



rajneesh  
spontaneous talks



DIE to  
LIVE or  
LIVE to  
DIE

spontaneous talks  
mystic rose gatherings



world tour 2010  
latvia | portugal | spain



latvia  
riga

3 september 2010

## 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...

this stillness...

is the only language we need to understand

how to come to this state of utter silence and stillness

is the real search

whatsoever you are doing on the outside...

whatever you do...

bring this silence and stillness into your day to day living...

into your ordinary life

and transform it into an extraordinary life

once you know how to bridge silence to action...

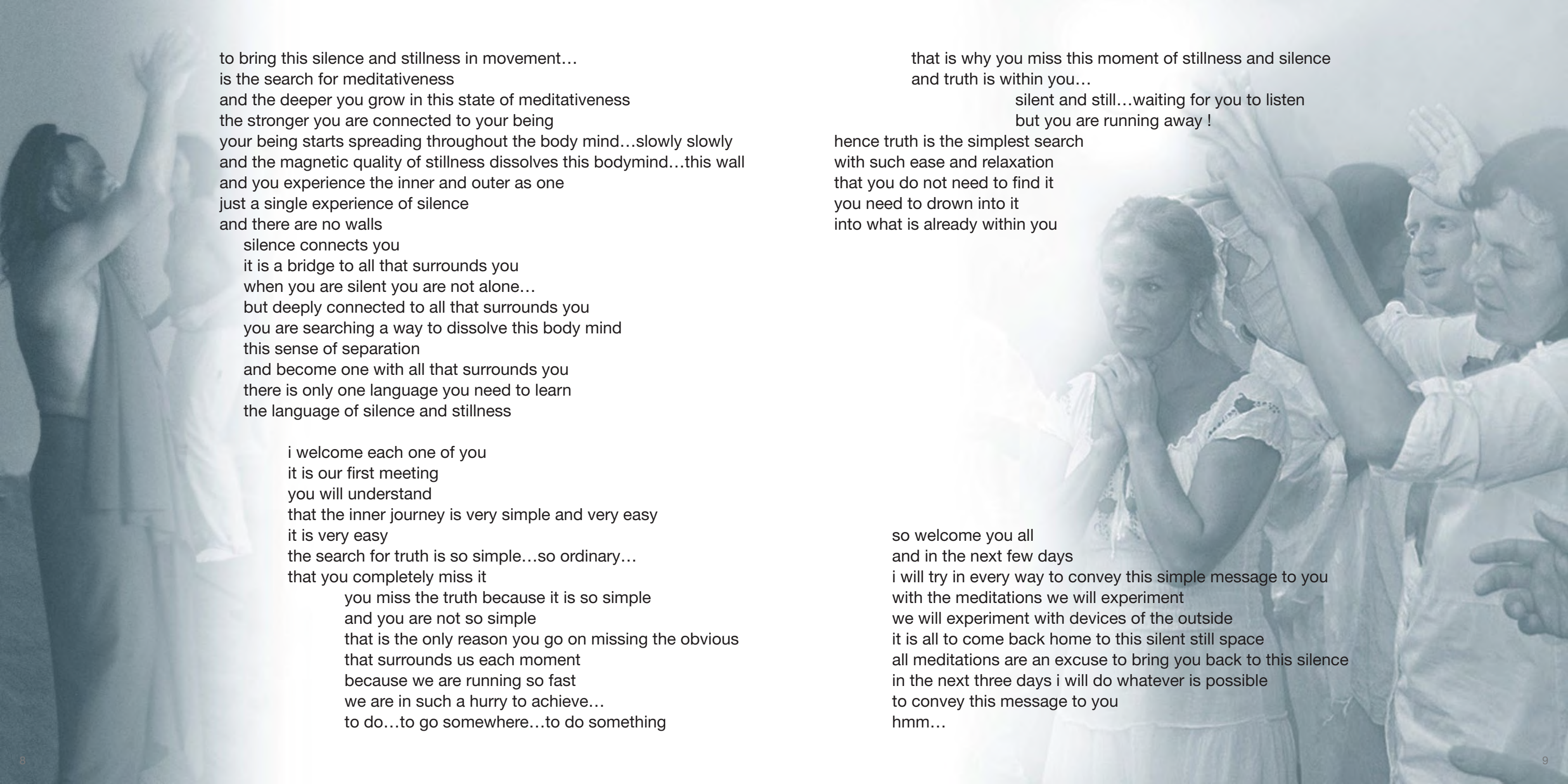
how to bridge stillness to doing...

life is extraordinary...a mystical experience

the moment you bridge silence and stillness to your day to day life

you are drawing from the very source of life

and connecting it to your actions



to bring this silence and stillness in movement...  
is the search for meditateness  
and the deeper you grow in this state of meditateness  
the stronger you are connected to your being  
your being starts spreading throughout the body mind...slowly slowly  
and the magnetic quality of stillness dissolves this bodymind...this wall  
and you experience the inner and outer as one  
just a single experience of silence  
and there are no walls

silence connects you  
it is a bridge to all that surrounds you  
when you are silent you are not alone...  
but deeply connected to all that surrounds you  
you are searching a way to dissolve this body mind  
this sense of separation  
and become one with all that surrounds you  
there is only one language you need to learn  
the language of silence and stillness

i welcome each one of you  
it is our first meeting  
you will understand  
that the inner journey is very simple and very easy  
it is very easy  
the search for truth is so simple...so ordinary...  
that you completely miss it  
    you miss the truth because it is so simple  
    and you are not so simple  
    that is the only reason you go on missing the obvious  
    that surrounds us each moment  
    because we are running so fast  
    we are in such a hurry to achieve...  
    to do...to go somewhere...to do something

that is why you miss this moment of stillness and silence  
and truth is within you...

    silent and still...waiting for you to listen  
    but you are running away !

hence truth is the simplest search  
with such ease and relaxation  
that you do not need to find it  
you need to drown into it  
into what is already within you

so welcome you all  
and in the next few days  
i will try in every way to convey this simple message to you  
with the meditations we will experiment  
we will experiment with devices of the outside  
it is all to come back home to this silent still space  
all meditations are an excuse to bring you back to this silence  
in the next three days i will do whatever is possible  
to convey this message to you  
hmm...

such a beautiful group of people  
just one thing i have to request you all  
do not listen to ma samadhi !  
she is very strict !  
listen to her inner...there is no woman like her  
but make some noise...be relaxed...  
in the dining room...talk loudly...do something !!

i heard in the dining room everyone is talking so softly...  
just shout or scream...do what you want...  
just be relaxed with me  
if you want to understand me...be relaxed

i am not a special person  
ma samadhi keeps telling you i am somebody special  
but i am just a regular person like you  
be sincere but no need to be serious  
be relaxed  
if you are relaxed and comfortable with me  
i feel comfortable also  
so just relax  
i am just an ordinary friend here  
perhaps a little bit more experienced  
but nothing more

ma samadhi is an extraordinary person  
i have been travelling for two and a half years  
since i decided to speak  
after almost twenty eight years of diving in the inner journey  
out of my last two and a half years of camps  
meeting such beautiful people all over the world...  
this camp here in latvia...  
i feel is the most special i have ever come to

it has something to do with samadhi  
i am so touched by her  
nobody has received me with so much love  
i am grateful to you  
and to everybody who has come here

i wish and i hope that the next three days  
i will be able to give you what you all deserve  
i will try everything possible  
but remember one thing...it is not difficult  
it is not something that you need to achieve  
i want you to go home relaxed and easy  
at ease with yourself  
and understanding the key that the truth is very simple  
so do not expect very complicated things from me  
i am a very simple person  
i like to simplify your life  
i like to make it more and more simple...  
already your life is so complicated !

so much you have to do...  
so much you have to achieve...  
so many pressures from all around you...  
let the search for truth not be a new pressure and a new anxiety  
let this search for truth become your relaxation  
because it is not a search  
but a settling into what you already have  
it is not adding more doings and complications and misery  
but understanding your space in this beautiful existence  
and accepting it  
the search for truth should let you be at ease and relaxed  
and if the truth comes to you...beautiful  
if it does not come...beautiful  
it is not an achievement...okay ?

with me just sleep deeply...  
do a few things deeply...sincerely...  
and be relaxed near me  
just relax  
if you are relaxed i can enter  
i am nobody special  
the idea that somebody is special  
is creating defences like a wall  
special people have so many walls  
i have no wall  
so understand the very fundamental principal  
you just relax okay

can we have everybody smiling ?  
ha ha ha ha  
do not listen to ma samadhi  
tomorrow in the dining hall  
talk loudly...shout...really !  
like you are in a normal situation

any questions please ask  
just feel free...relax and ask  
most people who ask me questions  
they know i am really a stupid person  
i never bother about what i am saying  
because there is no answer...  
there is no logic...  
you cannot find an answer or logic in love  
what is the logic behind love ?  
same for truth !

truth does not know logic and answers  
it is so mysterious  
you listen to something while something else comes into you  
and you think you are understanding  
but something else comes to you  
it is the presence of the mystic  
even if he does not say anything  
whatever i am saying your mind understands it  
all words go to the mind  
and this mind translates its meaning  
and thinks it understood the message  
but the message cannot be delivered through words  
the message cannot be given to your head

that is why mystics are very strange people  
they keep speaking and they keep saying they are speaking rubbish  
because the moment you take the answer as an answer  
the mind feels very satisfied

what is h<sub>2</sub>o ?  
h<sub>2</sub>o is water  
they will tell you h<sub>2</sub>o is water  
you drink it and you do not know that h<sub>2</sub>o is water !

that is why i am trying to confuse you  
you can ask your questions  
but do not expect any reasonable answer  
once you come over that basic understanding with me  
that i myself am confused i cannot give an answer  
then we are so comfortable  
you ask and i will answer and all is rubbish  
but something is silently flowing  
and if you can put your mind aside  
something mysterious will enter you

i am just talking to give an excuse  
so you and me can sit together comfortably  
if i close my eyes and become silent  
you will say what is going on ?  
i need to say something  
so i am saying something...  
jibber jabber...jibber jabber...jibber jabber...  
it is zzzzzzz

people are afraid to ask me questions  
because i create such a situation  
i say my answers are so stupid  
so the person feels more foolish to ask  
you all know osho  
one man spoken six hundred books...  
pure wisdom !  
no human being...no master has ever had the genius  
to answer sixty seventy thousand questions...  
six hundred books !  
every type of question from people from all over the world  
nobody understood anything !  
so i thought what is the use to go the same way  
six hundred books...twenty years of speaking...  
and he has said whatever could be said  
so i found a new way...just sitting silently  
creating a pool of energy  
and slowly slowly raise it higher higher and higher  
till it comes to the very peak  
mind disappears  
everything becomes silent  
and this state of no mind  
drink it deeper...deeper...deeper...deeper  
let it settle...settle...settle...  
and bring it to a stillness

this is our evening satsang  
just a pool of silence...  
peaking it to the peak...  
reaching the state of no mind...  
letting the sky open...  
deeper...deeper...deeper...  
settle...  
this is the whole journey

this is the journey...from here to here...stop  
you do not need to stop the mind...  
the mind stops when you are herenow  
when you are peaked...in that orgasmic state...  
mind stops  
and you get a taste of the state of no mind  
and you let it settle deep  
so the whole body becomes relaxed and silent  
my way is of dance  
peak...stop...bring it down...hmm ?  
you will understand in the next few days  
what is our way

**question** *what are the most common questions at satsang ?*

common ?

i do not remember at all

i have a very bad memory

common questions ?

really i do not remember

today the reporter came and i answered many questions

because reporters come with a mind

they have this question...that question

but when i go to a group of people who are meditating

sometimes they come with many questions

but when i ask them...

they have forgotten their question !

this happens because the air has become still

you cannot see it but something is gripping you

and the mind cannot move

mind needs movement

but after the dance everything becomes still

mind is trying to move...to ask a question...

but it cannot move

it happens sometimes

so i tell the people

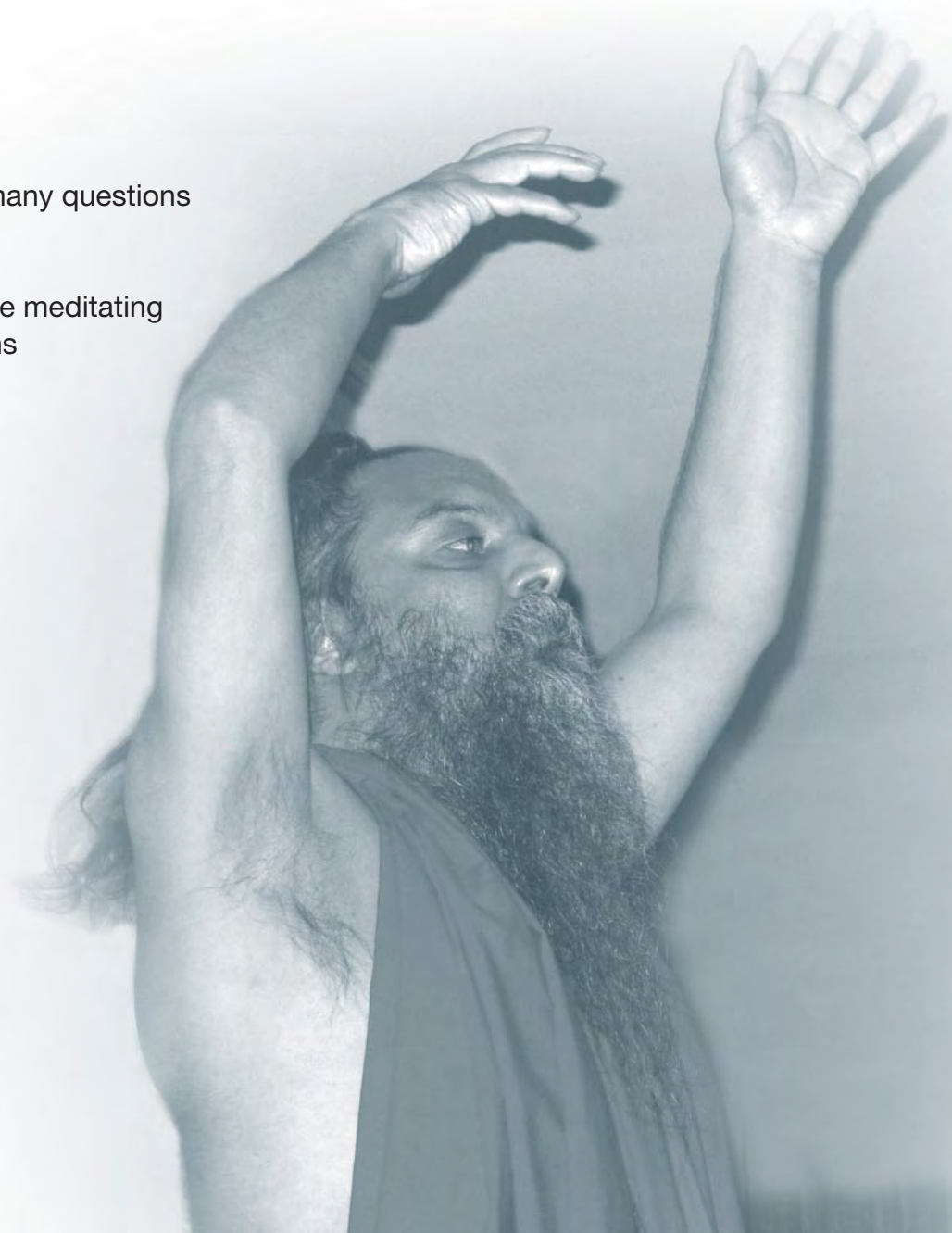
when you go away

write all your questions

keep the paper with you

do not forget tomorrow

to bring the question !



it happened in russia few times

i went to the hall

we are dancing...dancing...dancing...

so peaked !

and i said...where are the questions ?

no questions...

one said i had many questions but i forgot all the questions

so i said tonight you go and write all the questions

bring it back tomorrow

next day he came and i said...where are your questions ?

he took out the sheet and he said...there are questions

but now they look very foolish

ha ha ha ha !!

mind simply collapses...do not ask

bodhideva knows...ask him

he never asked a question

and he has become very intelligent

he knows the answer is not going to come

so better be silent

dance...be still and see what happens

when i was in russia i started speaking

but no translator

so no one understood anything

perfect ! they understood everything !!

osho used to speak in poona

one month in english and one month in hindi

so five thousand people are listening

he is speaking hindi...nobody understood anything

but just their sitting...

they do not understand the words so they start feeling from the heart

they cannot listen from the head



just the person is there...something is buzzing  
head does not understand what he is saying  
the heart opens the door  
since you cannot understand the words  
you have to listen from the heart  
you have to feel what is he saying  
the heart is feeling what is happening here  
and slowly slowly the heart gets tired...  
in twenty thirty minutes...  
and you fall to the very centre  
and the door opens

sometimes not understanding is the way to understand  
many people come to me and say now i am confused  
before i came to you...i was not confused  
i knew everything...but now...  
i said very lucky...now you are confused !  
mind becomes confused  
what is confused in you is the mind  
so you have to open the heart

there have been many mystics like this...like jabbar  
you ask him a question he says  
ja ra ja a zazazaz azazoz  
you ask him another one he goes  
azah zzazaz zazazah

he will just say some gibberish...  
nothing makes any sense  
mind gives up...you fall...  
and you understand the answer  
ha ha ha !!

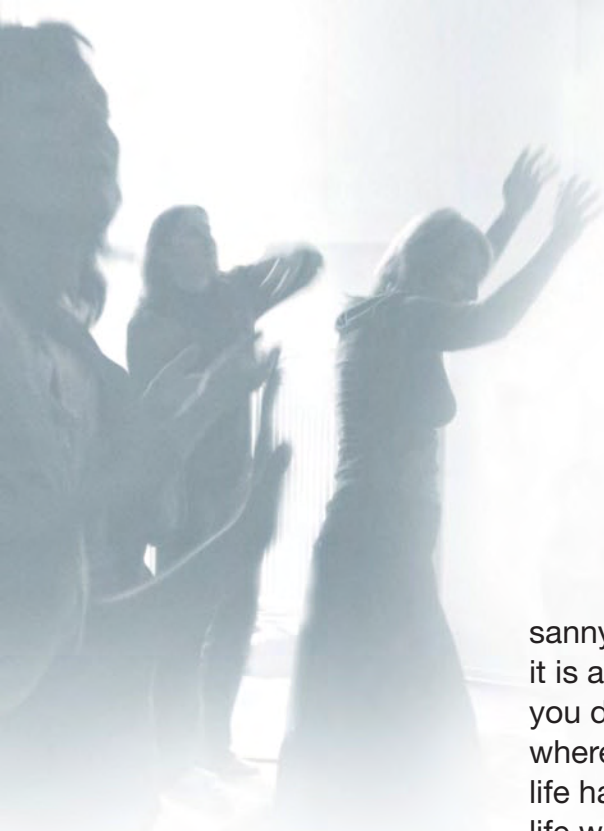
okay now enough of jokes  
any serious questions ?

