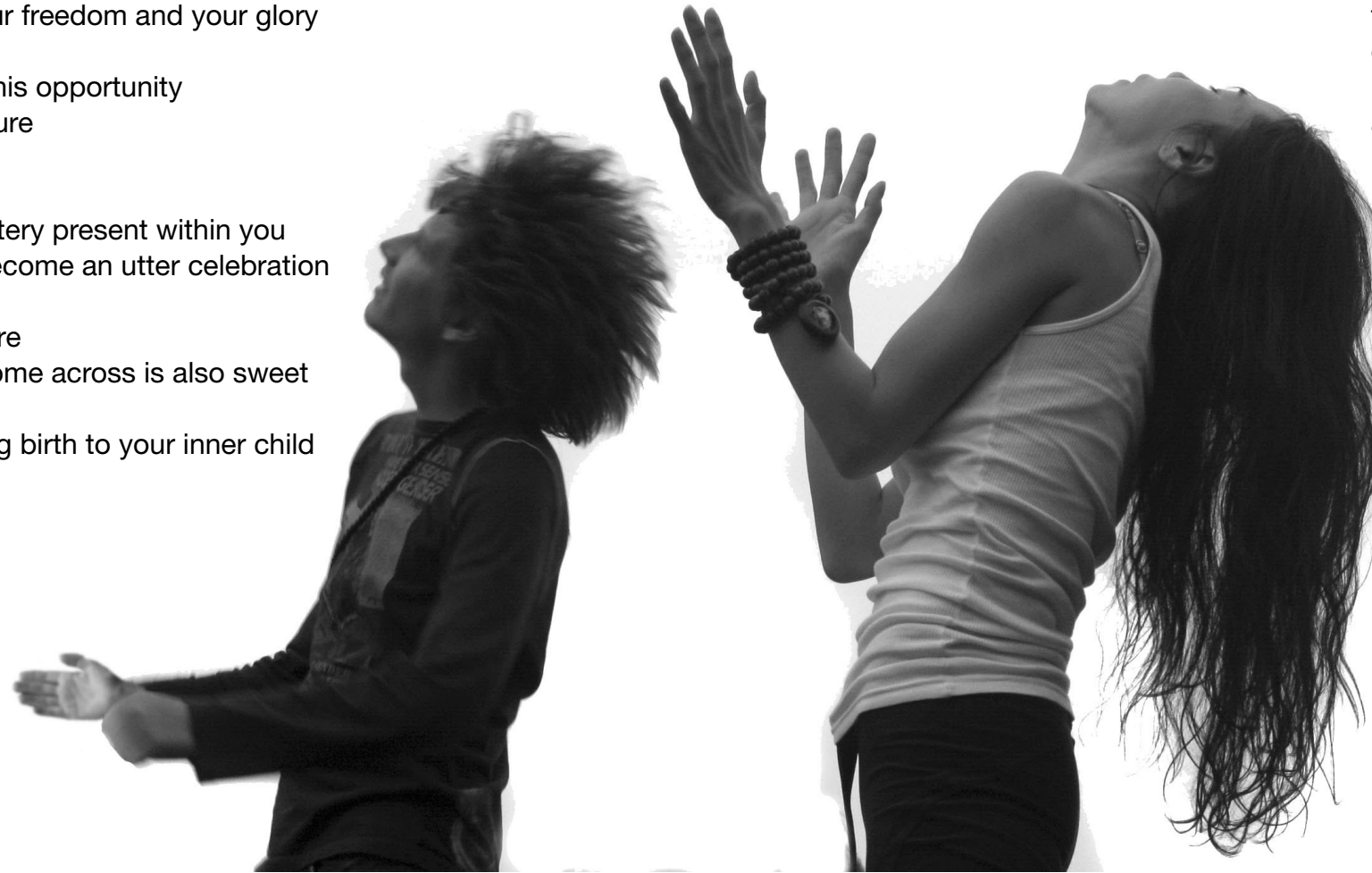
nothing is lacking in you
the day you decide
that today is the day
that now i understand
that will be the day
everything will come towards you

the day you decide
that today is the day
and i am going to begin
to understand what i have present within me
nothing on this earth can stop you

forget about stopping you
everything in existence will come to you !
it will rush towards you
and help will come to you from all around
existence wants you to win
existence is on your side
it is waiting for your celebration

every part of this existence is supporting
you in a million and one ways
how are you breathing ?
how is your heart beating ?
how is your body moving ?
how are the senses functioning ?
do you take care of them ?

what is miraculously taking care ?
this vast existence is taking care of you
it is helping you...it is reaching out to you
listen deeply to its silent message
and it will pour from all around you
even the rocks will become alive





everything will reach out to you
and suddenly you will feel
the buzz of existence
what they call the omkar
the whole existence is buzzing
with aliveness of truth

truth is spread all over this existence
there is not a single nook or corner
where truth is not

this ocean around you is your reality
dive into it
find moments to disappear
and you will understand
how it reaches you

remember
what i am saying is very simple
i am not a complicated person
the greatest key is innocence
the innocent will win
innocence knows nothing
it simply remains open
in a deep trust
and everything comes to you

you can get small things in your life
but the ultimate treasure grabs you
it pours into you
just open that small little window
peak and stop
become silent
it will pour
drink it
live it

live it deeply
and it will expand more
hide it and be afraid of others
it will shrink
spread your joy
do not be afraid

you understand how simple it is ?
live your life totally
just a little qualitative subtle understanding
the inner world is subtle
never under estimate subtle experiences
these are soft but huge vast openings
become sensitive
be soft
remain open

anybody wish to ask a question
or say anything ? you are welcome...

question *how to find a way to grow the inner journey
living in this world ?*

i am saying it is a simple message
the inner journey is a simple message
i never said that outside was simple
i never said that the outer will be simple

who said it is simple ?
that is why we are in this mess
the inner journey is simple
it needs innocence and silence
dive within you
yes...you can dance with the trees
with the ocean and the river

but yes it is complicated in this world
who said it was not ?
we are not discussing the world and its problems
it will remain always

what we are discussing
is your inner space
how to find a way to grow your inner journey
yet live in this world is your question

how to live with your inner growth
in this insensitive world ?

my approach would be a simple suggestion
the moment you decide
that you need to listen to the inner
just pack your bag
three months to six months
may be one year
and disappear

i am not saying disappear into the mountains
the answer will be there
i am not saying that the answer lies
in the mountains and not in moscow
but when you go to the mountains
you are left alone with nature
and you have time and space
to focus within
to listen to the silence
to dive into deeper and deeper spaces
and you get time to absorb them

that is why people go to the mountains
so the day you decide
that now is the time
now i want to go deeper
just pack a little pack



you do not need anything but yourself
and live a simple ordinary life
a little cottage in the forest
and enjoy three four five or six months
simply living...sleeping

the way of tao
is not of searching but of living
in harmony with nature
just waking when you wake
sleeping when you sleep
eating when hungry
just living your natural rhythm
finding your naturalness
with no judges around you

go for six months
go for one year
the earth will not stop running
i have done that in my life
it is not an escape...
it is moving inwards
and just getting some space and time
to feel your connection to the stars and the moon
and the sky and the birds and nature
and then come back again

in fact the contrast
each time when you come back
you will feel a subtle difference
and slowly slowly when you come back to the world
you will have compassion
you will not go again to the mountains
because you have drunk from the river
your compassion may keep you in the world





the inner is simple
the outer is complex
if you can bridge the two...beautiful
if you can not...then do not worry
the outer is not so important
focus on the inner
when you will be strong enough
then you come back
nothing can touch you



so it is perfectly ok
that would translate into compassion
and that is the way life is

the inner is simple
utterly simple
innocence is the word
a mystery that can be drowned into
a mystery that can be lived but not understood
you can disappear into it
and then face the world

remember one thing
the deeper you are
the deeper you drink from it

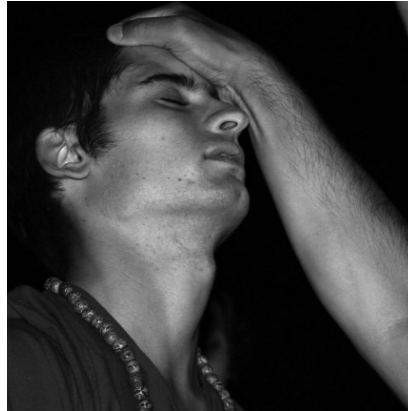
in fact you can touch others
the people will come as enemies
and you will share your love
they will come to cheat you
and you will give them everything
and they will be surprised
what kind of person is this ?
perhaps they will fall in love with you
and try to understand what kind of madman you are



even if you meet a criminal
it is your test
you can transform that criminal
because within that criminal is a buddha too
he is in such misery
that his actions have become criminal
he has become so filled with anguish
that his actions are violent
he is misunderstanding

that is what is happening to me
i am in this world...
i know its ugly realities
i know the hidden treasures
i know the misunderstandings
and how people are coming to beat me everywhere
i am surrounded with people misunderstanding my love
but a doctor does not go to where there are healthy people





that he starts judging you out of jealousy
 now it is up to you
 what you can do is what you can do
 you can share your love
 you do not need to depend on his actions
 to share your love

i am dancing in love wherever i go
 you know how many enemies i have ?
 who cares ?
 i can melt them
 and slowly slowly they are melting
 because they need love too
 remember your enemy
 is seeking love
 the ones who are in anger
 are seeking bliss...
 they are seeking love...
 they are thirsty people