**question** *first thank you for coming...  
i want to ask about sannyas...we know that here during this  
camp we have the ability to receive sannyas from you...  
and some people have not decided yet and want to know  
more...what does it mean ?*

sannyas is diving into the mystery of life  
it is simply a dive into the unknowable mystery of life  
you do not know why you take sannyas  
but something pulls you so strong  
there is great fear...  
a great resistance...  
sannyas is like a death !  
it is a great death for the mind and knowing

you do not know where you are going  
you are born...you do not know where you came from...  
you do not know where you are going when you die  
it is unknowable  
sannyas is the greatest death of the mind  
a deep surrender  
knowing perfectly well that you do not know...  
where you are going to go  
a great acceptance of the mystery of life  
and the beauty of the unknown

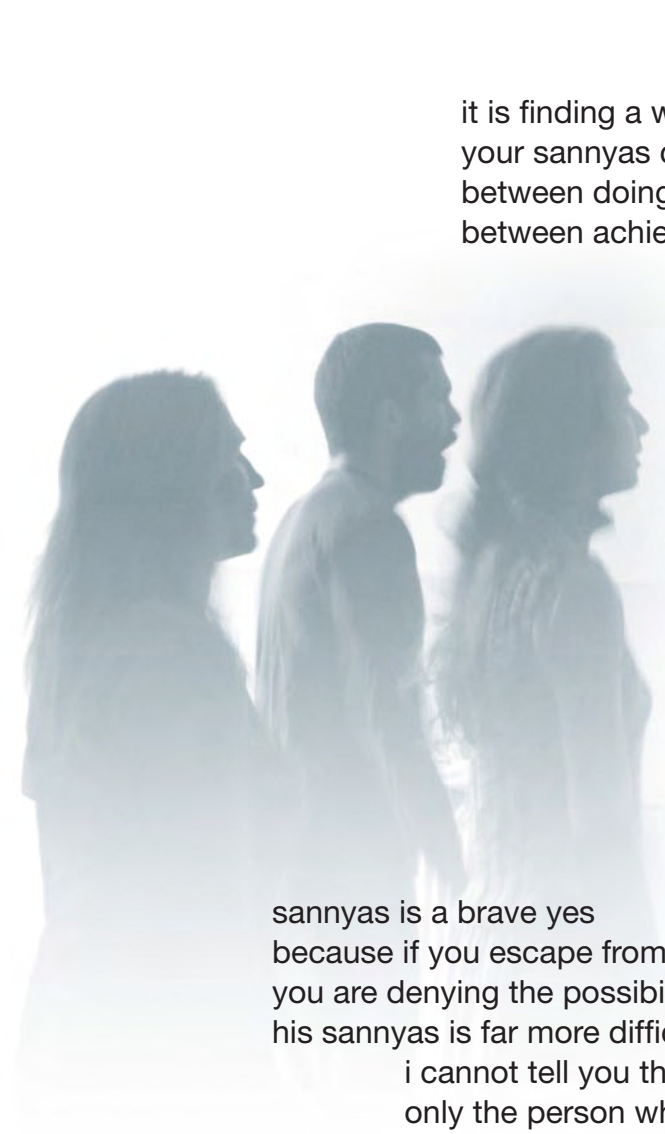
you think everything that you know is beautiful  
then where is the mystery of life ?  
you wake up every morning...you brush your teeth...you eat your breakfast...  
you go to work...everything is known to you...  
so your life will become more and more routine and boring  
if you have nothing unknown in your life  
there will be no mystery to your life



if there was nothing that you could never know...  
there would be no dive into existence  
because everything would be known by you  
sannyas is the greatest mystery of life  
it is a yes to life itself  
you do not know what it is but you are saying yes to life  
wherever life will lead you  
life has brought you here  
life will lead you ahead  
life is the ultimate value  
what is surrounding it is of no value

because one day you will lose everything that you are holding onto  
will you lose the life that you are carrying  
sannyas means saying yes to the life within you  
and saying yes it will lead you and show you the way  
hence it is like a great death  
but a great resurrection too

the sannyas that osho has offered  
is no ordinary sannyas  
today i was speaking to the reporter  
that in the past sannyas denied life...you had to leave the world  
you had to go to the mountains and find silence and peace  
but the sannyas that osho gives is not of escapism



it is finding a way to live in the world in a meditative way  
your sannyas creates a bridge between spirit and matter  
between doing and non doing  
between achieving and letting go

if you leave the world and sit in the mountains...  
you do not have your girlfriend to give you a good slap  
the world tests you  
your girlfriend tests you !  
women know what truth is  
they do not go searching for truth  
they just take out one hammer and hit you on the head !!  
all women are enlightened  
that is why men escaped from the world to find the truth  
the truth was in the kitchen of the woman !

osho sannyas is of the world in the kitchen  
cook your food meditatively and eat  
eat meditatively...  
live meditatively...work meditatively...  
and absorb the mysteries of the universe  
while living in the world

sannyas is a brave yes  
because if you escape from the world...  
you are denying the possibilities of this experiment  
his sannyas is far more difficult

i cannot tell you the secrets of sannyas  
only the person who has received sannyas knows the mystery  
they are connected to millions of people  
who have received sannyas too  
it is a vertical journey...  
the moment you receive your sannyas  
something silently mysteriously enters into you  
and you become part of millions of seekers of truth  
it is an energetic connection to millions of seekers

it is not only the mala around your neck  
something so vast happens...so mysterious and invisible  
that you do not know where it is coming from  
the world moves this way...horizontally  
sannyas moves this way...vertically  
something mysterious from the universe...  
starts descending into you  
and you know from inside...a deep inner certainty...  
that this is the path  
you know you are connected to this universe of seekers

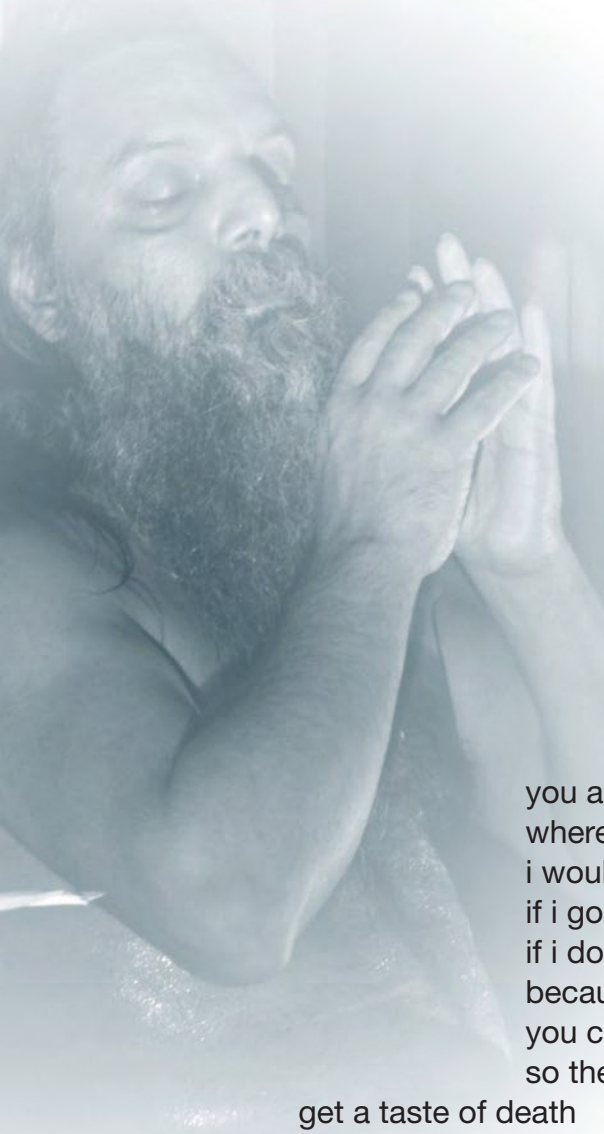
it is a great mystery  
and there is great fear  
you have to be mad to take sannyas !  
just the other day...  
a one young boy asked me...  
what is sannyas ?  
i said...madness !  
he said...what ? he got afraid  
he wanted to take sannyas  
but he became very afraid  
i said...sannyas is madness and death  
he got nervous...  
i said it is like a moth  
here is the moth and here is the candle...  
the moth is going towards the candle  
and there is the fire  
and the moth knows...  
it is going to die if it goes into the fire  
but the fire is so strong  
that the moth simply goes to the fire and dies

exactly like this... exactly like this is sannyas !  
the fire of truth !  
the flame of truth is like a candle in the dark

and you are pulled towards it  
you know you are going to die  
you know your mind is going to disappear  
but the pull is so strong  
you do not have an answer  
if you make logic out of it...  
i am going to die because i am going to find the truth  
it is not going to help  
you ask the moth why are you going to the fire ?  
you know from inside that you will be burnt...  
you will be gone  
but something of your inner eternity  
will become available to you  
exactly like this is sannyas  
you cannot use your mind to take sannyas

so all those people who have not decided  
do not think that you can decide !  
if love will happen in spite of your indecisive mind  
it will happen  
and remember...  
mind cannot decide such great things  
mind is always divided

yes and no  
this is the mind  
yes no...no yes...yes no  
you have to be in the middle...  
beyond yes...beyond no  
it is not even a yes sannyas  
it is not a no sannyas  
it is simply death...no yes...no no...  
just simply in the middle



and you ask...  
why did you take your sannyas ?  
i do not know  
that is the perfect answer...  
i really do not know  
something pulled me from inside  
and i do not know why

i told this young boy  
he said i will take my sannyas  
next day he hesitated...hesitated...hesitated...  
so we were ready with his mala  
and dancing...dancing...dancing...  
and when we opened our eyes he had ran away !  
he ran away because i told him it is death  
he does not want to die so young !

you are all going to die...no choice  
where you will die...how you will die...is the question  
i would rather die in sannyas  
if i go...very good  
if i do not...it is okay  
because anyway i am going to die  
you can prevent everything but death  
so the earlier you learn how to die the better

get a taste of death  
meditation is the search for death  
how the ego can die...  
how you can dissolve yourself...  
and feel comfortable with that experience  
how you can laugh at death...ha ha ha  
you will have to die laughing  
you have no choice

life is going to be taken away from you  
and if you have lived your life totally  
you will surrender your body joyfully  
that yes i have lived enough  
i have seen whatever is possible through this body  
now i want to see what is beyond it  
now i want to see what is more  
if life gave me so much  
when i leave this body there must be something more  
right now life is so small within this body  
if it can be set free...what it must see !  
what an explosion of light !!  
what freedom to fly !

life is not death...it is eternal life...  
so death is the real search for the seeker  
death of the mind...  
death of the past...  
death of the conditioning...  
death of all experiences so you are fresh to see again...  
sannyas is pure death and the greatest blessing that it is available for you

if you find anybody who can cut your head off while you are walking on the journey...  
catch the person !  
let the head be cut off...live with your heart...  
heart can live without the head  
you can live with love

those undecided people...  
do not decide...it will happen  
and anyway...unfortunately...i do not have so many malas  
i went to mexico...they all took sannyas  
then i went the ukraine...they all took sannyas  
we have no malas left !!

so when i flew from ukraine to amsterdam  
i quickly picked up some malas from the airport...to kill you latvians !  
so only twenty people can be killed  
so you choose who are the twenty  
so those who cannot decide wait

**question** *can small children take sannyas also ?*

the child is already a sannyasin  
the child is already enlightened  
you are born enlightened  
and somewhere along the way you become grown up  
this growing up is the problem...  
the child is perfect

already the mala is around the child  
wearing pure innocence around the heart...  
open eyes...  
they are already enlightened beings  
their innocence...their laughter...  
their joy...their celebration...  
the child does not need sannyas

in meditation you have to go back to your childhood  
the grown up in you has to forget it is grown up  
drop this stupid ego that says...i know...  
become innocent like a child again...  
and you will be free to laugh and smile and giggle  
and there is nothing more in life  
but to giggle...laugh...and smile...and bubble with energy...  
and to cry a bit  
become like a child again  
it is the greatest luxury to be a child  
innocent...smiling...and dancing

no burden of life and future and responsibilities...  
taking care of this person...taking care of that person...  
listening to others...  
just eat...dance...laugh whole day and go to sleep

this is your real nature...  
to live life intensely and totally...  
to enjoy the very beauty of life...  
you are not here to do anything special for the world or for anybody  
you are just here to live your life  
and children are doing nothing but living their life

when you learn to live your life totally  
without any reason  
then you have such an abundance of energy...  
so pure and uncontaminated...  
so one and undivided...  
that you will share your love to everybody  
it will be as natural as the child smiling and dancing

i do not need to give sannyas to the children  
we need to learn from our children  
and by looking at them carefully  
it can awaken us  
children are there to awaken us  
because we have lost the way  
we need to look at children more carefully and wisely  
do not take their helplessness as stupidity but their wisdom  
they are wise and look silly  
they look childish

when you fall in love...do you not look like childish ?  
you lose all logic and all sense of understanding  
the man is running after the woman looks stupid...  
because he has fallen in love  
and he tells everybody...she is so beautiful  
and all your friends say...this guy has gone mad  
she is not beautiful at all...  
but he is like a child running after her...that is love !

life is like love...  
pure love...and a feeling and an experience of the joy  
and the bliss and love of existence...  
so you will behave like a child...  
you see...i am like a child...  
do i look like some intelligent person sitting here ?  
i am just like a child  
just because of that i grew my beard !  
if i do not have this beard...nobody will look at me seriously !!  
so i tell all the people who are becoming wise to grow their beard !  
all wise people look childish  
because they are in so much love with everything they see  
they are in love with life itself  
and they see everything as beautiful

all my friends ask...why you say this is so beautiful...  
oh that is so beautiful...oh that is so beautiful...  
the whole day i am seeing everything beautiful  
they think i must be hypnotised...  
i must be on some drug...  
everything is beautiful  
that is why i have this beard !  
i keep pulling it

do not worry...we get serious from tomorrow onward...  
today is the first day...  
i do not want to scare you the first day  
first day i am a little soft...easy...  
next day i get a little harder...  
then when i see it is possible to hit you...i get a little harder  
and last day ...i really hit !  
ha ha ha !  
you do not know what is coming tomorrow

**question** *is there a reason to take sannyas  
a second time ?*

take it every day !  
twice is not enough !!  
every day !  
many people have come to me  
a second time for sannyas  
celebrate every day !

any occasion to celebrate sannyas...jump into it  
in fact wherever we have sannyas  
all the people who have taken sannyas before  
start celebrating as if it is their sannyas again  
many people are old sannyasins  
and they look at the new sannyasins...  
they feel their sannyas again

always be fresh...

everyday you have a shower...

sannyas is like taking a cool shower

reminding yourself of your eternity

there is something mysterious within you...

there is something eternal within you...

and to remind yourself again and again...

to awaken...to celebrate...to rejoice...is sannyas

remind yourself every day

and any reason to take sannyas jump on it !

many people have taken sannyas twice...thrice...

when you are drunk

you come for the bottle again !

it is drunk divineness and always reminds yourself of your eternity

so come again...come again and again

i was speaking in the last camp

i used to sleep with bhagwans feet over my head

just on top of my bed were his feet...oshos feet

every morning i wake up...i have a shower...i get ready...

and i do my three buddham sharanam gacchamis to his feet

every morning...

and there is my mala

i close my eyes...i take the mala like he is giving it to me

and i wear the mala...

everyday is sannyas

and everyday when i do it my life is fulfilled

now i do not do it

because now i am the mala myself

i do not wear one anymore

because my whole body has become a mala

my sannyas has become me

but every day for years i wore the mala

with the same feeling

and it was the same deep experience...

and my mouth became sweet...

and i was in ecstasy...

mmm...welcome again

i feel so comfortable with you all

i am grateful that you make me feel so comfortable

i do not feel like i am speaking to you

that i am saying something with effort to you

i feel like i am in my bedroom...

just talking comfortably to my friends...

and this is a great experience for me

that you are so open and relaxed and sensitive

i do not feel i need to exert on you...

or say something to break your head...

i am very grateful...you are a really beautiful people

i never had this experience that people are so receptive

and in this receptivity something transpires

from heart to heart...

nothing is said...

and something fills you

i really am blessed to be here

so thank you for inviting me and bringing me here

because i also take back something with me

and somehow i feel you are going to give me something special  
just the way you are  
i feel already blessed  
really !  
you can ask soma and min  
have you seen me so comfortable ever ?  
i have never felt so welcome in a camp before  
so thank you all

**question** *you talk about the peaked state...how can we stay peaked during our day to day life ? why do we always come down...how to avoid coming down ?*

you raise the energy to a peaked state...  
a peaked heightened state  
heightened means a peaked state  
how to remain peaked ?  
it is a tension when you have to remain peaked all the time...  
pulling yourself upwards  
you have to make a certain effort to pull your energy upwards  
but when you reach the very peak it becomes a total relaxation  
because when you peak to the very top  
you experience orgasm

orgasm is not happening in the first centre  
orgasm happens in the seventh centre  
when the energy hits the crown  
that is the experience of orgasm  
all effort is to take the energy from first to seventh  
once the energy comes to the heart centre  
through its love and fire it raises the energy to the third eye centre  
the effort is to bring it from the sex centre to the heart centre

once the energy is at the heart centre  
and there is a certain harmony in the heart  
the energy will be pulled up to the third eye  
when the energy is at the third eye  
you will feel a harmony and oneness with the outside  
now the energy needs to move from the sixth to the seventh  
the moment it reaches the very peak  
it explodes into bliss  
and this bliss lets you settle into a deep relaxed state  
love...oneness...explosion of bliss...  
how to remain the whole day with this vertical presence ?  
you will understand tomorrow  
when i will explain kundalini meditation  
i will explain each meditation to you...one by one  
i will show you how easy it is  
to transform the energy vertically

here lies a very important clue...the word change  
how to change yourself...how to become better...  
how to achieve more...  
these are all horizontal movements  
how to change yourself and become better...  
how to change yourself and add something else to become better...  
i am not part of this change and becoming a better person  
transformation is not changing yourself in any way  
not doing something...not adding something...  
not becoming a better person...  
transformation is about accepting yourself the way you are  
transformation means moving energy vertically higher and higher  
the same energy...the sex energy...moving it upwards vertically  
not changing it...transforming it !  
transformation is a vertical process  
change is horizontal



everybody wants you to change  
you are not good enough...  
you do not know anything...  
you have to work hard on yourself...  
you have to become a better person...  
do not do this...do that...  
this is wrong in you...this is not good in you...  
these are all stupid ideas !  
this is not our work to change or become better or improve

meditation is not about improving yourself  
you are already perfect the way you are  
understand your perfection...  
the way you are right now here  
you are perfect the way you are right now here  
all you need to understand is how to transform this perfection...vertically  
the moment you do not accept yourself the way you are...  
and you think you need to improve yourself or become better...  
you are divided  
the enemy is within you  
you do not accept yourself so you need to change to become better  
this is the greatest lie given to you  
it is what is destroying you  
this false idea that you are not good enough  
and you have to change to become better  
this is the poison that the people have given to you  
so you feel divided...you feel worthless...you feel you are good for nothing  
meditation is not about becoming a better person  
meditation is not about improving yourself  
meditation is not about changing yourself  
but accepting yourself the way you are  
and understanding how to transform your energy vertically  
you see how different it is ?

no condemnation...no rejection...  
a total acceptance of your energy...every state...  
the lower supports the higher...  
supports the higher...  
supports the higher...  
supports the higher...

it is one energy from the mud to the lotus  
without the mud there is no lotus  
without this...there is no sky...  
earth and sky are one  
you understand this ?

change means not accepting yourself  
transformation means accepting whatsoever you have  
and energetically transforming it vertically higher  
this energetic transformation higher and higher  
keeps you alert and vertical

you are a vertical being  
but the society...your friends...your teachers...your family...  
everybody condemns you and says you are not good enough  
you need to change to become a better person  
so they divide you  
they divide your verticalness and split you into two  
and you become weak

i never tell you to change yourself  
it is against you  
whatever you are...however you are...  
this moment...the way you are...  
understand the way to transform the energy vertically  
it is very simple

just dancing your energy is transforming  
all the meditations are vertical transformative meditations  
and once you reach the peak...learn how to stop and watch silently  
when you are dancing...energy moves to the third eye...  
moves to the crown...  
stop...become still...watch...  
and when you reach the peak everything is perfect  
that is your enlightened state

when you are peaked  
you are in the state of no mind  
mind has disappeared  
you understand ?  
everything is perfect  
what does it take for your energy to come from here to here ?  
a nice run...a beautiful swim...a dance...a celebration...  
and you have transformed your energy vertically higher  
you are living it totally...you have peaked it  
it comes to the top and then...just relax and let it settle  
it is as easy as that...

a very simple innocent process  
it is so easy to transform energy  
it is so difficult to work hard upon yourself...to change yourself...  
and these are the criminals telling you...  
you need to work hard and change  
i am saying do not work hard at all  
do not make any effort  
learn to relax deeply and accept yourself totally  
and you will understand...  
the perfect moment within you happens when you are peaked  
that is your enlightened nature

again and again you will have glimpses  
of this perfect moment in you  
and you will become acquainted with the path

this is the path...this is the goal...  
to dissolve into this vertical journey  
slowly slowly...it is becoming wider and wider...  
higher and higher...deeper and deeper...  
and this bodymind surrounding it...simply disappears  
and the goal and the path become one  
how to remain vertically throughout the day  
is to live meditatively  
when you draw your energy and move it through your hand  
you are taking the energy to the heart  
and the heart can create fire  
the passion of the heart...  
if it is balanced and in harmony...  
the energy will go to the third eye naturally  
and once you are in the natural state of awareness...  
in the third eye...  
it climbs a little bit and it will touch the bliss centre  
it is so simple to remain vertically present in your day to day life  
and the easiest way is to live meditatively  
each action of yours...  
draw from the source of life into the action  
if you can move meditatively and with stillness and awareness  
that energy is spreading and filling you  
so slowly slowly you are filled with this vertical passage  
you understand how easy it is ?  
it is very easy...  
doing small things  
do not do big things  
meditation is how to move your hand from here to here  
just moving your hand from here to here...meditatively...  
is the biggest action you can do  
each act that you can do meditatively...gracefully...  
and in harmony...is meditation growing in you vertically

just wait...tomorrow i will start explaining...  
you will all laugh...my god...it was so easy...  
within two days you will understand that it is a joke  
all mystics when they became enlightened...  
first thing they did was laughing  
they started laughing !  
if it was so serious and so difficult...  
they would be writing formulas like einstein  
but they started laughing...it is so ridiculous !  
it is so simple...so easy...and i was trying so hard unnecessarily

the first thing masters speak of when they experience the truth  
is how to learn to love yourself...accept yourself...and trust your inner light  
such a simple innocent message...love yourself...  
so that you are not divided  
trust your inner being  
because trust is the very quality of life pulsating in you  
and accept yourself in deep patience  
so that there is no inner fight

when your inner fight disappears...  
you are no more divided  
now you are available to move upwards  
if you are divided you cannot even move upwards  
you are so tired from your own inner struggle  
truth is not a struggle !  
it is an acceptance and an understanding

you just get a taste and a flavour of what i am saying  
you may not understand what i have said  
but you can taste what i am saying  
and you will understand  
okay ?

enough speaking for today  
we just have a little dance and then you all go to sleep  
have a nice sleep...deep sleep  
sleep is very important...i will speak about sleep again  
enjoy your sleep...it is a reward  
that is why i move dynamic one hour later  
the deepest meditation is sleep  
tomorrow i will speak about sleep  
i am more interested in sleep than in meditation  
in sleep you are one with the universe...



latvia  
riga

4 september 2010

this moment...

how to come to this silent vertical moment and just be ?

just remain silent...

absolutely still in this vertical moment

just remaining here...exactly in the middle...