inner is simple
 and once you understand this
 the outer will become simple too
 then there is no division

the one who has attained
 will be the same in any circumstance
 whether he is sitting with people he loves
 or surrounded by enemies
 his actions will remain the same
 the river is flowing
 a rock will come on the way
 it will continuously flow

but it is always good to take some time and go away
 it takes space to grow and also to absorb...
 growing is one...absorbing also needs time...
 each sannyasin should go away for three to six months
 it will make you mature
 and when you come back
 you will not react any more
 but you will act
 because now you know the difference

question *this comes to my mind...
 that what you just said it is all about me
 it is all true...it happens exactly this way
 each summer i was going to nature
 to the sea...to the forest
 and in 2007 it was the strongest
 when total surrender happened
 it happened not depending upon me...it just happened
 for 3 days i was in a total surrendered state
 totally awake day and night
 exactly in the environment of that beautiful world
 of forest and nature*

*and then when i head back to the normal life of the city
i was not easily touched by it
most of time i stayed centred
i was just thinking about the importance of being alone
and to be in nature for some time
because many people say you can do it anywhere
but it never happens when you are at your own place
it is never so strong so powerful*

it is absolutely true
that it is difficult to meditate in the cities
when you are in an open state
all the energies from all around filter into you
so you are fighting with them
that is why masters create buddhafiels
what osho called a commune
communes are created to create energy bodies
which helps growth
vertical energy states...

the moment you go there it transforms you
and raises your energy
it is absolutely true
that one needs to go away
if there is no commune available
go where many people are meditating together

energies accumulate
and each and every person sitting here tonight
is bringing their beauty
their unique signature
their unique qualities
into one buddhafiels...

i am helped by each and every person
and each person is helped by each and every person in so many ways
when we meditate together
each person is sharing a space
that is uniquely theirs
and each person creates a fabric
to help others to move upwards





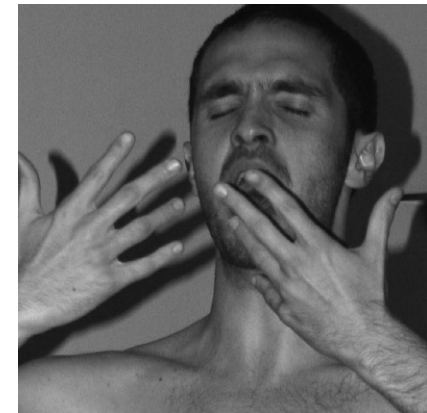
i have never come across an ordinary person
 people are so mysterious...
 so being in a commune is best
 otherwise be in nature

now my friend here...bodhideva
 he goes again and again back to nature
 and he has much to share
 he is a radiant being
 and i am waiting for him
 i am waiting for him !

continue on your journey
 you are absolutely right
 continue on your journey
 you are going to touch many people lives
 and whosoever you will touch
 will be transformed

what you are doing is perfectly correct
 and your understanding is perfectly good
 very rare...you are a rare being

bodhideva is very beautiful
 i am waiting for you
 many people are waiting for you
 perfectly good
 continuously express yourself
 you have asked me a few times
 should i do satsang ?
 should i share ?
 should i dance ?
 i am saying yes
 perfectly yes
 yes a hundred percent yes



women are helping men
 men are helping women...energetically
 a person who has a certain experience
 and has moved on a certain path
 is helping another person on a different path
 that is why communes are created

buddhafiels are very valuable
 in case you cannot find one
 then nature is the second choice
 nature is pure energy
 it is not fighting upwards
 it is content in itself
 it is utterly content
 there is no struggle

humans struggle for growth
 it creates a certain friction
 that friction creates a certain growth
 so to be in a commune is far more intense
 than being simply in nature

the commune creates a perfect environment
 for many strange mystics and seekers
 bringing in their beautiful qualities...
 these are human flames
 they are no ordinary people

question *in my life i was always little bit overweight
and i was always dieting...
for last two years i exhausted myself
i exhausted too much
and now a breakthrough is happening
but now i am gaining weight all the time
is there any way through meditation to he*

weight creates a certain inconvenience
but do not worry...
it does not disturb your spirit
your being is your being

for losing a little weight
you need to learn
how to breathe out
i have given a simple experiment wit
on how you can easily lose weight
by playfully exchanging energies with

the tree needs carbon dioxide
and you need oxygen
oxygen and movement creates a certain fire
which burns the fat
you just need to rebalance
carbon dioxide and oxygen in your body system
and being with trees is the best
as they need carbon dioxide as food

you just go near a tree
be soft
keep your belly close to it
softly breathe out

sensitively breathe out through the nose
and keep your belly close to the tree
become like a sponge...soft
and the tree will find ways
to suck carbon dioxide out of you