you are deepening and deepening and deepening this moment

this moment is not somewhere else but herenow

just remaining in this herenow

the moment deepens and deepens and deepens

it is the same taste

just deeper

and the deeper you will go

the more still you will become

and that same silence will not be the same

but a deepening buzz of silence

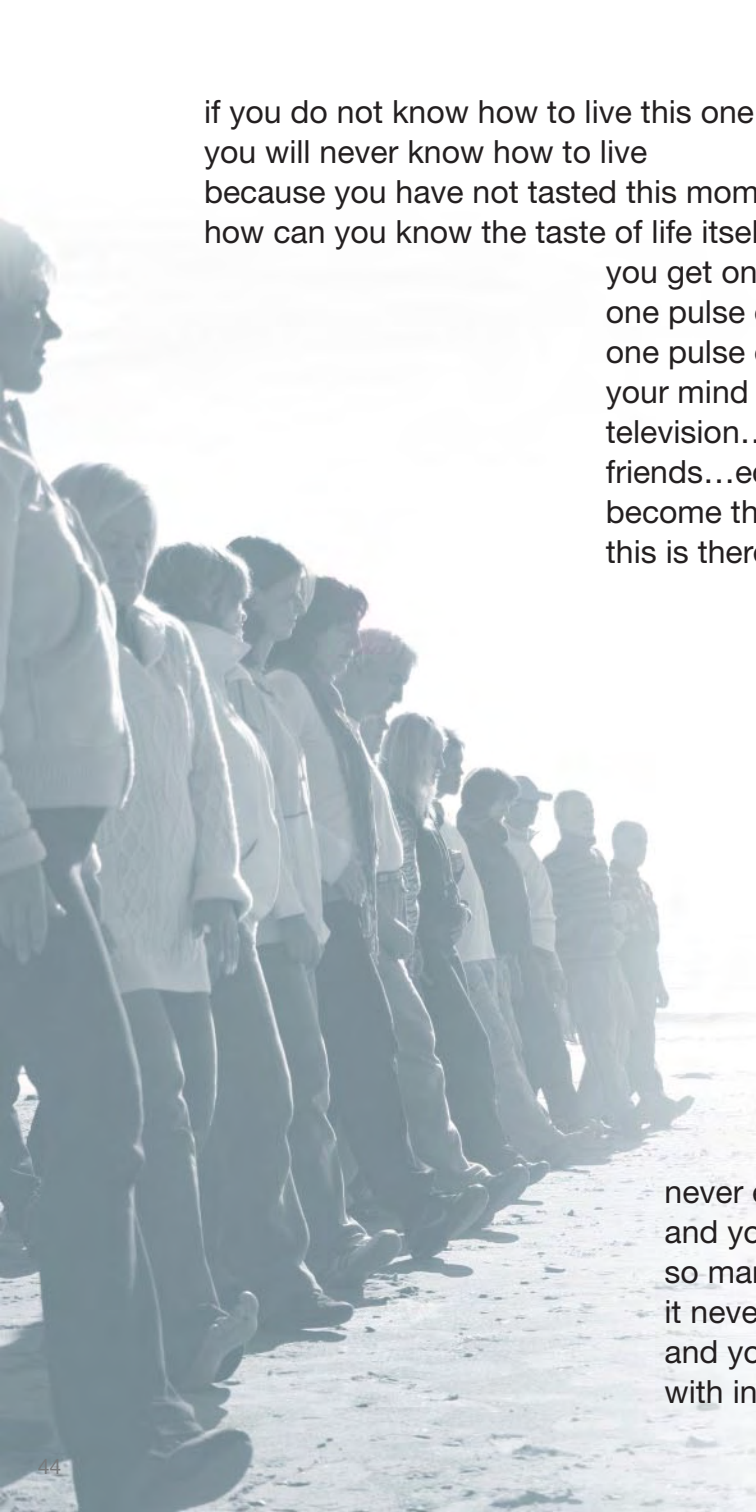
this is the whole secret  
just remaining in the middle...still and silent and let it work...  
deeper and deeper and deeper and deeper  
you are not going to find anything  
just a sense of deepening  
and the deeper you will go into the state of isness  
the higher you will grow...with no effort  
it is no other experience but this what you are experiencing now  
it is just not deep enough...nothing else  
the taste of the ocean is exactly the same  
    and this experience has no limits  
    the ocean is so deep...the sky is so vast...  
    but the taste is the same  
    just realise this  
    this herenow is the experience  
    this herenow and the mind simply stops  
    this herenow is your perfection  
        when you are in this vertical herenow  
        you are an enlightened being  
        when you are moving away  
        you are dreaming that you are not enlightened  
        moving away from this reality  
        and reality is only moment to vertical moment  
        because reality is herenow

it is not a projection into the future  
it is not a dreaming about the past  
you cannot dream and project and live at the same moment  
either you are living in the present moment  
open with no mind...  
responding moment to moment...  
or you are dreaming about the future  
or living in the past

    the whole process is to bring you herenow  
    so you see clearly what is in front of you...  
    not clouded with imagination and thoughts...  
    and the moment you can come to this standstill  
    the door simply opens and you see the light

every method is to bring you to the present moment  
and remember the present is reality  
the present is real  
and you only get one moment at a time  
just one moment...a pulsation of life...  
pulse by pulse...like your heartbeat  
you only get one heartbeat at a time  
in that way life is very fragile  
because you only have one moment to live





if you do not know how to live this one moment  
you will never know how to live  
because you have not tasted this moment of eternity  
how can you know the taste of life itself ?

you get one pulse of life...  
one pulse of life...  
one pulse of life...  
your mind is filled with so much information  
television...newspaper...internet...  
friends...education...neighbours...family...  
become this...do that...  
this is there...that is there...  
so many futures...so many thoughts...  
millions of thoughts like clouds  
are surrounding your heads...  
you have been given so much information...  
so many things to do...  
and this multitude of thoughts from everywhere  
is crushing you  
they filter through the head  
and they come to your heart  
and they create a million and one dreams  
i want to do this...i wish i could do that...  
this is what i should do...  
that is what i should become...  
i wanted to be this but i became that...  
this and that and this and that...  
never ending clouds of dreams and desires  
and you are burdened with so many dreams  
so many unfulfilled dreams and desires  
it never ends  
and you are continuously bombarded  
with information about the world and what is happening

and everything simply drowns and clouds your vision  
you are not enough the way you are  
because you have yet to become the president...the prime minister...  
the businessman...the film star...the industrialist...  
you have so many things to achieve  
so many unfulfilled dreams  
and you have just one moment to live...

one moment to live...so small...just one pulse...  
you have a million dreams and a million thoughts  
and the more you fulfil the dream...more dreams arise  
and the more you know the more you want...  
and now there is a new dream...to become enlightened...  
another fulfilment  
where do they leave you alone ?

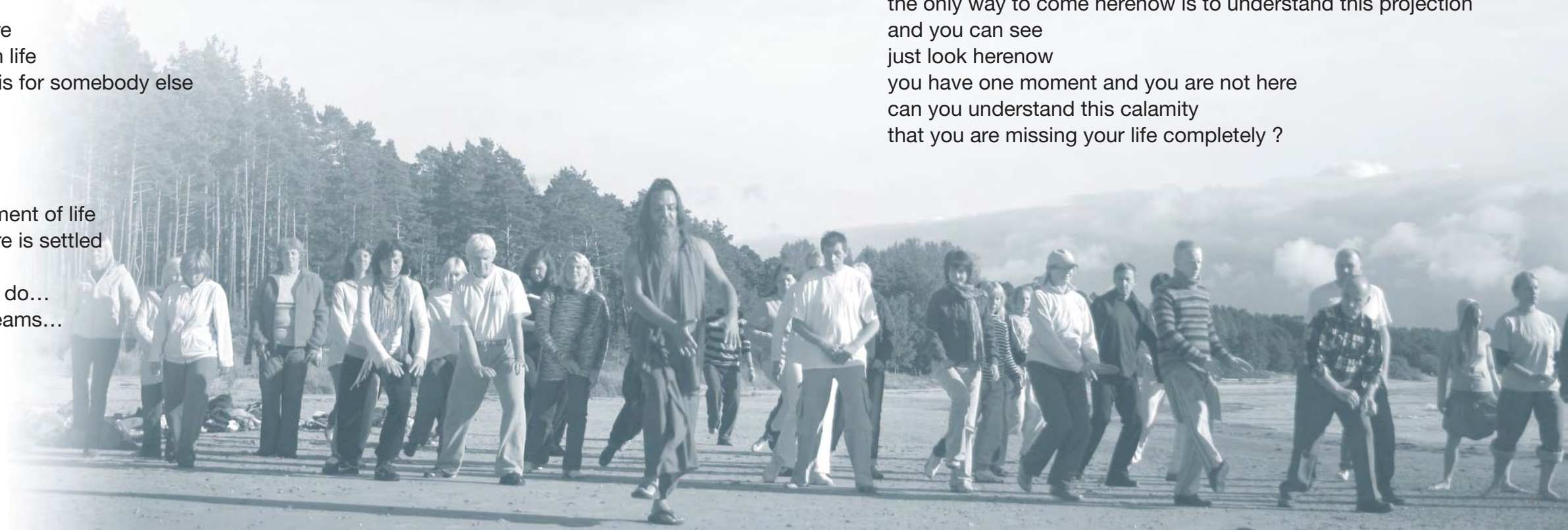
just to experience that innocent single pulse of life  
just to accept one pulse  
no dream...no desire...no thought...nothing to do...  
this world is so filled with future  
that the present moment has no reality in you  
because this present one moment  
is already dreaming about tomorrow and the future  
you are never here  
you are in the head  
already investing your present life for the future  
you are simply dreaming  
you are investing in dreams and desires  
and you are not living the reality of the moment !

you are never herenow  
how can you be ?  
because to be herenow you have to be totally content and happy  
that i do not need these thoughts...i do not need these dreams  
i do not need these future  
i am simply here...with no rush

how can you live all these projections ?  
that is why masters say you are not living  
you have never come across the taste of life  
you have only come across the mind  
the future dreaming...the desires  
and you do not know that life really exists in this world  
because you get only one pulse  
and how you can afford to sit in this pulsing moment  
with so many responsibilities and dreams ?  
and not only your dreams but other peoples dreams !  
your families dreams...your parents dreams...  
your friends dreams...your neighbours...  
your societies dreams...  
not even your dreams !  
parasites upon parasites are sucking your life

your moment is invested in the future  
you have not come across your own life  
even the little life that you are living is for somebody else  
you do not know who you are  
this is the calamity !  
your life is very small  
and you do not understand  
that you will never come to this moment of life  
till this mind and dreaming and future is settled  
till you come to a conclusion  
that now i have done what i need to do...  
i have fulfilled all my desires and dreams...  
and now i have nowhere to go...  
nothing to do..  
nothing to achieve...  
nobody to become...  
just be me

this is the reason you are not enlightened  
because you are not where you are meant to be  
this is why masters say again and again  
that all your dreams and desires are leading you astray  
go fulfil them !  
finish with your dreams...finish with your desires  
finish with your projections...fail utterly in the outer world  
and when you will fail utterly and give up  
you will fall into the pulse of life  
and you will laugh...i missed my life completely !  
nothing fails like success...is what osho says  
those who have achieved their minds and their futures  
those who have achieved their dreams and desires  
suddenly feel the failure of their being  
because they were not acquainted with their life and its pulse  
the only way to come herenow is to understand this projection  
and you can see  
just look herenow  
you have one moment and you are not here  
can you understand this calamity  
that you are missing your life completely ?



that is why you are in this misery  
because life wants to live life  
life that has been given to you...it wants you to feel it...  
it wants you to taste it...it wants you to celebrate and enjoy it  
because you are looking for life  
but the world has contaminated and poisoned you  
they do not understand the word life  
they all give you a future...to make a living  
to play the game of power...ego...prestige...  
to gain more...to do more...to become more...  
so others can see that you are successful

how can you be nourished by fulfilling the ego and the mind ?  
you can only be nourished if you are living your life  
living your life and making a living are not the same  
and for living your life you do not need great things  
just moving your hands sensitively to your life source is enough  
just taking a walk by the river...  
feeling your breath pulsating your life is enough  
just watching the sunset with nowhere to go and nothing to do...  
and you are present to the beauty of this existence  
and the life that is pouring in you

to come herenow...to your home...  
is the way of the mystic  
simply understand...  
life is very fragile...very silent and sensitive  
listen to the pulse of existence  
and you have achieved the greatest achievement  
because the whole world is chasing a dream  
you have attained something unique  
you are not chasing anything !  
simply drowning into the life that is becoming available to you  
that is the meditators way

one pulse...  
do not dream and desire...  
do not think and act...  
drop running around

one drop of life !  
let it settle  
another drop of life !  
let it settle  
another drop of life !  
let it settle

this is your bank balance  
life expanding within you  
not using it unnecessarily...draining your sources of life  
remember...life comes to you one pulse at a time  
invest your valuable precious moments  
not doing anything...not desiring...  
not running here and there but just being herenow  
just remain at the door of life  
and watch the presents and the gifts that are given to you

and of course when you are at the door...  
you will see and understand what life is  
do you see the hypnosis you are under ?  
this world has given you so much future  
the world does not love you...  
it does not respect you...it does not accept you...  
you are good for nothing...you are not worth to live your life  
you have to do something...to show your worth...to prove yourself...  
you are being made into robots...  
you have to become productive...to achieve something





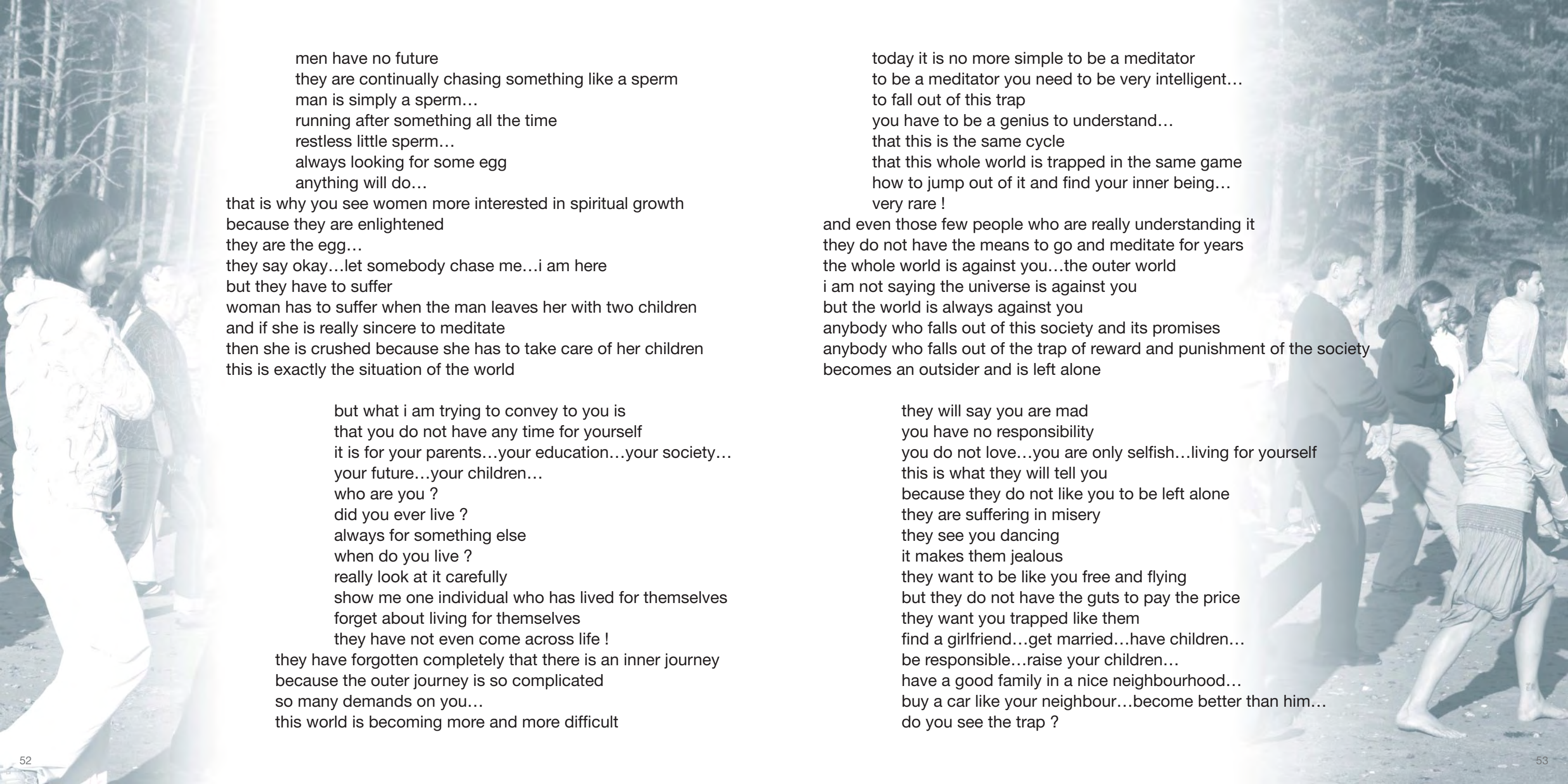
and life is no longer simple...that you just become a farmer...  
one dream after another after another and nobody is content...  
nobody is satisfied  
you are enough unto yourself...just relax and go to sleep...  
who has allowed you to have a deep sleep without telling you...  
wake up...get up...brush your teeth...go to the office...earn something !!

how much life do you really have ?  
till sixteen or twenty you are studying and educating yourself  
you have no choice  
after sixteen or seventeen you need a girlfriend...  
you need the other...and the other needs something  
and then you have to make your future  
by the time you are thirty five you have some stupid child  
one child is not enough  
your child needs a companion...a brother needs a sister...  
so another five more years are gone

the man till thirty five is finished  
the woman till fifty is finished  
because she has to take care of the future of the child  
she has no future  
by the time she has raised two children and is forty five...  
the man is very clever...he ditches her and finds a younger woman  
he will run after a young girl

and all these women at forty five plus with two children  
come to learn meditation  
because by that time the dream is over...  
they know they have no future  
you can see all over the spiritual world  
single mothers...forty five...forty eight...sitting with some guru  
they know the truth

woman has no future...that is when her life begins  
man has no future...he is continually chasing some future  
and you tell the man...forget that sixteen year old girl  
become a guru...he will chase enlightenment !



men have no future  
they are continually chasing something like a sperm  
man is simply a sperm...  
running after something all the time  
restless little sperm...  
always looking for some egg  
anything will do...

that is why you see women more interested in spiritual growth  
because they are enlightened  
they are the egg...  
they say okay...let somebody chase me...i am here  
but they have to suffer  
woman has to suffer when the man leaves her with two children  
and if she is really sincere to meditate  
then she is crushed because she has to take care of her children  
this is exactly the situation of the world

but what i am trying to convey to you is  
that you do not have any time for yourself  
it is for your parents...your education...your society...  
your future...your children...  
who are you ?  
did you ever live ?  
always for something else  
when do you live ?  
really look at it carefully  
show me one individual who has lived for themselves  
forget about living for themselves  
they have not even come across life !  
they have forgotten completely that there is an inner journey  
because the outer journey is so complicated  
so many demands on you...  
this world is becoming more and more difficult

today it is no more simple to be a meditator  
to be a meditator you need to be very intelligent...  
to fall out of this trap  
you have to be a genius to understand...  
that this is the same cycle  
that this whole world is trapped in the same game  
how to jump out of it and find your inner being...  
very rare !

and even those few people who are really understanding it  
they do not have the means to go and meditate for years  
the whole world is against you...the outer world  
i am not saying the universe is against you  
but the world is always against you  
anybody who falls out of this society and its promises  
anybody who falls out of the trap of reward and punishment of the society  
becomes an outsider and is left alone

they will say you are mad  
you have no responsibility  
you do not love...you are only selfish...living for yourself  
this is what they will tell you  
because they do not like you to be left alone  
they are suffering in misery  
they see you dancing  
it makes them jealous  
they want to be like you free and flying  
but they do not have the guts to pay the price  
they want you trapped like them  
find a girlfriend...get married...have children...  
be responsible...raise your children...  
have a good family in a nice neighbourhood...  
buy a car like your neighbour...become better than him...  
do you see the trap ?

that is why the world is in misery  
and nobody is living their life and there is no joy and bliss  
you will have to pay a price for truth  
it is going to be a painful price to pay  
you will be left utterly alone...misunderstood  
you will have to struggle for small little things  
but i can tell you...from one who has lived it himself  
that if i had a hundred choices again...  
i would rather be a beggar with my bowl and live my life  
my life does not mean the life that others have given to me  
that is not my life  
my life means my life with no future...no goal...no destiny...  
just eat...sleep...and breathe

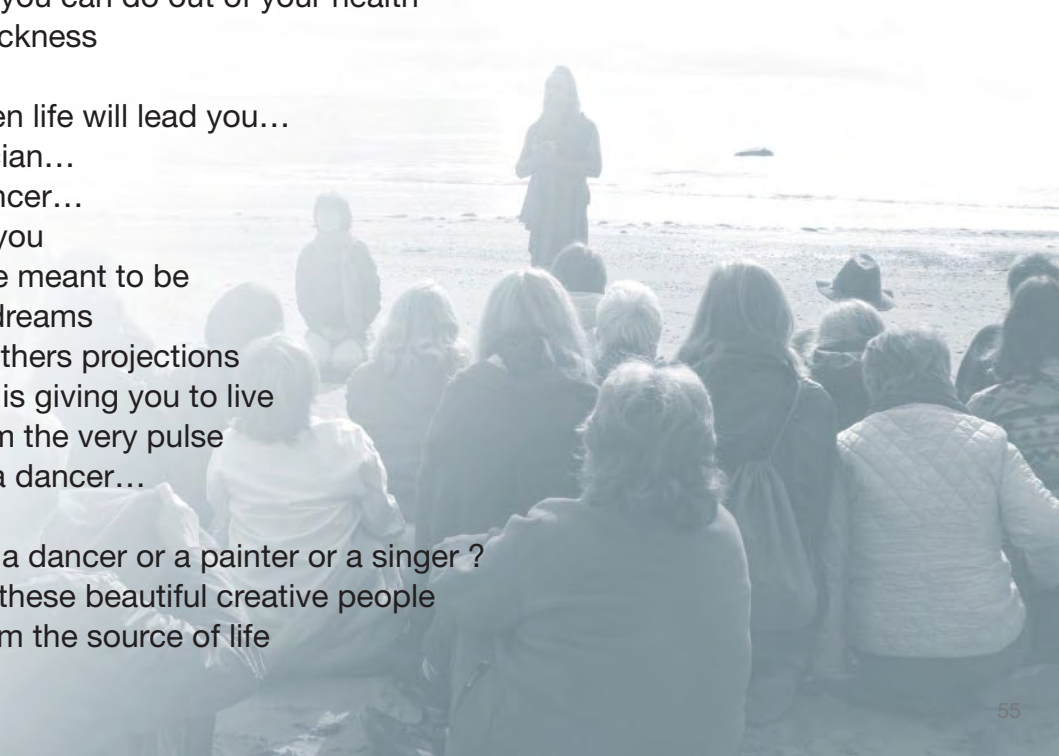
find a way out of this mess  
because the whole world is running behind things  
what is so special...  
that everybody is running behind something or the other ?  
stop running behind anything !  
doing...becoming...  
just being and you are perfect

there is nothing imperfect when you are just in this vertical moment...  
being utterly yourself  
because that is how existence gives you life  
because you are who you are  
existence respects you and gives you this moment of life  
live it totally  
live it deeply  
live it intensely  
and it is a very simple easy and silent process  
no noise...no becoming...no achievement...no doing...  
and you are a buddha

just feel what i am saying  
just feel the shock !  
that...my god...this stupid society has given me so many thoughts...  
so many dreams...  
they do not respect me...they do not respect my life  
leave me alone !  
leave me my innocence and my not knowing...  
and my nobodiness...  
and let me breathe

this much they should respect you and give you your life  
that my fellow friend...live your life...forget about everything...  
because you are not here to do things  
and once you have tasted the source of your life  
and live those moments for a few years  
you will be healthy and whole  
and a few things you can do out of your health  
not out of your sickness

few things you can do when life will lead you...  
life may make you a musician...  
a painter...an artist...a dancer...  
the pulse of life will guide you  
and make you who you are meant to be  
you are living with others dreams  
and others thoughts and others projections  
you are not living what life is giving you to live  
and if you live your life from the very pulse  
perhaps you will become a dancer...  
maybe a painter...  
what can you make out of a dancer or a painter or a singer ?  
but you can see the joy in these beautiful creative people  
because they are living from the source of life



**question** *the last few days...i can see an eye in the middle of your hands...  
like an eyeball...*

when your five senses unite...  
a small little window...a ball...is created between the palms  
this is the third eye  
i have said it many times  
this point in the centre of your hand palms  
is the heart connecting to the third eye  
exactly here in the middle  
you can feel a ball  
each one of you can feel the ball  
this is what the tai chi masters say...  
that the universe is in my palms  
if you move your hands very sensitively  
you will feel a small little ball connecting the two hands  
exactly that is the third eye  
it is a ball of light  
that is why when masters move their hands like this...  
they are giving you light

they can look at you and give you light  
or they can move their hand and give you their light  
you feel a certain radiation coming out of the hand  
and that is why they bless you in this way  
you can try it for yourself  
each person sitting here can try it  
it is not a special magic  
i am not somebody special  
i am following the same law of spiritual growth as you are  
it is an utterly ordinary experience for every mystic  
and it should be so  
if it is true for me...it is true for you

so you can do a very simple experiment  
whoever you meet...just receive...  
just receive the person totally in your heart  
and feel you are giving peace to the person  
this will open your channels and clean you out  
so whenever you pass somebody just feel a yes  
and receive the person totally with your left hand  
and very silently just pass your right hand say...yes  
and give him your love

just by receiving the other silently  
and feeling your heart and giving him love  
you are creating a cycle  
you are uniting your hands...opening your heart  
and the moment you have found the balance  
the experience of the third eye will be felt in the centre of your palms  
whenever you will move the right hand...the left will move...  
and when you move the left hand...the right will move...  
it creates an experience of a sphere  
a ball in the middle of your palms

i do not bless anybody  
i am nobody to bless you  
you are a blessing unto yourself  
i am just here to remind you that you are the blessing  
i am not holier than thou...  
that i am going to bless you...  
that is utter bullshit and egoistic rubbish  
i do not bless anybody  
you are a blessing...you do not need my blessing  
existence is blessing you  
who am i to interfere with your blessing ?

i hate people who give blessings  
these are the most egoistic...holier than thou people  
i am an ordinary person and i can show you the way  
it is nothing special  
spiritual growth is utterly humble and silent  
it does not make any claims of speciality  
because one who has found his spiritual being...  
has simply become ordinary  
his ordinariness is his spirituality !  
he is ordinary and natural  
like the grass or the trees or the birds  
he is not special when he is spiritual

the very idea of being special...  
is the mind and the ego...that i am special !  
the spiritual person is simply not...  
and certainly not special...  
he has realised his ordinariness  
his place in nature  
he shares his love out of his abundance  
not to humiliate the other

i only receive  
if any blessing happens to you  
it is something that i have received and it is showering  
i am not doing anything  
who am i ?  
i am just a vehicle for existence  
when you are pure and empty  
you are receptive to existence and its blessing  
and if something flows through and goes to you it is not mine  
i am simply watching existence flowing through me

when i greet people it is my sense of balance you feel  
i am simply meeting one by one  
i simply bow to you and i reach you...  
i can only offer you my balance and the sense of harmony  
so when i close my eyes and i go one by one by one  
i am touching you with the balance that i am experiencing  
and you and me are not two people  
if you are open  
you will sense my balance as i sense you  
we are sensory beings

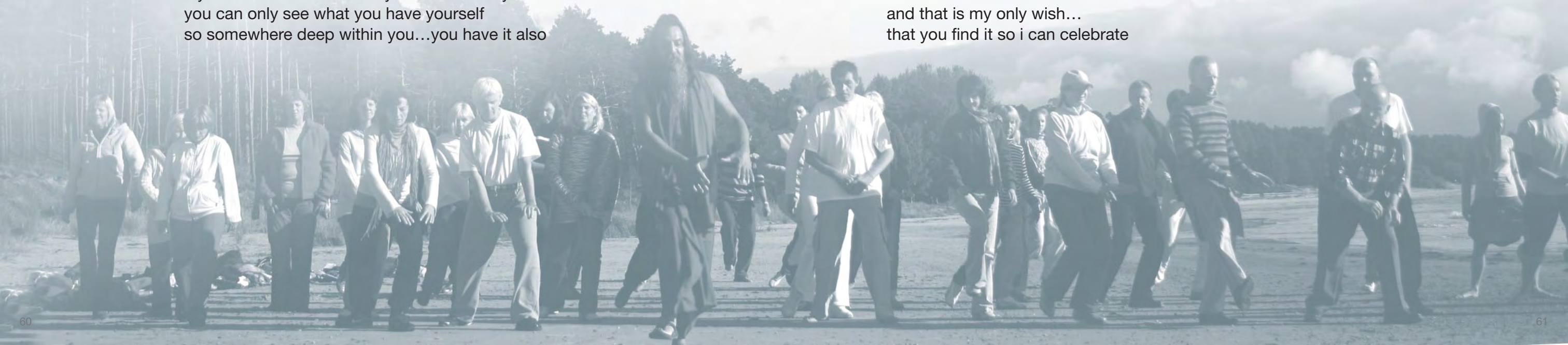
we are not divided body to body  
we are spiritual beings...  
melting and merging in this beautiful space  
we are energetically merging  
so you can feel me and i can feel you  
i am in a certain balance  
utterly still and i can offer it to you in my namaste...  
my greeting...  
it is a simple gesture  
and please whatever i am saying you try it also  
because this is the inner science that you need to learn

each one of you needs to understand...learn...and share it further  
you are all masters...sleeping  
wake up and realise yourself and your potential  
and share it out of your abundance  
again and again...i say it is very simple...  
i am trying to show you how simple it is  
you can understand...it is simple to understand

yes there is a ball in my hand...definitely  
and you can see it  
there are many people who can see a ball around my head  
when the flowering is complete you will see a sphere around the head  
it is simply light  
it becomes a perfect circle  
people who have become realised  
they have many circles floating around them  
and you can see it very easily if you are sensitive  
so good...i am very happy that you can see it  
if you can see it...it means you have already understood it  
you can only see what you have yourself  
so somewhere deep within you...you have it also

you cannot recognise a diamond if you do not know what is a diamond  
and if you know what is a diamond...then you have the diamond too  
i am here to remind you that you have it  
even if everybody understands that swami rajneesh is enlightened  
he has a diamond...what good is it to me ?  
what is useful to me is that you have the diamond  
you understand it and you share it  
and the moment you have the diamond  
then you realise...yes he has a diamond too !  
you can only realise what you have  
so your realising your inner buddhahood is actually good for me  
because then you realise he is also enlightened

i can keep saying i am enlightened...it is of no use  
i am saying to you that you have it...  
you have it too !  
you have it...you have it...you have it...you have it...  
look in and you will find it...as simple as that  
anybody who has looked in...in a sincere deep way...silently...  
has found it  
and that is my only wish...  
that you find it so i can celebrate



**question** *tomorrow is a last day to do dynamic meditation here...  
i like very much to do this meditation but last time i am worried during the  
catharsis phase...i used to do everything... i used to scream and cry and laugh  
but now i do not want anything...nothing comes out... totally calm...i would like  
to know what you think...*

you do not need the catharsis  
catharsis has no value in itself  
you need to centre the catharsis  
centring is important...not the catharsis  
sometimes no catharsis comes  
it is not necessary to shout and scream  
tomorrow we will do dynamic and experiment  
you will understand more clearly

**question** *i would like to ask...why is it that the relations between man and  
woman demands something and makes some requests...why is there  
responsibility in a relationship ?*

there should not be...just drop it !  
the word responsibility is a pretty ugly word  
when love is gone...you become responsible  
when you are in love there is no responsibility  
you simply love...you never heard the word  
when you are in love you are irresponsible !  
everyone is telling you...be responsible...this is not the right woman for you...  
but you are in love...you are being irresponsible !  
two lovers are always irresponsible !  
they find places to meet...they find ways to break the rules...  
anything they do...any taboo...wrong...right...  
they do not care...  
drop all the responsibility !  
when love has gone then comes the ring on your finger...responsibility !  
you are not responsible to anybody but love  
this is why osho uses the word...ability to respond...  
if you can respond to love then you are responsible  
if you cannot respond to love  
and you are doing it out of dead ideas  
then that is not responsibility but ugliness  
you do not need to be responsible for anybody  
at least not as far as love is concerned  
feeding somebody is a simple job but love is far higher  
love is a higher quality  
do not add the ugly word responsibility to love  
that is a duty...others telling you what to do  
you are not responsible  
love will lead you  
okay ?

**question** *one friend asked me if you can help her with problems of health*

no...i am not a doctor !  
if your friend can dance...  
if your friend can sing...  
if your friend can laugh...  
then she can come and laugh and dance and celebrate with us  
this is the only health i offer  
a dance...a laughter...a smile...a hug and love

if these do not heal you...what else you are looking for ?  
just laugh...cry...dance...celebrate...feel gratitude...shed a few tears...  
this is health !

not healing but pure health  
dance is the greatest doctor in the world  
in the dance your energy flows  
and whatever is sick in you will start flowing  
and you will become healthy and filled with light

if you want to be healthy  
just start dancing and laughing and smiling and loving  
and all that is uncomfortable and not well in you will start flowering  
we do not heal anybody...we dance with them...  
we cry...we laugh...we celebrate  
and this is the greatest health in the world  
they pulse your heart...your blood circulates...the prana flows  
you feel wellbeing  
and who cares about sickness

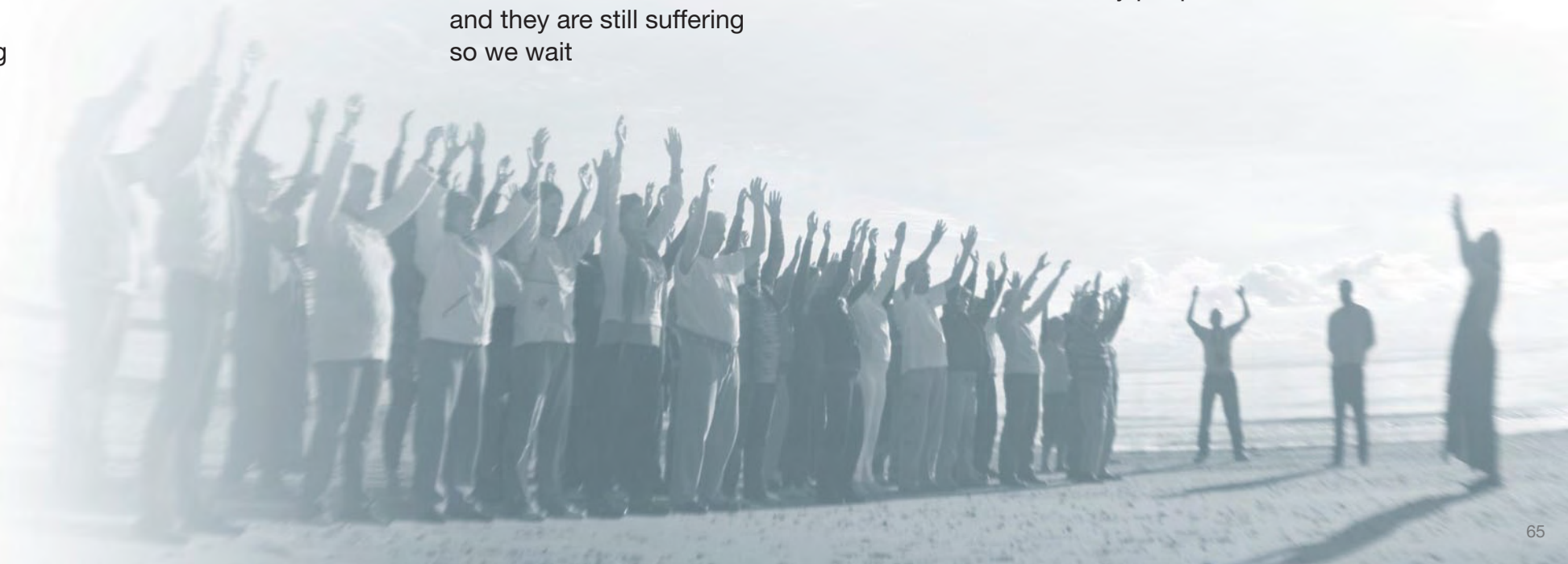
she can come and dance with us...welcome !  
and i am not a teacher at all...i have nothing to teach  
i am a dancer...i am a lover...i am not a teacher  
i have nothing to teach  
you think i am teaching you something ?  
no...i have nothing to teach  
call her here tomorrow !

**question** *will you write another book ?*

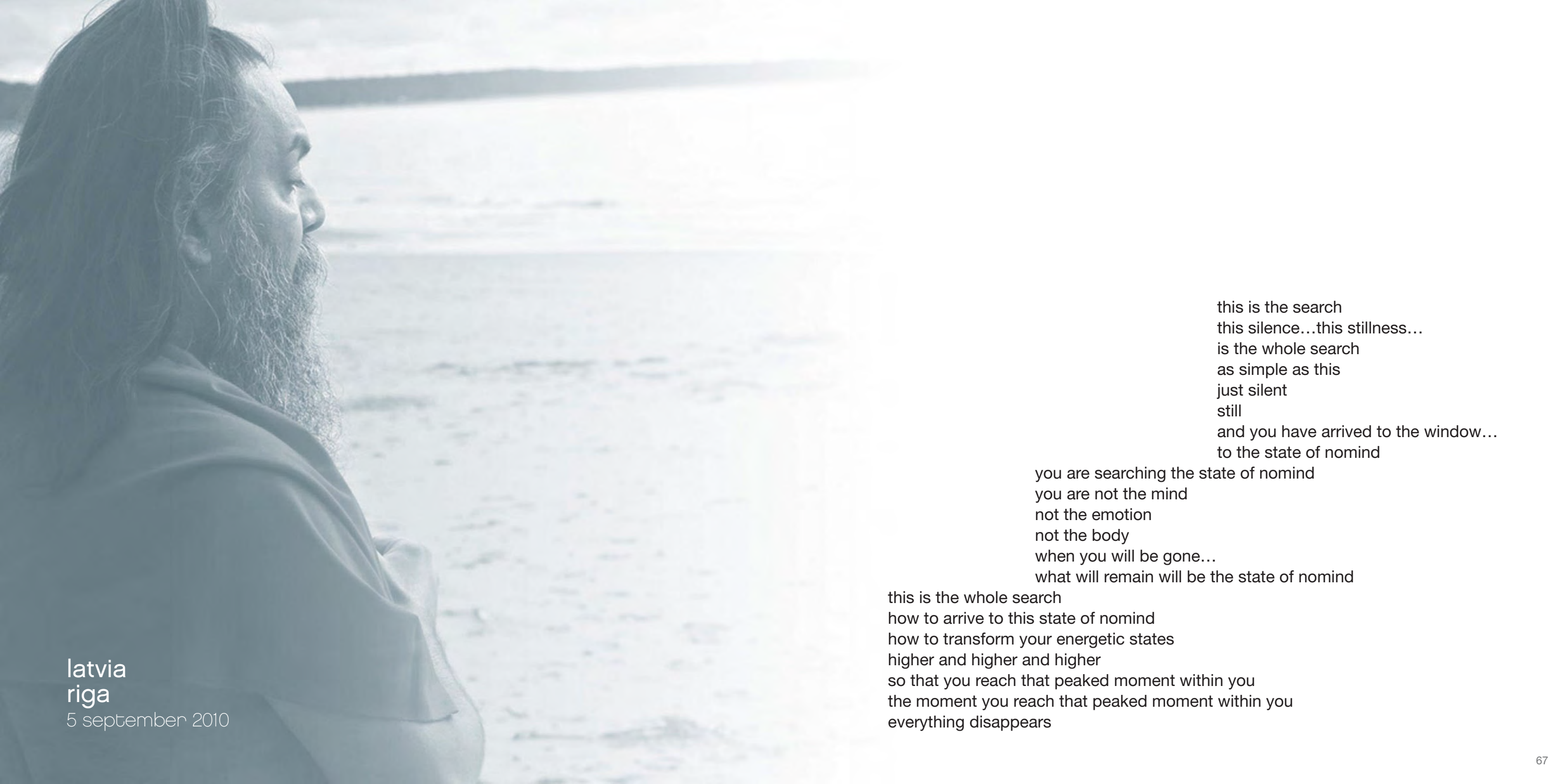
no !  
already one book has made so many enemies  
so i am waiting for all those enemies to settle down  
when all the enemies are settled down  
and i find no more enemies  
then i will write another one so they come and attack me again

right now so many enemies are all shaken up  
let them settle...

i thought they would settle in one or two years but they are still unsettled  
i only hit and shake when i know they can absorb that much hit and shake  
i only hit to create something more beautiful  
i do not hit to destroy anything  
so when i hammer somebody...  
it is so that the person becomes stronger and stands up again  
i do not hammer to destroy the person  
so that first book has been a little bit of a hammer on many peoples heads  
and they are still suffering  
so we wait







latvia  
riga

5 september 2010

this is the search  
this silence...this stillness...  
is the whole search  
as simple as this  
just silent  
still  
and you have arrived to the window...  
to the state of nomind

you are searching the state of nomind  
you are not the mind  
not the emotion  
not the body  
when you will be gone...  
what will remain will be the state of nomind

this is the whole search  
how to arrive to this state of nomind  
how to transform your energetic states  
higher and higher and higher  
so that you reach that peaked moment within you  
the moment you reach that peaked moment within you  
everything disappears

you are no more a man...a woman  
neither this...neither that...  
nor good...nor bad...  
you are simply in that state of utter fulfilment...  
this orgasmic state...  
where mind simply evaporates

it is your ultimate state  
the taste of your enlightened being  
the taste of the buddha within you  
totally alive...a peaked heightened state of alertness  
and a deep blissful downpouring of ecstasy

the search is for this state that transcends...

it simply transcends the mind

the meditator does not concern himself...

with the mind and its problems

the mind will always manufacture problems

the mind will always manufacture thoughts...emotions

and you will never be settled

there is no way you can stop the mind

there is no way you can clean the mind

let the mind continue its madness

the only way you can move within

is to simply transcend the mind completely

once you transcend the mind in a higher state

then the mind simply becomes a servant

a beautiful functional servant

because you are no more engaged within the mind...

fighting with its struggles...

you have transcended to a state beyond it

and the mind knows how to settle

people say...drop the mind...drop your ego...

for me it is utter rubbish

do not drop anything !

how can you drop the mind ?

if you were capable to drop the mind

if you were capable to drop the ego

then you must be a master already

but you keep listening to people who tell you...

to drop your mind...to drop your ego...

do not drop anything !