you can do dynamic meditation
do it near a tree
most of the meditations that we are doing should not be done in halls
there is no chi here
there are no negative ions here to revitalize you
you need to be near rivers and trees
to do active meditations

question *you were speaking about three kinds of energies
and you gave one good example
of the second kind of energy in everyday life...
can you give an everyday life example of the third kind of energy ?
an example which you can tell to normal people who do not know
what is meditation ?*

i do not know any normal people !
the normal people even do not know who they are
it is impossible !
do not waste your time telling others
what is the third state of energy
forget about it

the third state of energy is so powerful
it will simply stop you
you cannot move
so do not tell any normal people
they will run away !
just let them enjoy their first state

play around with the second state
playfully moving
forget about the third state
it will stop you
you cannot even think
it penetrates the centre

mind is a duality
it needs movement to keep alive
left brain right brain is like a pulsator
kundalini is not the ultimate truth
it is just the pulse

the brain has a gap
the third state simply goes beyond the brain
like a bolt of lightening
and both sides of the brain simply do not know
what happened
that is why you come to the stop
when someone reaches the third
the cosmic state
he stops
what stops him ?
the shock is such
the brain simply does not know how to respond
the brain becomes still
you understand ?

do not tell people how to go there
not normal people
only lions can reach there !



ida and pingala are not you
they are the opposites
you are searching the hidden treasure
and your brain is left and right
all your five senses are two

the experience is a total stop
in that stop
something reveals itself to you
it divides all duality
all criss cross of matter
you see the world through a criss cross
right eye...left brain
left eye...right brain
everything is merged together
you are seeing an illusion

so stop still...open
nothingness
just light
immense light

how are you going to tell this to an ordinary person ?
forget about it...
you can experience it
whenever you come to an utter stop
the shock stops the brain
the whole bodymind simply stops
you cannot even move
that is cosmic energy



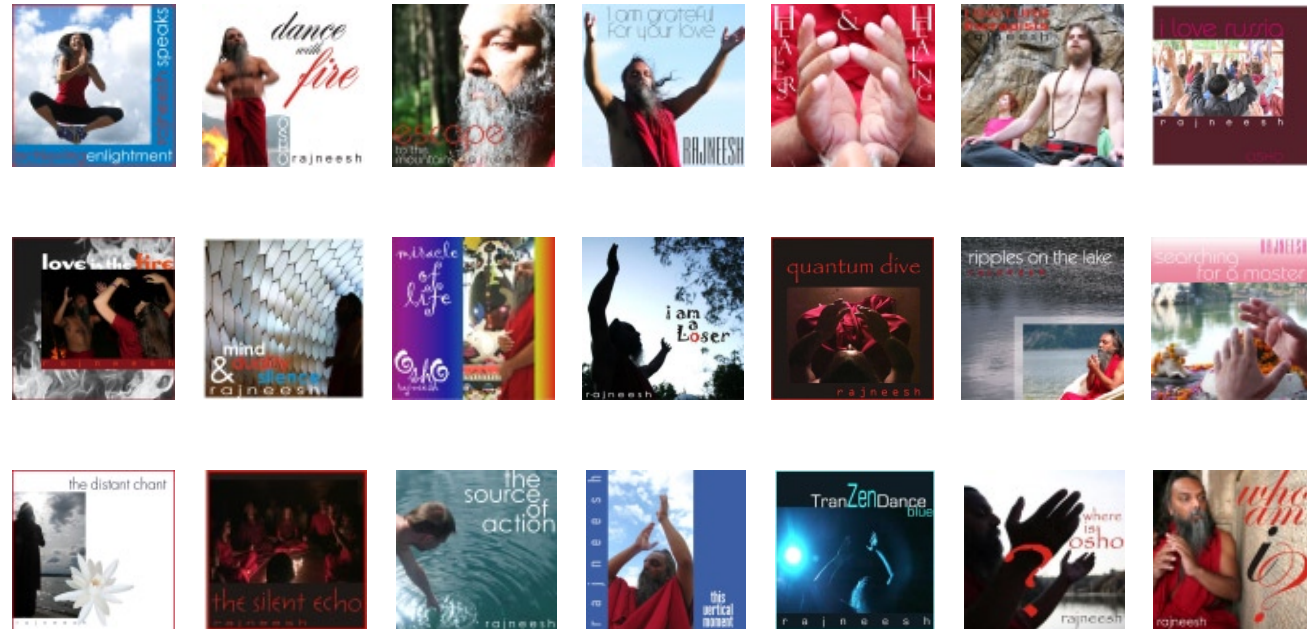
*i am thankful for your warmth and care
and the love you all showered on me
to each and everyone who arranged this tour
and those who opened their hearts and
shared these magical moments*



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