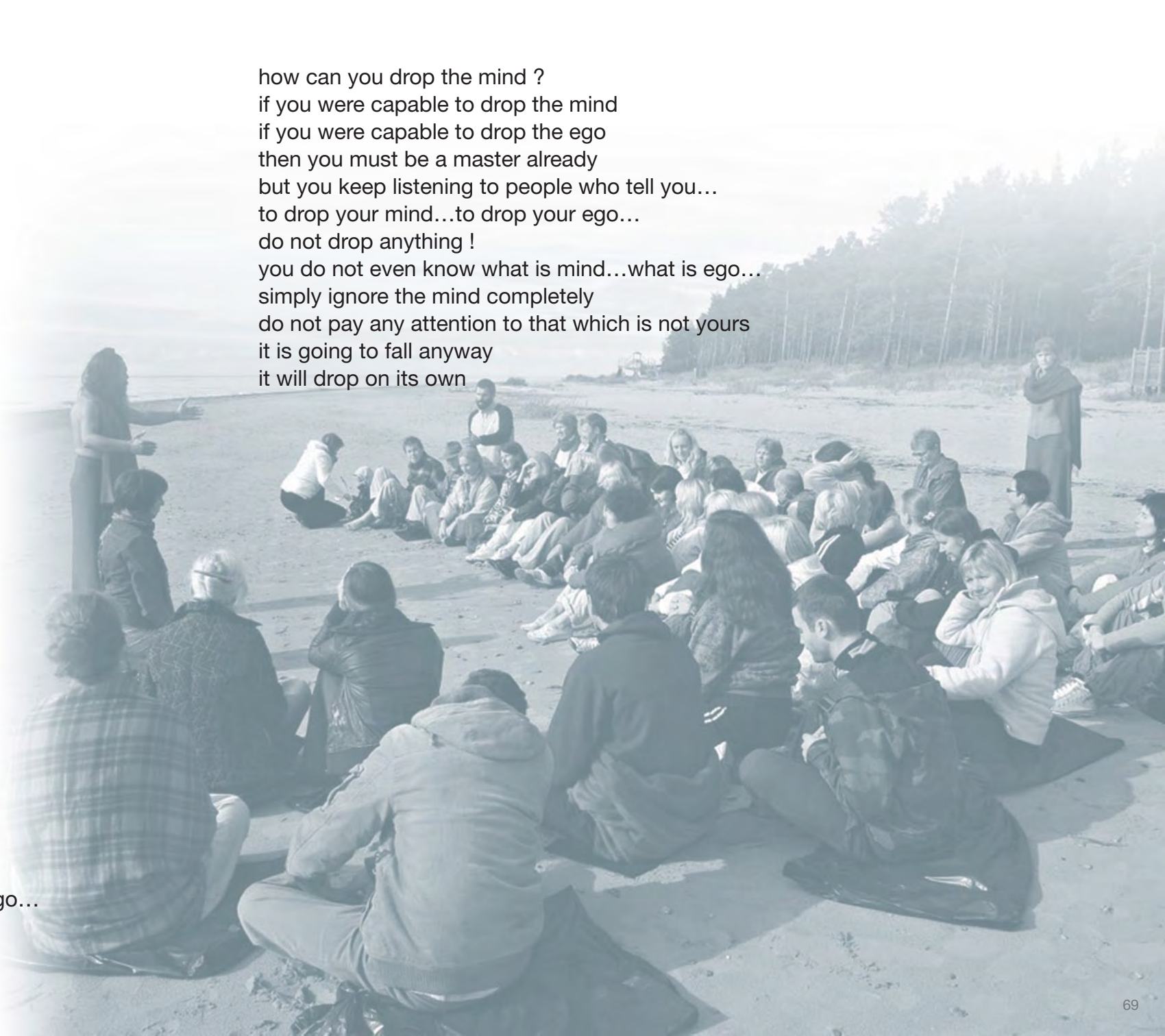
you do not even know what is mind...what is ego...

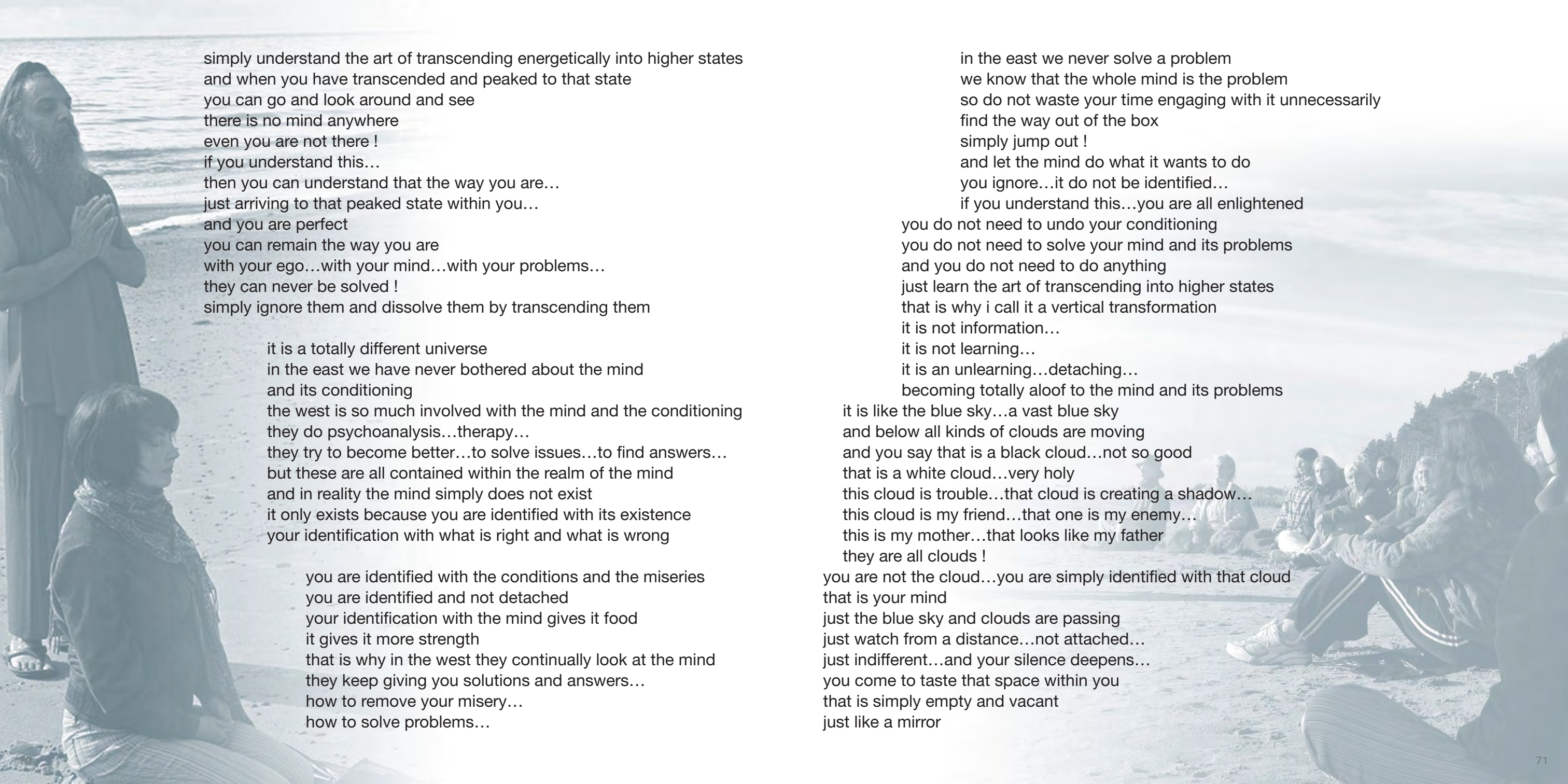
simply ignore the mind completely

do not pay any attention to that which is not yours

it is going to fall anyway

it will drop on its own





simply understand the art of transcending energetically into higher states  
and when you have transcended and peaked to that state  
you can go and look around and see  
there is no mind anywhere  
even you are not there !  
if you understand this...  
then you can understand that the way you are...  
just arriving to that peaked state within you...  
and you are perfect  
you can remain the way you are  
with your ego...with your mind...with your problems...  
they can never be solved !  
simply ignore them and dissolve them by transcending them

it is a totally different universe  
in the east we have never bothered about the mind  
and its conditioning  
the west is so much involved with the mind and the conditioning  
they do psychoanalysis...therapy...  
they try to become better...to solve issues...to find answers...  
but these are all contained within the realm of the mind  
and in reality the mind simply does not exist  
it only exists because you are identified with its existence  
your identification with what is right and what is wrong

you are identified with the conditions and the miseries  
you are identified and not detached  
your identification with the mind gives it food  
it gives it more strength  
that is why in the west they continually look at the mind  
they keep giving you solutions and answers...  
how to remove your misery...  
how to solve problems...

in the east we never solve a problem  
we know that the whole mind is the problem  
so do not waste your time engaging with it unnecessarily  
find the way out of the box  
simply jump out !  
and let the mind do what it wants to do  
you ignore...it do not be identified...  
if you understand this...you are all enlightened  
you do not need to undo your conditioning  
you do not need to solve your mind and its problems  
and you do not need to do anything  
just learn the art of transcending into higher states  
that is why i call it a vertical transformation  
it is not information...  
it is not learning...  
it is an unlearning...detaching...  
becoming totally aloof to the mind and its problems

it is like the blue sky...a vast blue sky  
and below all kinds of clouds are moving  
and you say that is a black cloud...not so good  
that is a white cloud...very holy  
this cloud is trouble...that cloud is creating a shadow...  
this cloud is my friend...that one is my enemy...  
this is my mother...that looks like my father  
they are all clouds !

you are not the cloud...you are simply identified with that cloud  
that is your mind  
just the blue sky and clouds are passing  
just watch from a distance...not attached...  
just indifferent...and your silence deepens...  
you come to taste that space within you  
that is simply empty and vacant  
just like a mirror

you are born like a mirror  
no words...no troubles...no misery...  
no future...no program...no work...  
just pure mirror...just empty...watching  
life is pulsating...just like a child  
the mirror reflects  
some woman passes...it reflects...  
a man passing by...it reflects...  
the mirror does not cling to the reflection  
the mirror simply let it pass by  
it does not hold on to the person passing by  
it simply reflects like a mirror  
and whatsoever is passing by it allows it to pass by  
the mirror does not know that it is reflecting  
the moment the mirror knows it is reflecting  
it has become part of the mind  
the mirror does not know that it is reflecting  
it is simply the nature of the mind to reflect  
and not to cling to the object  
the moment the man passes by and it says...it is my father...  
identification has begun  
another woman passes by and it says...it is my mother...  
the mirror is no more mirroring  
it has become identified with the object of mother and father  
now it is not a mirror any more...it is identified with the object  
what is lost is the pure essence of mirroring  
it has become the object  
and when somebody abuses the woman  
or somebody abuses the man  
the mirror feels hurt  
this is my mother...that is my father...  
but when another person passes by and somebody abuses  
you do not care...there is no emotion attached to the object

the mirror has created identification with the thought  
soon it has created emotion with the thought  
it got caught and trapped in the world  
it is no longer a mirror  
now the identification with the thought and the mirror  
has become your reality  
the person has already passed the mirror  
these thoughts are of the past  
all your memories...all your seeing...is accumulating  
past thoughts and past desires and past emotions  
these become your conditioning  
now you cannot uncondition them  
there is no way you can remove these thoughts  
and these emotions  
because they have become part of you  
how to remove all these millions of thoughts  
and millions of emotions that are accumulating  
on the mirror every day ?  
as you get older the mirror keeps clouding more  
with more thoughts...with more emotions...  
now you have become blind  
and you cannot see anymore  
the mirror is not reflecting reality but the collection  
of your thoughts and emotions and experiences  
a thick layer is clouding your consciousness  
and you are identified  
there is no way out of this  
you can analyse it...do family constellation...  
no ! you simply remember that you are a mirror  
and suddenly this whole layer of clouds will disappear  
to remember this mirror like consciousness...  
is simply to take a quantum leap into the unknown  
and reach that peaked moment

the moment you reach that peaked state  
that clarity...that was available to you when you were born...  
will suddenly come back to you  
the clouds are there...but so is the sky  
thoughts are there...  
emotions are there...  
experiences are there...  
they are real...but so is the mirror

how to go back to that mirror like quality ?  
no need to clean it...

let everything remain the way it is  
because the moment you say i need to clean it  
you are giving it more importance  
i need to clear my thoughts...  
i need to clear my emotions...  
i need to clean out my conditions...

you are presuming that they are real  
you are already hypnotised thinking that they are real  
then the teachers and therapists come to you  
and say...you have to remove your conditioning  
so you start working very hard...  
let me remove my conditions...  
let me clean up my mind...let me remove my emotions...  
but it is not a reality in the first place !

it is not the ultimate  
and you start digging deep and working very hard  
you are giving it a reality  
it is not real...you are giving it more energy !  
in the east we never work with the mind  
it is like digging a grave...  
you find more and more skeletons below...

you only had one skeleton...now you have twenty skeletons...

this is the mind...pandoras box !

a box within a box within a box within a box  
nobody has been able to get out of the box by analysing it  
by improving yourself and trying to become better  
hence all therapies and psychoanalysis have failed completely  
because these therapists and psychoanalysts are simply digging the grave  
they do not know that there is another universe beyond  
that no matter who you are...you can transform your energy...  
to a higher state and transcend...

if not you will be fighting with yourself  
a dance is far better...a long run...a swim...  
anything that elevates your energy to a higher level in you  
and creates that orgasmic state and reminds you of that presence

these are the ways to transform  
and they are very easy  
you simply slip out of the mind  
and leave the mind alone  
you understand what i am saying ?  
group leaders and therapists...they all teach you ways out of the mind  
but what happens is that you lose your innocent qualities  
and you become very clever and crafty  
and you start decorating the mind and making it look better  
it is all like putting lipstick and decoration  
you become very intellectual  
you think you know everything



meditation is searching that state of innocence...of deep silence  
it is your natural state  
your mind is not natural  
it is a conflict...it lives through conflict  
the more you say yes...the more you say no  
the more you will say no...the more you will say yes  
it is simply conflicting itself to create the rhythm  
once you understand the trap  
once you understand that this is the very nature of the clock  
tick tick tick tick tick tick tick tick  
it creates movement and momentum  
then the mind is very beautiful...it is a mechanism  
you are not a mind...you are not a mechanism  
you also have being within you...your spirit  
and the spirit is not body...not mind...not emotion...not conditioning  
and no matter how much you try  
the spirit is always free...unscratched

it simply gets identified to the mind  
in the world and its illusion  
identification is the problem  
life is not a problem  
if you can look at life in a detached way  
then both the worlds become harmonious  
then your being is perfect  
and the world is perfect  
there is no struggle but a great harmony  
between spirit and matter

this is the message of osho  
find the harmony between spirit and matter  
live in the world in a spiritual way  
and understand the spirit within the material  
see material to be an outer expression of your inner spiritual growth  
it is an expression of spiritual well being  
there is no conflict once you know who is the master  
the conflict is when the slave thinks he is the master  
that is all

it is a very simple balance  
you understand that there is a space beyond the mind  
so do not be worried about the mind and its issues  
because nobody can solve these issues  
and you are not here to solve issues and problems  
you are here to celebrate yourself  
you are not born as a miserable person  
you are born a celebration  
with no goals...no future  
just a life full of dance and celebration  
and witnessing this temporary life  
drinking the most out of it  
and silently moving on

just the other day the reporter asked me...  
is life an illusion ?  
i said from one way definitely it is an illusion  
you live about sixty seventy years  
how about six hundred years...  
how about six thousand years...  
how about six million years...  
how about sixty million years...  
how about six hundred million years ?  
this earth has been here...  
over six to seven hundred million years  
life has been here...  
for over seven or eight hundred million years  
and you are living sixty years !  
not even one second of life

what is sixty years compared  
with six hundred million years ?  
not even one pulse  
not even one second  
from that point of view  
you are not even an illusion  
not even a bubble

but from another view you are as old as the universe  
what is that source of life that you are connected to  
that which is eternal within you  
that which remains when you are gone

it is like the waves of the ocean  
the ocean will always remain  
and the waves will come up and go down  
and up and down and up and down  
life after life...another wave...another death...  
another life...another death...another life  
but the ocean remains

this is the message of the mystics  
that you are being here for eternity  
living in all forms of life  
life cannot be destroyed  
forms can change  
and you can experiment with different forms  
until you become tired...you have learnt enough...  
you do not want to be born in a small little body  
with a tiny sixty years of life...  
you want to live your eternity...  
not jumping into the womb...jumping out of the womb...  
simply becoming one with this universal being  
and living gracefully with your light  
this is the search  
you are carrying the truth within you

if there are any questions  
you are welcome to ask now

**question** *i want to ask what is enlightenment...  
is it a long way ? is it hard work or is it just a lightning ?  
it just happens and that easy ?*

everything is in the state of enlightenment  
it is the only thing that is present herenow  
with no effort...  
no future...no time...no attainment  
it is utterly herenow  
it is simply nothing...no thingness  
absolutely empty...so ordinary  
that nothing is needed  
to arrive to that state

it is the whole fabric that is spread all around here  
right here  
the whole space...here...as it is...is perfect

you are asking...how long and how difficult ?

if it is long and far and difficult  
then it is very easy to achieve it  
very easy !

you can climb any mountain

if it is hard...you will reach it one day

if it is difficult...you will find the way to overcome the difficulty

if it is lightning...you will catch the lightning

but it is not separate from you !

no effort is needed

all effort must drop

all desire and projections have to stop

all dreams have to evaporate

and you have to be brought right herenow

it is present

it is not even far away

not even a millimetre of distance you need to travel

because mind is always moving...achieving...doing...searching

when the mind stops completely

you have achieved everything

because you have achieved life and life is enlightenment itself

it is not an achievement but a deep realisation

and the realisation only happens when the mind disappears

even to say it is a lightning

you are making it something separate from you

there is no separation...you are the lightning !

if you say lightning...you are the lightning

if you say enlightenment...it is your very nature

if you move even a millimetre out  
you have moved away from your nature

it is the very centre of you right now

it is not an achievement

you cannot achieve your centre

because life has been given to you in the very first place

have you achieved life ?

understand a simple question...

have you achieved life

or has life been given to you ?

do you know that you are separate from life ?

or are you experiencing life from the very source of life itself ?

to fall back to the very source of your reality  
is a state of illumination

so in a way you cannot make a single movement

you cannot make the slightest effort

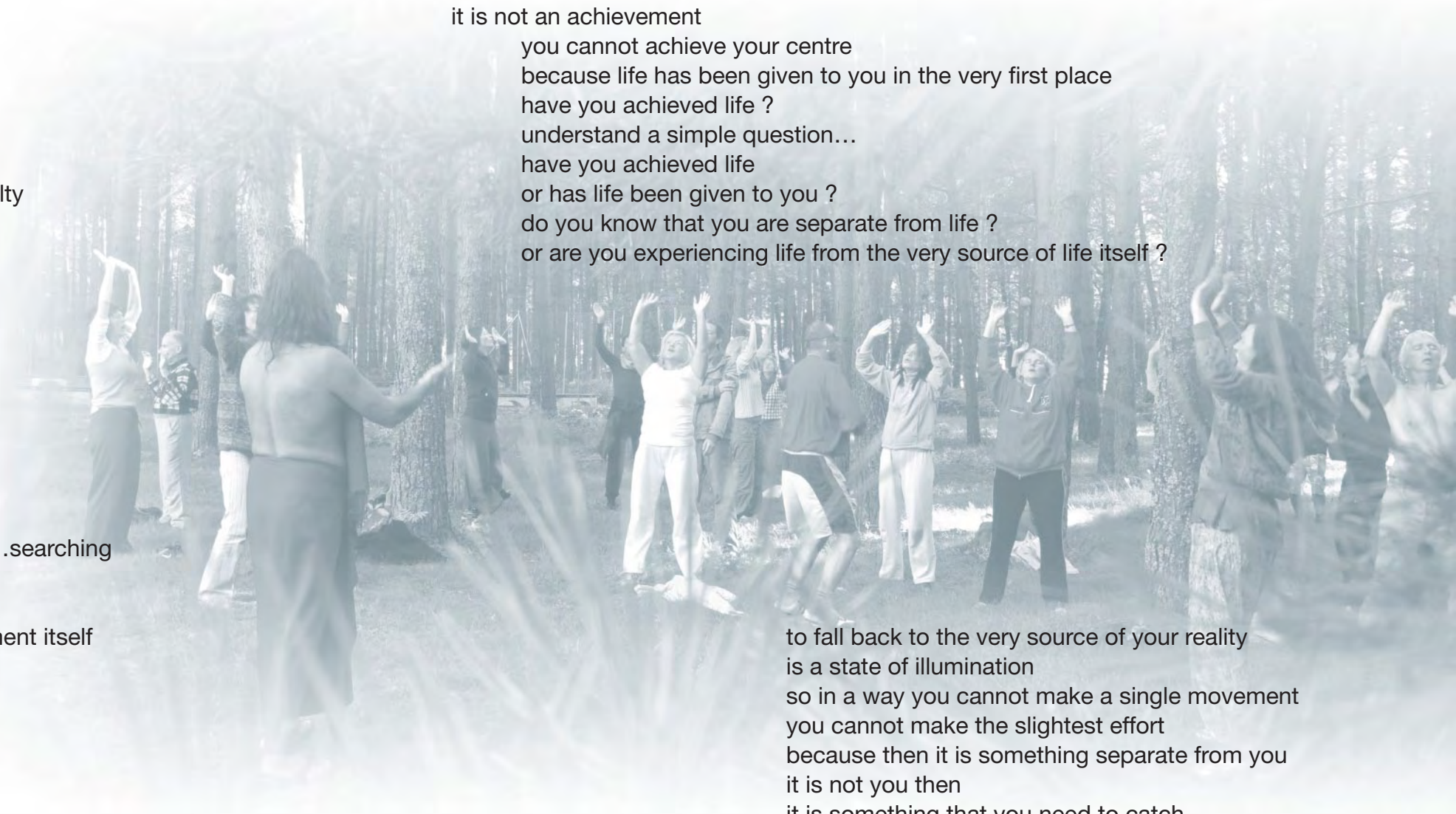
because then it is something separate from you

it is not you then

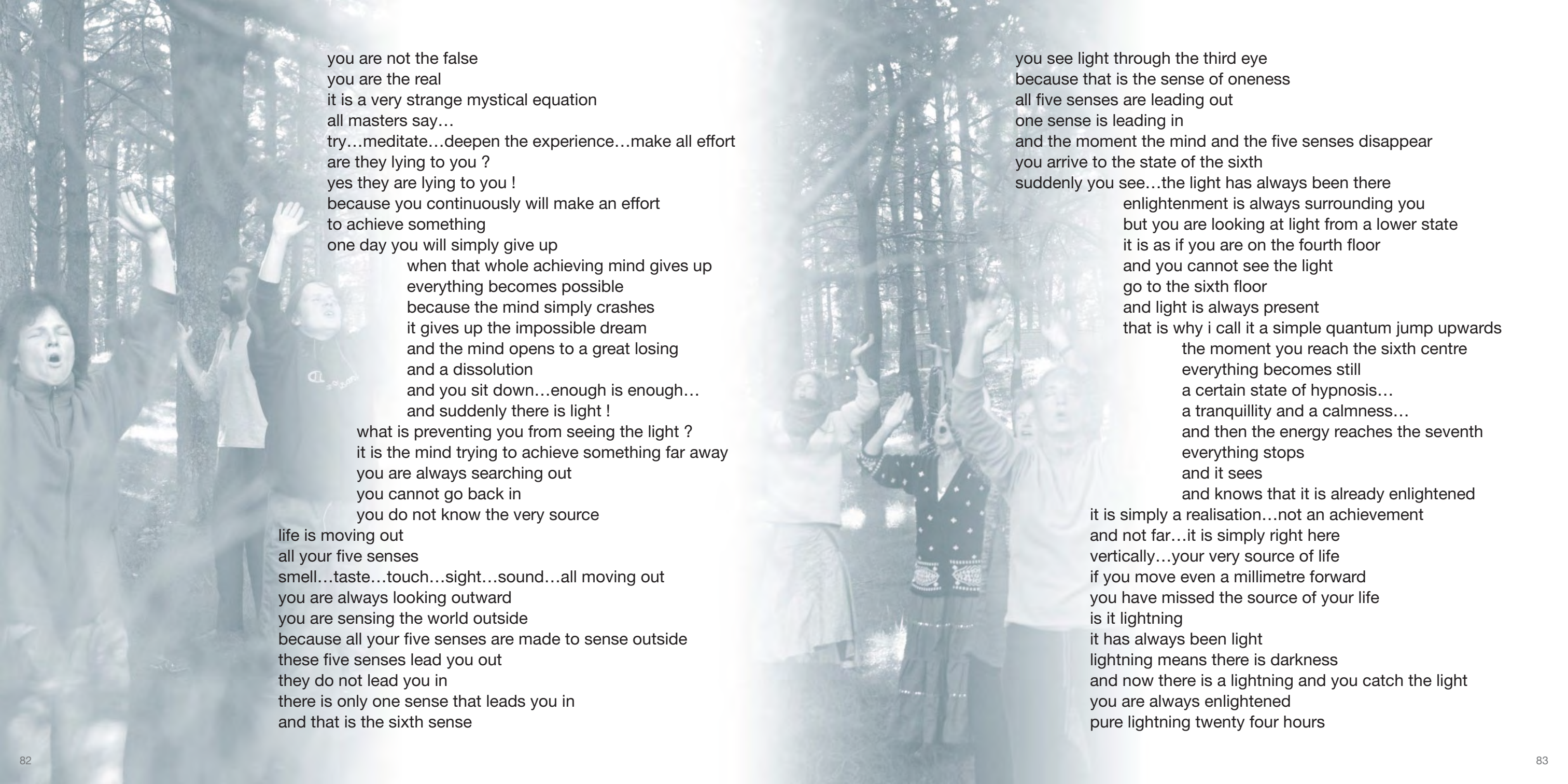
it is something that you need to catch

you need to grab

then who are you ?





A group of people, including a woman in the foreground and several others in the background, are standing in a forest. They have their arms raised in a gesture of spiritual practice or meditation. The scene is dimly lit, with light filtering through the trees.

you are not the false  
you are the real  
it is a very strange mystical equation  
all masters say...  
try...meditate...deepen the experience...make all effort  
are they lying to you ?  
yes they are lying to you !  
because you continuously will make an effort  
to achieve something  
one day you will simply give up

when that whole achieving mind gives up  
everything becomes possible  
because the mind simply crashes  
it gives up the impossible dream  
and the mind opens to a great losing  
and a dissolution  
and you sit down...enough is enough...  
and suddenly there is light !

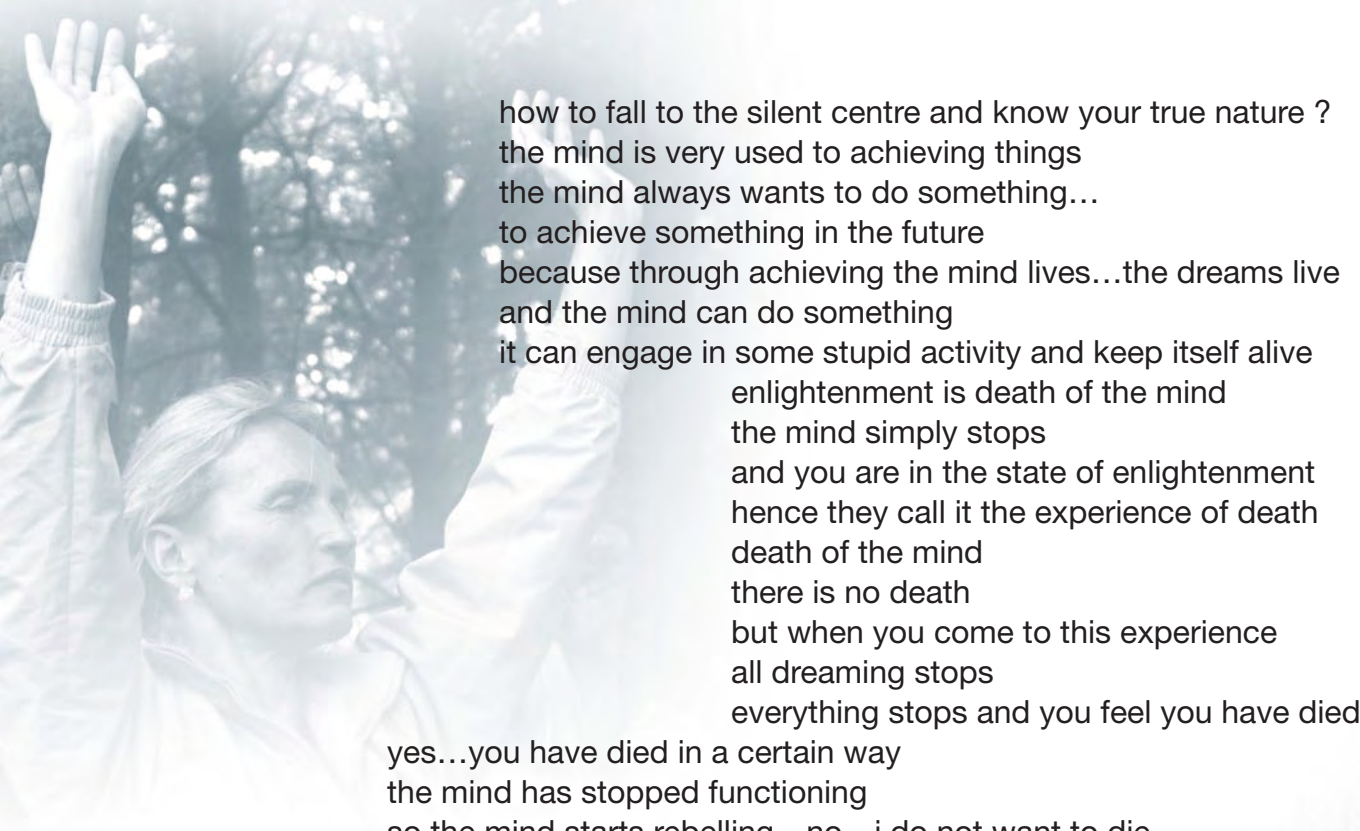
what is preventing you from seeing the light ?  
it is the mind trying to achieve something far away  
you are always searching out  
you cannot go back in  
you do not know the very source

life is moving out  
all your five senses  
smell...taste...touch...sight...sound...all moving out  
you are always looking outward  
you are sensing the world outside  
because all your five senses are made to sense outside  
these five senses lead you out  
they do not lead you in  
there is only one sense that leads you in  
and that is the sixth sense

you see light through the third eye  
because that is the sense of oneness  
all five senses are leading out  
one sense is leading in  
and the moment the mind and the five senses disappear  
you arrive to the state of the sixth  
suddenly you see...the light has always been there  
enlightenment is always surrounding you  
but you are looking at light from a lower state  
it is as if you are on the fourth floor  
and you cannot see the light  
go to the sixth floor  
and light is always present  
that is why i call it a simple quantum jump upwards

the moment you reach the sixth centre  
everything becomes still  
a certain state of hypnosis...  
a tranquillity and a calmness...  
and then the energy reaches the seventh  
everything stops  
and it sees  
and knows that it is already enlightened

it is simply a realisation...not an achievement  
and not far...it is simply right here  
vertically...your very source of life  
if you move even a millimetre forward  
you have missed the source of your life  
is it lightning  
it has always been light  
lightning means there is darkness  
and now there is a lightning and you catch the light  
you are always enlightened  
pure lightning twenty four hours

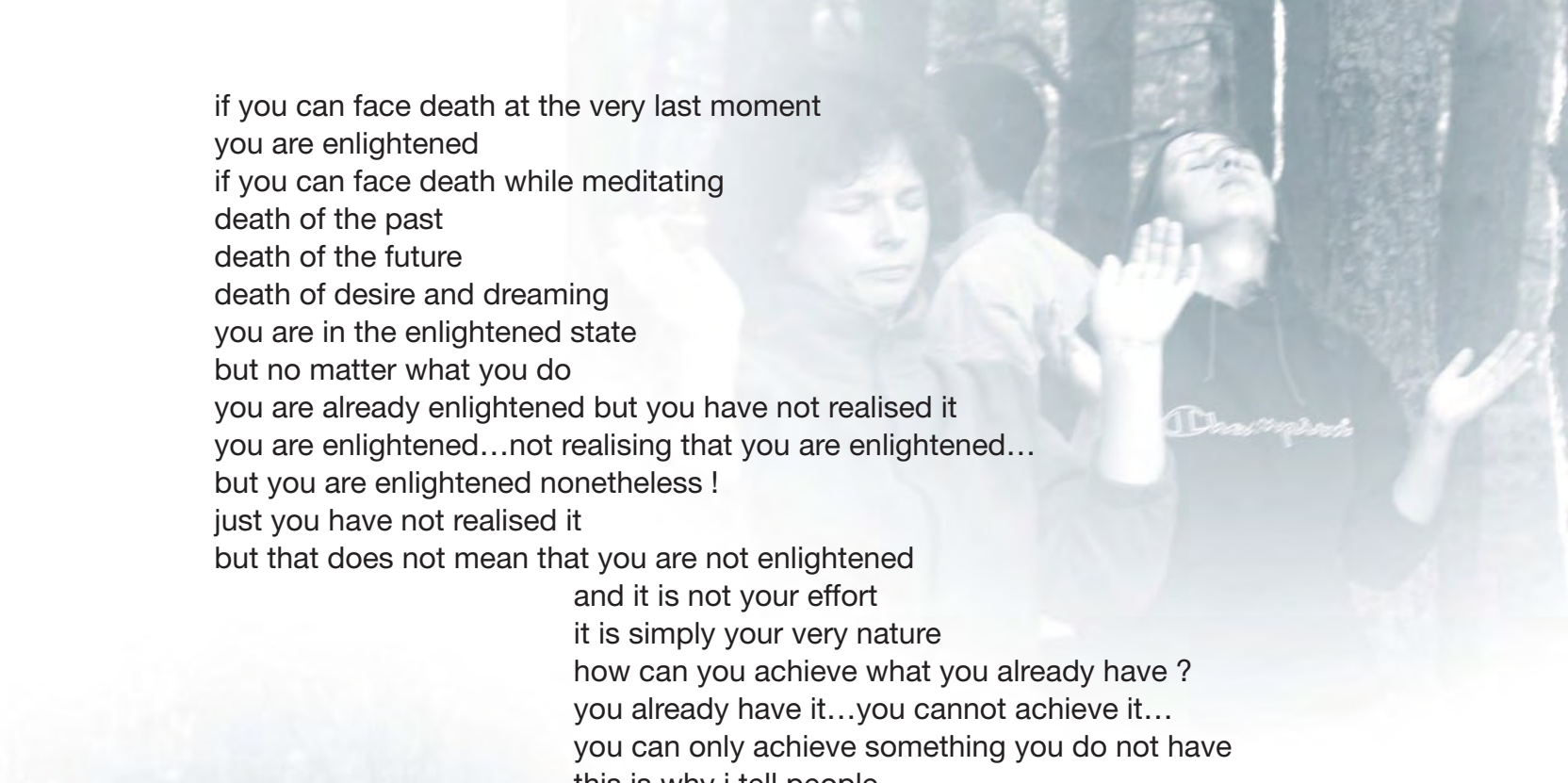


how to fall to the silent centre and know your true nature ?  
the mind is very used to achieving things  
the mind always wants to do something...  
to achieve something in the future  
because through achieving the mind lives...the dreams live  
and the mind can do something  
it can engage in some stupid activity and keep itself alive

enlightenment is death of the mind  
the mind simply stops  
and you are in the state of enlightenment  
hence they call it the experience of death  
death of the mind  
there is no death  
but when you come to this experience  
all dreaming stops  
everything stops and you feel you have died


yes...you have died in a certain way  
the mind has stopped functioning  
so the mind starts rebelling...no...i do not want to die  
it starts projecting  
fear comes to you...my god...i am going to die  
this is the mind trying to move again...  
to escape from the experience of death  
enlightenment is nothing but death...nothing but death !

in fact when you really die...you will fall into the state of enlightenment  
most people who die...die enlightened  
if they can watch when they are dying...the very last breath...  
light will enter the body  
but they are so scared and afraid of death that before they die  
they go into a coma  
so much fear is surrounding them  
they cannot even look at death directly  
they cannot face death



if you can face death at the very last moment  
you are enlightened  
if you can face death while meditating  
death of the past  
death of the future  
death of desire and dreaming  
you are in the enlightened state  
but no matter what you do  
you are already enlightened but you have not realised it  
you are enlightened...not realising that you are enlightened...  
but you are enlightened nonetheless !  
just you have not realised it  
but that does not mean that you are not enlightened

and it is not your effort  
it is simply your very nature  
how can you achieve what you already have ?  
you already have it...you cannot achieve it...  
you can only achieve something you do not have  
this is why i tell people  
that before you go to search for truth  
go in deeply  
listen deeply within  
and see what you are already carrying



you are already carrying the truth deep within you  
so before you go to search for truth  
see what you have already present within you  
and you do not need to go searching outside  
you do not need to ask any master...any guru...  
because they will simply laugh at you  
they will say...you are already enlightened  
i cannot do anything for you  
you will realise it for yourself

before you go searching...see what you have within you  
it is more important than that which has been given from outside  
at least all of you know that you are living and breathing and smelling and tasting  
there is that much...at least it indicates life is present !

search the source of your life  
and the answer is within you...present  
not far away in the future  
that is why it is called present  
past...future...present  
that is the past...it is not in the past  
that is the future...it is not in the future  
it is in the very present...this moment

but it is difficult to dive into the present moment  
because your mind is taking you away  
come to the present vertical moment to that peak state and stop...  
and you are enlightened  
and again and again...have the same taste  
again and again...have the same taste  
and the path will become deeper and more present  
and once the presence is strong enough  
mind will stop  
and the door is always open

another strange thing about enlightenment is that it is not an experience  
it is not an experience !  
experience means something that you open and you feel the difference  
it is like the door is closed...  
you open the door and you experience another room  
experience means passing through something  
but the door is open...there is no experience...  
in fact it is not an experience at all  
all experiences stop  
and you are present to the eternity within you

experience means you and the other  
you are having this experience...already there is two  
i had the experience of light...no !  
you are the light...how can you experience the light ?  
i had this experience...means...i and the experience...it is still two !  
experiences are not enlightenment  
they are simply the door opening  
when all doors are opened and no more experience is left  
you are in the state of enlightenment  
do you understand ?

you and the experience is two  
already there is two too many  
when all experiences stop  
you are there with nothing left to experience  
but you are the experienter itself  
the seeker and the sought...there is no two  
no more search  
just dissolve into the very essence

very strange but very simple to understand  
whenever you have an experience in the inner journey  
remember they are still two...you and the experience  
so pass by the experience and just move on  
and the experience will disappear  
and then you will have another experience  
and again the experience will disappear  
again you will have an experience  
and the experience will disappear  
but has the experience disappeared ?  
no !  
you have become part of the experience  
the duality has gone

so each experience that you have and you pass through it...  
you feel you have lost it  
no...you have become it !  
the duality has disappeared  
so in the end the enlightened man is just empty...vacant...  
nothing to do...nowhere to go...  
nothing to achieve...nothing at all...  
just pure emptiness  
no division...no two  
one with all...so simple

do not try to understand what i am saying  
just taste what i am saying  
something within you understands what i am saying  
whatever i am speaking is my experience of this vacant state  
just taste it...  
and something will filter so deep inside you  
it is your buddha understanding that yes...i had forgotten it is there

when you meet a mystic  
he does not tell you anything  
he does not inform you about anything  
he simply reminds you  
like a deep hypnosis  
it is just within you...taste it...  
something within you awakens...oh my god...  
oh yes...i forgot  
a simple reminder  
and if you can taste it...it starts working deep within you  
something deep inside you already knows the truth  
all of you sitting here know the truth  
because you are living in the truth  
just you forgot  
and all you need is a gentle reminder  
a taste of the forgotten language within you

you feel what i am saying to you ?  
i may be using words  
but the words that i am using are absolutely of no use  
if you can drink the message that i am not able to say  
then you will start laughing...  
that my god...i forgot the taste of salt !  
mmm...it is salt...it is salt from the ocean...  
i know this taste

it is like a deja vu  
like you had a dream  
and you knew you were flying  
you knew you were free  
you know you are made of light  
every child knows this  
but they forget it in the world  
that is why i love the word innocence  
it is the ultimate state within you

there is no greater state than the innocence of a child  
that is why jesus said...unless you can become a child again...  
and regain your innocence...  
you will not taste the truth again  
this is the reason i do not like to speak too much knowledge  
i do not want to fill you with more rubbish...  
i want you to dance and get a taste of the experience

just one drop of water in the desert...  
is far greater than all the theories of water in any encyclopedia  
if you can get one drop of honey from me  
my work is done  
because one little spark in the forest  
and soon the forest will be on fire  
you just need one spark

one drop of pure truth  
entering deep into you  
and something will start awakening  
just like magic

it is not a great effort  
just the right drop in the right spot  
and the work is done  
do you understand ?  
it is not difficult  
do not achieve it  
you are it  
hmm hmm

**question** *about the kundalini meditation... the third and fourth stage  
are they sitting or standing ?*

you can stand or you can sit  
i prefer sitting  
when you sit down in the third stage  
your body is closer to the earth and you are rooted  
when you are standing  
you are away from the centre  
it is a bit more difficult  
but if you are comfortable standing...perfectly okay

my personal suggestion is to sit down  
your body can find easier balance  
and your contact with the earth will root you  
in fact most of the meditations we are doing like kundalini  
should be done outside...in nature  
always do kundalini meditation near the trees  
dynamic meditation near the trees  
wherever i go i explain to people  
that the tree is a great master !  
the tree has deep roots...strong  
it needs carbon dioxide  
and you need oxygen

when you do a meditation under a tree  
the tree sucks out your carbon dioxide  
and all the poisons within you  
it cleans your aura and flushes it with blue light  
because each tree has blue light around it...prana  
your aura gets cleaned  
the tree pulls your carbon dioxide out from each and every pore  
because the tree needs your carbon dioxide  
and it fills you with oxygen  
and you need oxygen  
so trees are perfect friends for meditators

the third stage if you can sit with your spine to the back of a tree  
the tree will pull your kundalini higher and higher into the sky  
and it will root you into the earth  
all you need to do is relax your spine into the tree  
you can understand  
a tree is at least six to ten tons of weight  
ten tons or twenty tons...  
some trees are five hundred years old...eight hundred years old...  
a thousand years old...

one seed sprouts  
roots have gone deep into the earth  
just to lift six tons...ten tons into the sky  
how much power that tree must be having ?  
you cannot even lift one branch  
and the roots of the tree are so powerful and strong into the earth  
it is fighting against gravity six to ten tons of wood  
the upward force of a tree is so powerful  
you and your body is just like a little matchstick in front of it  
just like a matchstick !

put your spine against a tree  
settle deep into it  
and let the tree work for you  
it will clean your whole aura  
it will give you oxygen  
it will suck up all the carbon dioxide  
the greatest master that you can find is a tree

do your meditations near trees  
because you need enough oxygen  
if your muscles do not get enough oxygen  
they will start cramping  
the cramping and tightening of the muscle is  
because there is not enough oxygen coming into the muscle  
and you need a relaxed muscular system  
so you need high potent oxygen  
flushing your whole system

always do meditations in nature  
because you are part of nature  
if you can understand nature and be harmony with nature  
more than half the work is done  
because contained within you is the whole secret of nature  
from the ocean to the mountains

your whole dna is made of nature  
nature is your whole bio system  
i always do all my events in nature...outdoors  
i do not like to do meditations inside halls  
i am not a teacher doing some class

but today it was raining so we could not go outside  
do dynamic with trees...do kundalini with trees  
keep your belly near a tree...hug the tree  
so much power you can absorb from nature !

i hope the weather is better tomorrow  
i feel sad because such beautiful people and such beautiful nature here  
the air is so clean  
just one strong meditation with the trees is like doing twenty kundalini meditations  
trees are great masters  
they are far greater than any living master

**question** *one question about nadabrahma meditation  
in the giving and receiving stage... is it supposed to be very very slowly ?*

slow is right  
the inner flow of energy  
has a certain slowness  
a certain gentle way of moving  
if you move fast  
you are moving muscle and mind  
if you allow the inner prana to flow through you  
it will have a certain slow way of moving  
very soft and gentle

if you move slowly  
the currents are connecting to the channels  
and coming out in full force  
if you move quickly  
you are breaking the currents  
and the flow is not total

even the kundalini has a certain state of movement  
it moves like a wave  
and when you become more slow  
it indicates that the whole connection is perfect and complete  
it is not slow...it is not fast...there is the exact middle balance  
once the energy goes higher and higher and higher  
the body slows down deeper and deeper and deeper

when you come to the last point  
the body completely stops  
you cannot move even a millimetre  
because it is gripping you

you reach the seventh centre...you stop  
when you come down to the sixth centre  
the body will have a certain rhythm  
when you come down to the heart centre  
the body will have another rhythm  
when you come down to the sex centre  
you can move fast  
energy moves from horizontal...fast...to vertical...stop

this is the way energy moves  
horizontally it can move very fast  
the higher you go the body becomes slower...slower...slower  
and in the end it comes to the stop

your hands are connected to heart centre  
the centre of your hands are connected to the third eye  
so you are bringing the heart centre energy to the third eye  
so when you move slowly and sensitively  
the heart energy is getting time to pour through the hands  
it needs that time to move  
you understand ?

if you feel your hands are moving as if not moving at all  
that is the third eye working  
the third eye unites your five senses  
the feeling of oneness  
balance  
harmony  
your hands become like a flower

when your heart centre opens  
your hands become like a lotus  
just like a lotus  
because the heart has flowered  
and the moment the third eye opens  
you have a deep hole in the centre of your palm  
and each time you feel the connection between the two palms  
this is the third eye  
each has its own body expression  
and a certain rhythm  
and deeper and deeper gracefulness  
mmm...

**question** *one question about kundalini meditation  
in the second stage...when we danced...  
it was easy for me to imagine this fear of vanishing...  
in the middle...here...  
but it was difficult to move this fear of vanishing  
what is it to move the energy here ?  
but the first chakra is in difficulty  
i lost the energy through the first chakra...*

too many chakras...chakras...chakras  
first chakra...second chakra...  
forget all this chakra business  
all chakras are one  
this is one chakra  
do not divide first...second...third...fourth...  
how you know it is first or second or third or fourth ?  
who told you all this rubbish ?  
all rubbish  
total rubbish

there are no seven chakras  
there is only one tunnel  
all inside it  
dance is flowing vertically and filling the tunnel  
which chakra it is...why does it matter ?  
let it leak where it is leaking...  
let it express where it is expressing  
you do not be so concerned  
none of your business  
none of your business to control  
you let go  
if it is leaking...let it leak  
what is your problem ?  
how will you stop it ? put some block there ?

all these chakras are worse...  
stupid chakras  
the worst people in the world are these therapists  
they divide you into seven parts  
already having difficulty being divided in the world  
now in the spiritual world they divide you into seven chakras  
they are really strange people  
because if they do not have seven chakras  
what business will they sell to you ?  
one month...first chakra...  
second month...another chakra...  
third month...another chakra...  
enough courses they can do !

then you have a block in this chakra  
now you have a block in that chakra  
nobody has any block in any chakra !  
never  
never !!  
it is all rubbish



you are living on the first floor  
the door is open  
now you say...i have a block in my second chakra  
no...there is no block !  
you are simply not living on the second floor !!  
you go to the second floor you will see the door is open  
there is no block  
then they say there is a block in the third chakra  
you go to the third floor and you see there is no block  
everything is open here  
then they say...there is a block in the fourth chakra  
you go there  
you have no blocks...  
you are simply living on the fourth floor  
you think there is a block  
because you cannot see from that floor

this is the misery of therapists  
they hate me  
because they are always finding which block you have  
that you have a block in the third centre...aha !  
these idiots do not know where their blocks are  
always finding your blocks

you are open sky  
nothing prevents you  
the sky is open this way  
and the window is always open  
you can never close it  
you do not want to be there...that is different  
but you cannot close it  
the tunnel is open  
you are an open sky  
nothing on this earth can stop you

you have no blocks  
just you are not in that point so you think maybe that is a block  
and others say that is a block  
there is no seven chakras  
there is simply one vertical experience  
only one

in india we have a very funny word  
we call it ghanchakra  
it means stupid  
ghanchakra...it means one who is mad  
do not get into this trap  
always simplify to one  
just one  
always come to the simple  
find the simple open door  
and this can never die  
it is always open

nothing on this earth can touch your sushumna  
nothing on this earth can touch your kundalini  
just remember that  
nothing can prevent you from the truth  
nothing can prevent you  
except you yourself  
i am not telling you from some ready made answer  
i am telling you from my own experience  
and i am telling you hundred and two percent...  
nothing can prevent anybody who wants to dive in

in fact forget about preventing you  
the moment you decide to dive in...everything will come to help you  
the whole existence will come to support and help you  
everything will rush toward you like a friend  
even the rocks will become your friend  
and the trees and the mountains and this whole sky will rush to you  
not to prevent you but to help you  
existence is your friend and is always trying to help you in every way

so you have no block

you have nothing that prevents you

you have everything supporting you

this whole nature is supporting your enlightenment

in each and every way existence wants you to be enlightened

it is not only your dream

it is the dream of existence to see you celebrate

and when you celebrate existence celebrates with you

your finding is a finding of existence itself

with your illumination even the rocks will start dancing

i am telling you from my own experience

when the light exploded around me...

even the rocks were dancing like feathers...

they were so alive...

full of life vibrating !

i do not call them rocks anymore

they are more alive than human beings

and we think that they are hard and they are stones

all the rocks started sending energy to me

that we are with you

just like an ocean

remember when you are on the search

everything will come to help you

all that lives will support you

okay my friend ?

**question** *do you think to create your own ashram sometime ?*

of course

i am not going to create anything

it is going to happen spontaneously

and it is not going to be my ashram

it is for all lovers and friends to come and celebrate together

i have started speaking now two and a half years

and travelled to more than a hundred cities

and now it has been announced two months ago

that a new commune has just begun

we have just got a property in goa

for a new commune

it is a co owned commune

it is called the cocom

co com

co owned community

it is not my property

this property will be in the name of seekers of truth

we have some new beautiful ways of introducing our master osho

there will be no gate pass

nobody needs to pay anything to pass any gate

there will be no gate at all

it is an open temple

all who come will be welcome

whoever comes is welcome and we thank them for coming

to experiment with this beautiful community

all meditations will be given absolutely free

all osho meditations free

all groups absolutely free

all therapies absolutely free

all training courses absolutely free

no money...no business...

i am not interested to sell my master for money  
he is priceless and cannot be sold for mere money  
so i made everything absolutely free  
why are the people charging one thousand euro...two thousand euro...  
three thousand euro...for the mystic rose group ?  
mystic rose was absolutely free in the commune  
but now the vested interest wants to suck your blood  
and make money out of you  
and they are taking money out of our friends  
are you my enemy that i need to steal one thousand euros  
for the mystic rose meditation ?  
am i your friend or your enemy ?  
and whose money are you taking ?  
your fellow travellers and your lovers !

i hate this exploitation  
i do not allow any form of exploitation in the name of my master  
and meditations cannot be made into a business  
and sold to exploit innocent newcomers  
so my cocom has announced...everything is free

and these ugly therapists who are charging huge sums of money...  
are the worst people and they know nothing !  
the moment you have experienced meditation  
and a certain flowering and a grace has descended on you  
and the love of your master has come to you as a blessing  
can you charge your friend anything ?  
you want to share it out of your love !

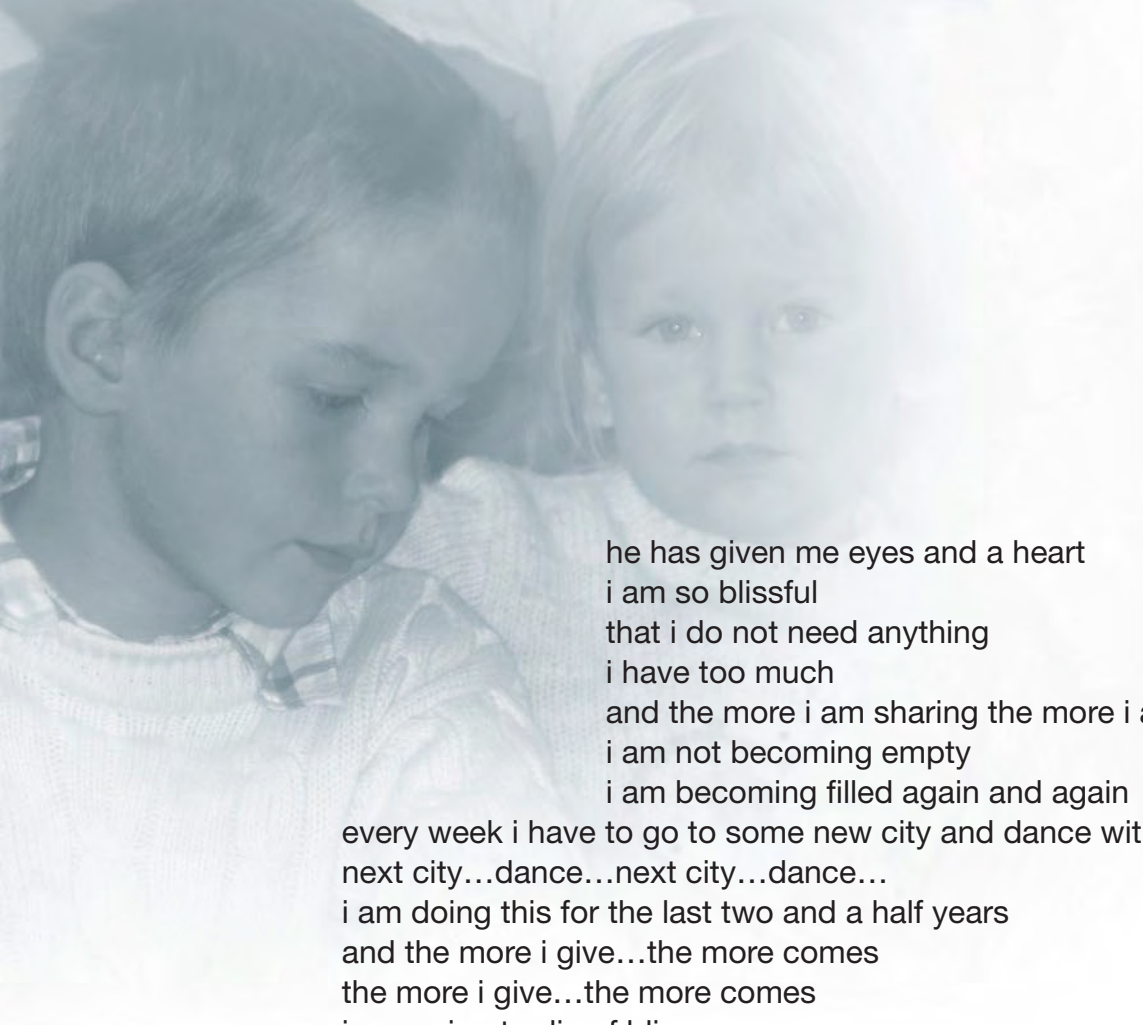
if these therapies are of any value and transform you  
then offer it out of your love...as a gift  
so in my community even the therapy training courses are absolutely free  
all osho books...audios...videos...signatures...paintings...  
you come with your hard drive and take it...all free !  
and spread his message worldwide...free !

no need to charge ten thousand dollars for videos and audios  
give it free  
everything is free in my ashram  
food will be charged at the very cost price

i do not want to cut your pocket  
i am grateful that you come to the commune  
i thank you for coming  
and for bringing the priceless treasure of your presence  
to the commune  
this should be the way of the future  
with no exploitation  
and this is going to be the first free commune of osho ever

they asked how will you survive ?  
how will we earn our money ?  
i said survive ?  
i am more interested  
how i will celebrate !  
i do not care about survival  
i am not a cave man hunting animals !  
i am living and loving with beautiful beings...so rare !  
how to celebrate with them  
and out of this celebration something will appear  
if nothing appears we will celebrate more

i have nothing  
absolutely nothing  
and i do not even want anything  
i have so much love and bliss around me  
that everything looks like a burden to me  
i want to unburden myself and share my celebration  
otherwise the cloud will become too heavy  
i am simply sharing my love  
which has been given to me by my beloved master osho



he has given me eyes and a heart  
i am so blissful  
that i do not need anything  
i have too much  
and the more i am sharing the more i am sharing  
i am not becoming empty  
i am becoming filled again and again

every week i have to go to some new city and dance with people  
next city...dance...next city...dance...  
i am doing this for the last two and a half years  
and the more i give...the more comes  
the more i give...the more comes  
i am going to die of bliss  
i have no time for anything else !

so you are all welcome to the cocom  
samadhi here and bodhideva  
they have become residents of the cocom  
and you can all come  
and enjoy free  
sit...relax...breathe...enjoy the breathing  
all you need is few euros a day for food

and even if you do not have you tell me  
and we will find some way to feed you  
we have a big heart  
our masters vision is vast  
we know how to live  
we are the most intelligent people in the world  
if we do not know how to live and share and love...  
what will we know ?

you cannot purchase everything with money  
what can you purchase ?  
love...celebration...a smile...a tear...compassion...life ?  
what can you purchase with cash ?  
the inner space is priceless  
you cannot put a price to life  
and certainly you cannot put a price to oshos vision  
his vision is for such a beautiful vast humanity  
how you can charge for his vision ?  
it should be given free  
as far...as wide...  
as openly as possible with no restrictions

we want a beautiful humanity  
we want to share our love  
we want to share our light  
and this is the way

we are moving with absolutely nothing  
i started three years ago  
i sold everything  
i had to put it into the air tickets and the movement  
i did not even have one euro  
but i did not bother about money  
and i am living three years like an emperor  
with absolutely nothing

sometimes we had no money for a ticket  
and somebody would give us money  
here is the air ticket...you go...  
wherever i have gone i have not taken one cent for my work  
because you cannot pay me  
you cannot buy it  
it cannot be sold


and i feel nothing is lacking  
and so much is happening around me spontaneously  
this commune is happening spontaneously  
through peoples love...through their longing  
because each heart is longing for the truth  
you have to trust the heart

the commune is coming up from the people  
you cannot buy a commune  
people have to start from the earth upwards  
the movement has to be based on love and compassion  
it is people who make the world...not money...  
and individuals are priceless  
it is not something i am telling you  
it is how i feel and what i know to be the truth  
so you are all welcome to the cocom  
and we want many latvians there  
please you all come and dance and celebrate  
and nobody will ask you anything  
we are grateful if you come  
i want to offer that space to people to breathe like human beings

people are twenty four hours concerned with money...money...money...  
what is this ?  
is this the means of exchange ?  
is this the price for spiritual exchange ? no !

i told samadhi please do not charge any money for the camp  
charge so little that you can just cover the very cost  
do not take anything extra...please...i do not want anything  
even if you cannot arrange my air ticket it does not matter  
somebody will give me the money for the ticket  
i asked samadhi you charge only hundred euros for three days  
how you are managing ?  
we did the mexico tour for seven hundred and seventy euros for thirty days !  
food travel stay hotel...not one dollar was left  
some people had no money  
but we said...do not worry let them come  
and we told others...he has no money...  
can you all help that person ?  
we all put little...little...little...  
and the whole ship went ahead  
and imagine the gratitude of the people who had nothing  
the experience...the love and celebration  
it is priceless

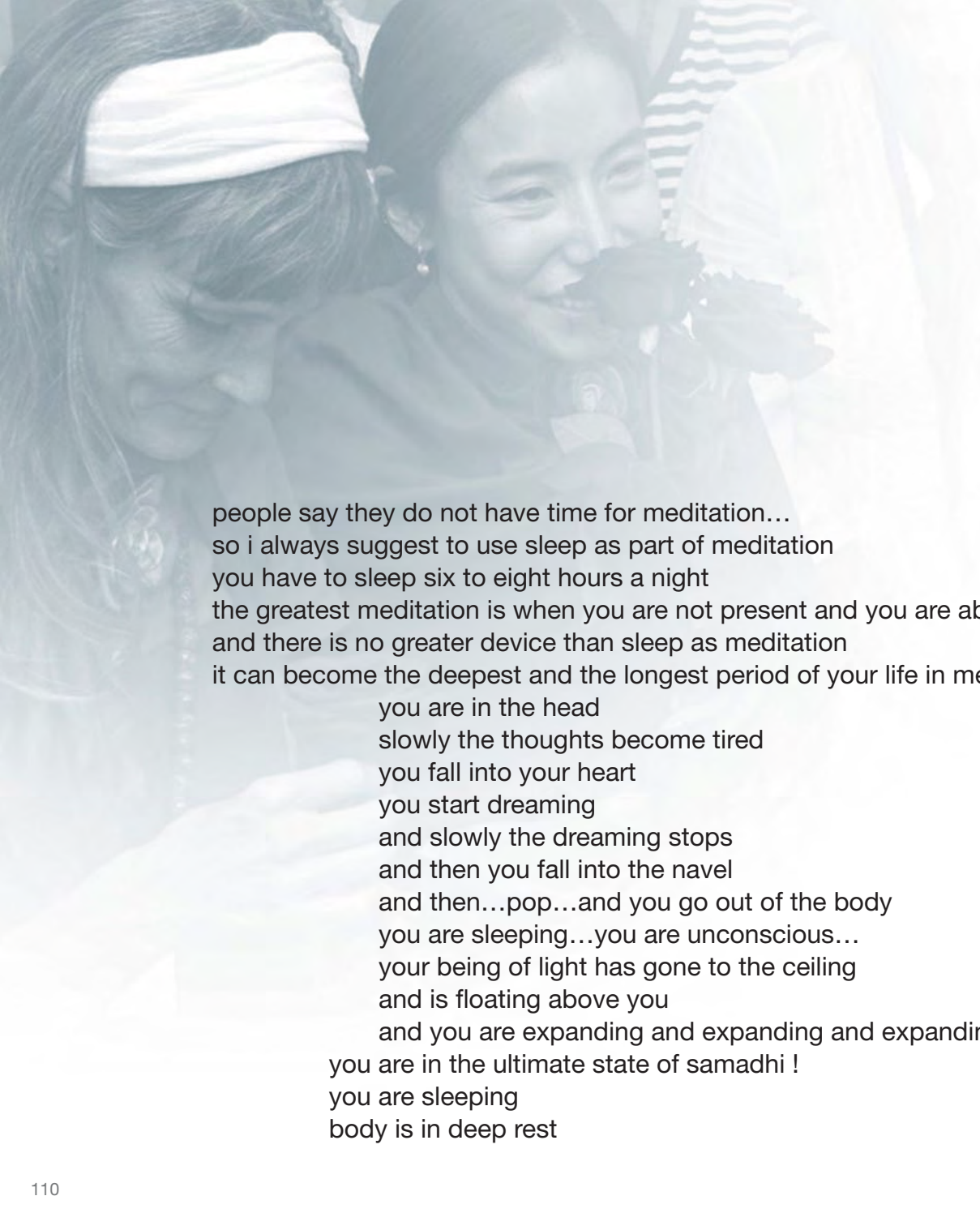
this commune we should share with our fellow travellers  
this is the way i am  
and beautiful...it is such a celebration  
imagine i have ten million dollars  
how stupid...what will i do with it ?  
when you do not have loving people and gratitude  
what the money will do ?  
all the people who are not so rich have a big heart  
people who have gone through hardship  
and difficulties have big hearts  
they have nothing but they have big heart  
they will find some way to help you  
and these so called rich and powerful people  
they will try to steal even from the beggars bowl



i am a peoples person  
i love people  
silent simple innocent people  
i can do anything for them  
i can tell a hundred people to help that person  
no problem...it is my privilege  
and this has been the way we have been moving  
i remember osho had nothing  
truth does not need anything...it shares love  
and love will find the way  
you come to the cocom

*yes !*

ha ha ha...all of you come !  
one airplane straight...all together !  
charter one plane...put them all together and fly  
one big celebration !  
you are all welcome



people say they do not have time for meditation...  
so i always suggest to use sleep as part of meditation  
you have to sleep six to eight hours a night  
the greatest meditation is when you are not present and you are absent  
and there is no greater device than sleep as meditation  
it can become the deepest and the longest period of your life in meditation  
you are in the head  
slowly the thoughts become tired  
you fall into your heart  
you start dreaming  
and slowly the dreaming stops  
and then you fall into the navel  
and then...pop...and you go out of the body  
you are sleeping...you are unconscious...  
your being of light has gone to the ceiling  
and is floating above you  
and you are expanding and expanding and expanding  
you are in the ultimate state of samadhi !  
you are sleeping  
body is in deep rest

you cannot attain this even through meditation  
unless you are totally relaxed you cannot sleep  
if you try to sleep you cannot sleep  
so sleep is one of the greatest revelations for seekers  
before you go to sleep  
just close your eyes and feel the head is becoming silent  
the energy goes deeper into the heart  
and you fall and you will become silent

have a deep sleep in a meditative way  
if you can fall asleep meditatively  
the whole night your sleep becomes a deep meditation  
do not plan that tomorrow six o'clock i have to go to the airport  
just sleep as if tomorrow does not exist  
a deep sleep  
if you have to wake up at six in the morning  
and you say i have to go to the airport  
you are awake at five o'clock automatically...  
it means your mind has set a clock  
automatically the body gets up  
it means you never went to sleep  
the clock was working to wake you up !

what i mean by deep sleep is to forget the whole past  
all the tensions of the future  
there is no tomorrow !  
just dive into a deep sleep...go deeper  
if you can go deeper than the navel  
you will fall in the hara and that is enlightenment  
deepen the sleep...  
from sleep to dreamless sleep...  
deeper sleep is samadhi

sleep and samadhi are very close together  
sleep...to dreamless sleep...to samadhi  
the hara is just two inches below the navel

in sleep you never fall into the hara  
you exit from the navel  
and you are free  
when you wake up in the morning  
do not wake up and start running  
the being has entered the body again through the navel  
so slowly feel the heart beating  
let it become part of your waking consciousness  
in these fifteen twenty minutes when you wake up in the morning...  
you are tasting the beyond  
you are tasting samadhi entering the body again  
slowly through the dreams of tomorrow  
the mind wakes up to move and act  
when you wake up...be very gentle  
feel the space from where you have come...  
from the mystery of the beyond...  
let it slowly filter into your heart

and you will see your dreams of yesterday are coming again  
you have to go to the office...you have to do the work...  
you have to rush to the bank...  
and then the body starts rushing behind it  
if you can sleep deep with no desire for tomorrow  
your sleep will be so different...  
you will wake up so fresh  
because you are not projecting the energy into the future  
you are simply relaxing into sleep  
increase your sleep  
make it your meditation  
wake up in the morning  
feel the connection to the outside world  
slowly bring it to the head  
half an hour lie in bed

just feeling zzzzzzz zzzzzzzzzzz  
this way you will connect the waking consciousness...  
to the heart...  
to the being...

if you can do this half an hour before sleeping...  
and half an hour when you wake up...  
you will see the whole day will be soft  
as if you are dreaming  
you will be so relaxed  
because eight hours of meditation has happened...without you !  
fall asleep consciously and meditation is moving within you  
and within a month you will find the same quality in your day to day activity  
you will not need meditation any more  
because seven eight hours of meditation already happened

then carry that state in the day  
just go to your office like you are sleeping  
and you just work the same way i am walking around  
you see me all the time  
i do not wake up at all  
what is there to wake up ?  
i am sleeping all the time !  
you see my face...always !  
that is why i wake up at two oclock or three oclock  
i just go to sleep  
why unnecessarily do meditation  
when i am in samadhi...sleeping ?  
sleep is far more important than any stupid meditation

that is why i hate dynamic...the worst meditation  
i tell people do not do dynamic in the morning  
do it any time you want



who told you to do it in the morning ?  
you can do it at five oclock in the evening  
yes...you can do anytime you want  
sleep in the morning

today is first day i came to the camp at three oclock  
i had to lose one hour of sleep...too much for me  
i need sixteen hours of sleep  
i can sleep three days  
sleep is so important

you have to learn to respect your sleep as a deep meditation

it is a great gift

that is why you feel so rejuvenated...full of energy...the next day

from where is this energy coming ?

and the more you will meditate...

the deeper you will sleep

and less you will do

you can sleep two or three years nicely

it is beautiful

i slept many years in the mountains

just ten twelve years i went to sleep...

all the time sleeping !

sleep creates a vast pool of energy

so go to sleep as a deep meditation

okay ?

tomorrow morning there is dynamic

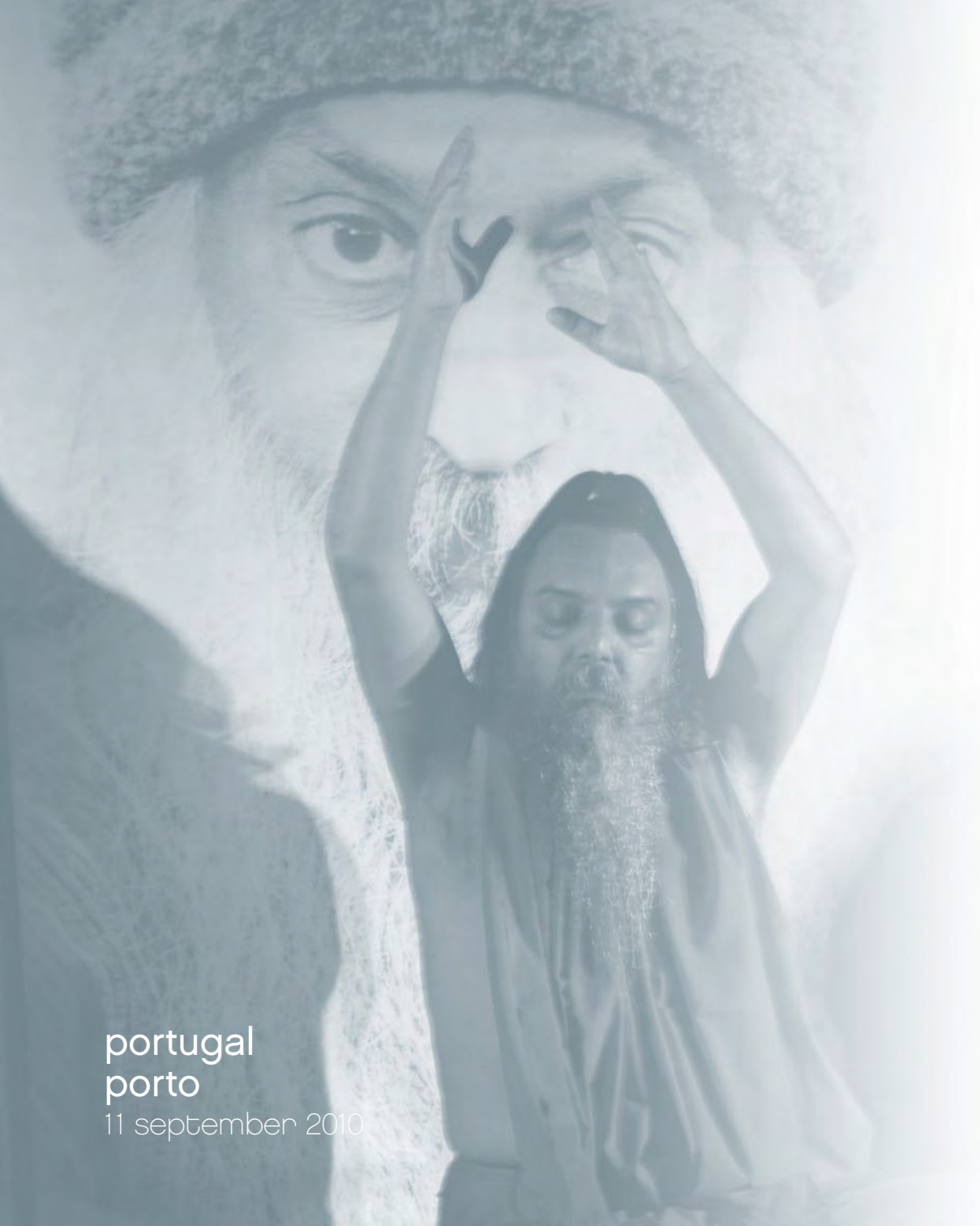
let us see who wakes up

if you all do not make it does not matter

okay now...everyone is sleepy

one soft dance and we go to sleep





portugal  
porto  
11 september 2010

this simple taste of being herenow  
this innocent state...  
of silence...stillness  
of vertical presence...  
deeper and deeper and deeper  
just a single moment of being herenow  
falling deeper and deeper  
and the door is open

this is the vertical reality of the present moment  
pulsating in its totality  
suddenly you are present herenow  
mind has completely evaporated  
this totality evaporates the mind...the dreams...the desires...  
and the window opens to this reality

this is the present moment  
mind lives in the dreams of the past...dreams of the future  
always the past...dreaming about the future  
and this moment that is pulsating within you  
just moment...to moment...to moment...  
is completely lost  
you are living in the clouds of tomorrow  
dreaming...imagining about the future  
and life is here in the present  
and you have completely missed it

you are not herenow  
each moment of life comes to you so silently...  
in such deep stillness...  
but you are in such a rush...in such a hurry...in such an anxiety...  
that you never experience life in the current state  
living in the tomorrow and the future  
and the past is dragging behind you...  
heavier and heavier...in memories...

you completely miss life itself  
and how much life do you have ?  
you are born  
fourteen fifteen years you are educated  
you have no choice  
then you have to find a girlfriend...get married...have children  
secure your future...secure their future  
    there is no moment for you  
    you never come across life  
    all you come across is the future pulling you  
    into doing...becoming...becoming more...  
    fulfilling your dreams and desires

by the time you turn fifty...suddenly you realize  
that you never lived for yourself  
that you never came across life for yourself  
and by that time it is too late  
your whole bodymind has been conditioned by then  
to live for the others...  
to postpone life and to complete your responsibilities towards others...  
your family...your friends...your society...your children...your education...  
continuously you are moving away  
you are never allowed to just be where you are and simply breathe  
with no dreams...no desires...no ambitions...no actions...

from the moment you are born...  
the society keeps filling your head with all kinds of ideas  
that you are not good enough the way you are  
learn something...do something with your life  
become somebody...  
you have to achieve all these achievements  
and then they will respect you  
the whole education...beginning from your parents...  
the teachers...your friends...the neighbours...  
television...radio...news...internet...  
all filling you with a million and one thoughts of who you should be...  
who you should become...  
because you are not good enough the way you are...  
    so many futures...so many thoughts clouding your mind  
    filtering down into your heart and creating a world of desires  
    each pulling you this way and that way...  
    and this is not right...and that is right...  
    continuously you are living from thought to dreams  
    you are living in such a mirage of dreams  
    fulfilling all these dreams

but life is simply coming to you in one pulse  
in one moment...one moment...one moment  
and all these dreams...all these desires...  
so many thoughts...so much to achieve...  
you do not even get a taste of life entering you  
you are simply living in the cloud of dreams...in the future  
you continuously live and gather memories of the past  
this was not nice...this was anguish...these are my enemies...  
the world is out to get me...nothing is right...everything is wrong  
and the whole past is projecting into your future  
even the dreams for tomorrow that were sweet have become sour  
your whole future is your past...unlived

you are becoming...and becoming...and becoming  
and the world is so filled with the rush  
and demanding your time to become  
and the past is always falling away...  
is never being your friend  
you forget the very reality of life itself  
and this illusion of living...becoming...desiring...dreaming...achieving  
you are now caught in the trap...  
in the rush...to become

when have you lived for a single moment  
not desiring...not becoming...not doing...not acting...  
if by chance you fall into this state...  
where you not dream and you not desire  
and you simply are  
just because you are tired of this rush  
then the world will call you a loser  
he has no dreams...no goals...no ambitions...nowhere to go  
he is a loser...good for nothing

the world will condemn you  
just for being herenow  
utterly lazy and content...the way you are  
there is no escape from this trap  
even if you escape...they will get you from the backdoor  
all the intelligent people escape from this circle  
of dream...desire...thoughts...action...becoming...  
the more intelligent you are...you will realize it is leading you nowhere

you are living in a projection  
you are not here  
the dreams are pulling you...your vision is clouded  
you are not seeing reality...face to face  
you are not there to receive that moment of life  
that entered your being

you are not there to receive this reality of life  
that is filtering through this inner being silently  
you do not even have time to breathe  
you do not even have time to feel who you are...  
from the cradle to the grave...endless rush...

and those few people who are blessed to become silent and still  
there is no reward...only punishment...  
because you have escaped the misery of society...  
the world and the achievers...  
they will push you  
they will call you good for nothing...lazy...just empty...  
there is no escape  
just being in this moment  
not dreaming...desiring...thinking...acting  
just being at the very source of this pulse of life  
allowing it to settle deeper and deeper  
into a vast pool of self acceptance and herenow  
and suddenly you are filled with a new freshness  
you are filled with life and a deep silent clarity

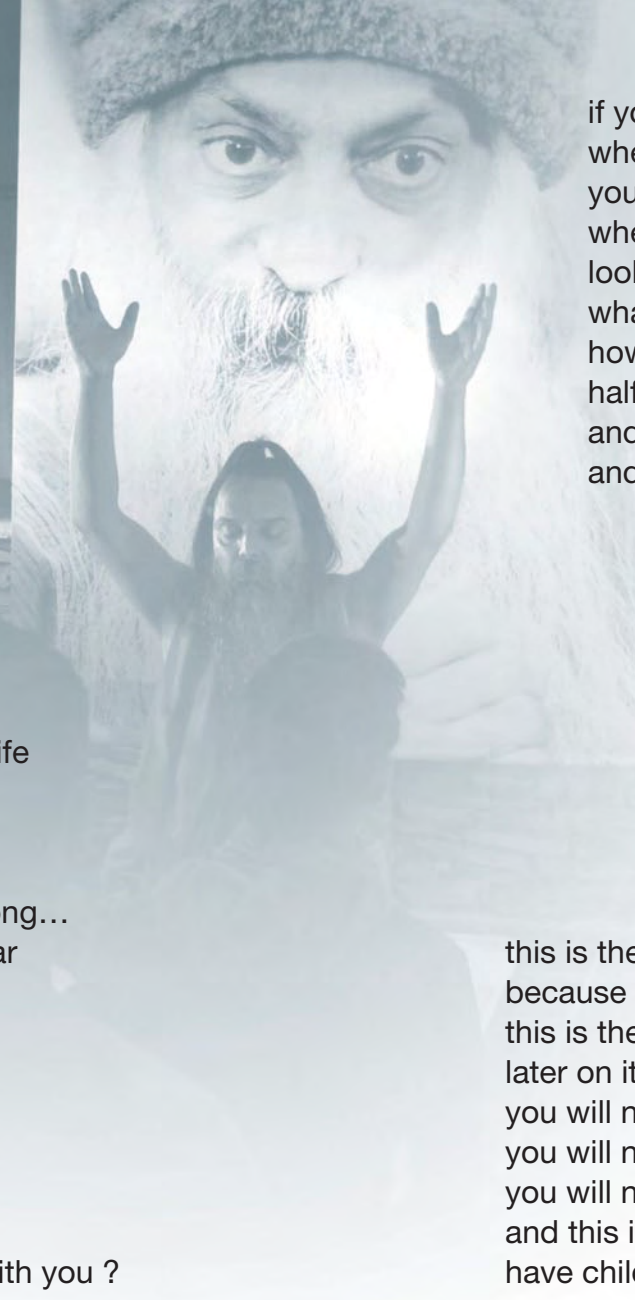
then you do not need to act for other peoples dreams  
and others telling you what to do  
but you can draw from your pool of life...silently  
and act meditatively  
and consciously realize the dream that is within you  
dreams are only given to you by others  
who want you to achieve what they have not completed themselves  
your parents are not giving you your dreams  
but their dreams which are incomplete  
they could not become a doctor...  
they want you to become a doctor  
they could not become a millionaire...  
they want you to become a millionaire  
they have not completed their life...  
they want you to complete their dream of life for them  
nobody allows you to be the way you are  
and the moment you learn to settle into the silent pool of life  
allow life to grip you from within  
and let it create your future  
let this present moment of life show you the way  
and perhaps it may be just in a dance...it may be just a song...  
it may be a deeper silence...it may be a silent smile...a tear  
but nothing to become and be more than who you are

you already are...living  
you already have achieved life  
can you achieve something greater than life ?  
life is flowing within you  
have you achieved even a single moment of life ?  
when you will leave this body what will you take with you ?  
all your achievements ?  
what will you take with you if you have missed the life pulsating  
life is life is enough unto itself

if you have lived life...  
when this body and mind and all of these desires will fall...  
you will carry this sacred treasure of life and how much you have lived of it  
when you will leave this body what will you take with you ?  
look in and see  
what are you going to take with you to the other shore ?  
how many years of this physical life are you living ?  
half of it...educating yourself...blaming yourself  
and the other half...securing your death  
and taking care of your illnesses

you just have ten years of life available for you  
to make important choices  
after you are seventeen or eighteen...  
when you are mature enough to make a decision...  
what you want to create out of your life  
if you have a silent pool of wisdom and stillness...  
it will lead you in  
from twenty five to thirty five...these ten years so precious  
because you have life...  
you can create...use this life...to create the buddha within you

this is the moment you need to go in and meditate  
because you have the fire to go in and create your inner buddha  
this is the time to make that important decision  
later on it will be too late  
you will not have the energy...  
you will not have the fire...  
you will not have the body supporting you...  
and this is the period the world asks you to become responsible...  
have children...take care of them...be responsible to the society...  
make your living...get yourself a home...get yourself a job...  
and you are not going to take any of it  
none of it !



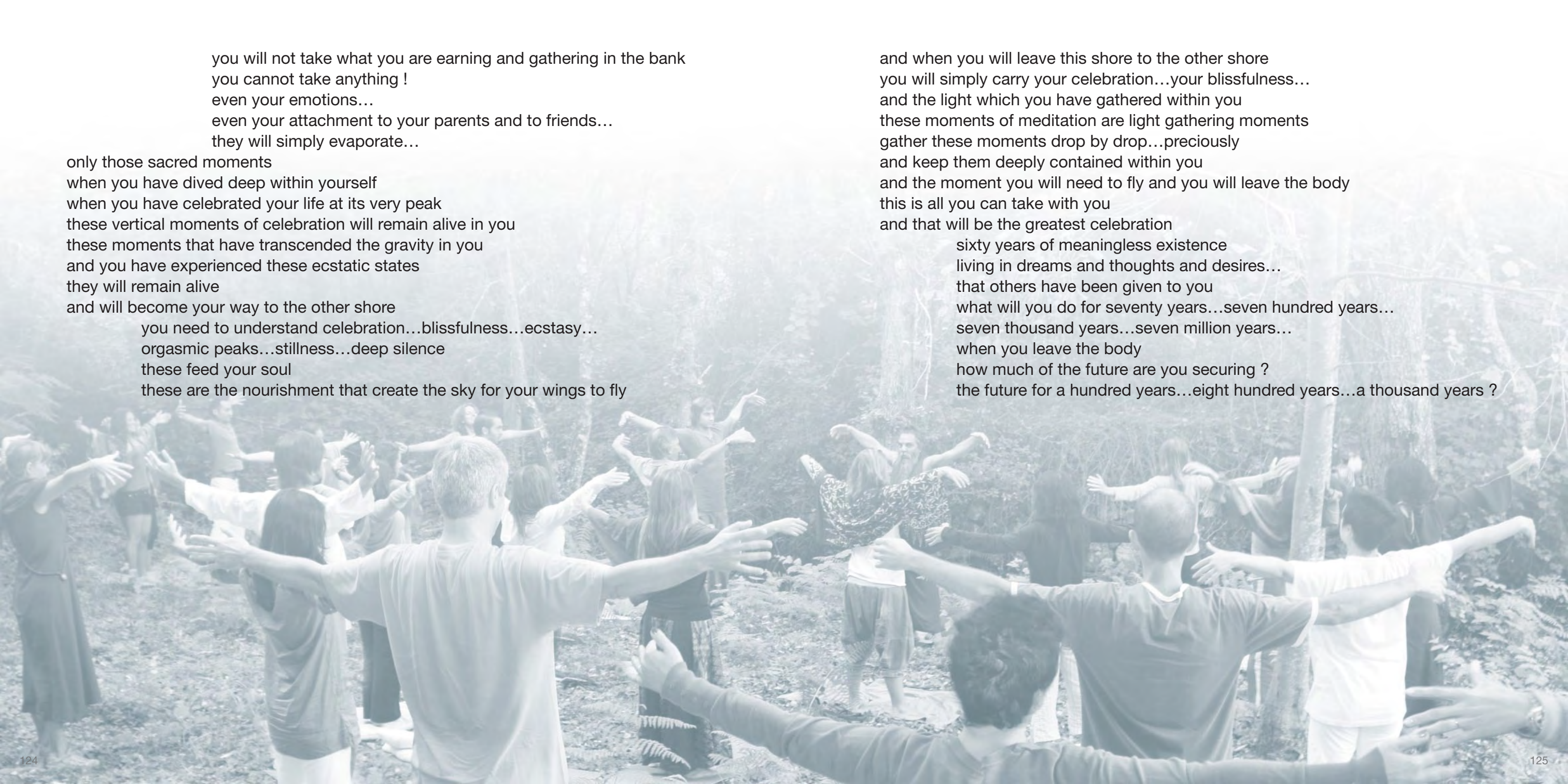
you will not take what you are earning and gathering in the bank  
you cannot take anything !  
even your emotions...  
even your attachment to your parents and to friends...  
they will simply evaporate...

only those sacred moments  
when you have dived deep within yourself  
when you have celebrated your life at its very peak  
these vertical moments of celebration will remain alive in you  
these moments that have transcended the gravity in you  
and you have experienced these ecstatic states  
they will remain alive  
and will become your way to the other shore

you need to understand celebration...blissfulness...ecstasy...  
orgasmic peaks...stillness...deep silence  
these feed your soul  
these are the nourishment that create the sky for your wings to fly

and when you will leave this shore to the other shore  
you will simply carry your celebration...your blissfulness...  
and the light which you have gathered within you  
these moments of meditation are light gathering moments  
gather these moments drop by drop...preciously  
and keep them deeply contained within you  
and the moment you will need to fly and you will leave the body  
this is all you can take with you  
and that will be the greatest celebration

sixty years of meaningless existence  
living in dreams and thoughts and desires...  
that others have been given to you  
what will you do for seventy years...seven hundred years...  
seven thousand years...seven million years...  
when you leave the body  
how much of the future are you securing ?  
the future for a hundred years...eight hundred years...a thousand years ?



gautum buddha was here two thousand five hundred years before  
yet he is still living...two thousand five hundred years  
and you cannot live twenty five years ?  
seek your inner immortality  
seek the treasure of your being and the light that is within you  
ignite it...put fire into it and awaken it  
life is an opportunity to awaken this treasure that you are carrying  
if you sleep you will get another form...  
and the same misery and the same dreaming...  
the same achieving...the same desiring which leads you nowhere

look at all those people who have achieved something  
they look so miserable because they have now achieved  
all their dreams are shattered  
because the achievement never gave them the bliss and joy  
of an innocent person dancing with the wind

and nobody is here to prevent you from dancing  
nobody is here to prevent you from living your life  
the life that is within you...in totality !  
just a beautiful walk by the river...  
a silent sitting...watching the sunset...  
walking in the forest...taking a deep breath  
enjoying the very bliss of life

you are not here to make a living...but to live life  
you are not a commodity to fulfil other peoples dreams  
or to prove that you are enough unto yourself  
get out of this vicious circle of proving to others  
take a deep breath...relax...  
and settle into utter self acceptance  
learn to love yourself  
accept yourself  
and simply be the self that is been given to you by nature

nature has given you such a beautiful life...  
such a beautiful body...  
you are not a machine or a robot  
you are not here to run behind objects  
but to enjoy the very subjectivity and the heartbeat of life  
just enjoy your life  
and then out of moments of silence  
feel what you really want  
what are your needs  
is it really you wanting it or others are dragging you  
because they want you to achieve for them ?

the moment you learn to love yourself  
you will be so content...just living your ordinary life  
just ordinariness is such a fulfilment...such a weightlessness  
that you do not need to prove to others that you are worth  
life is very simple  
others are complicating it  
you are complicating it  
get out of the way

simplify your life...take a deep breath  
and begin every act with stillness and silence  
just ask yourself relevant questions  
am i doing it mechanically like a machine ?  
or am i doing it gracefully from the very source of life  
is life leading me to this ?  
or i am just another rat trapped in the race ?

learn to value the life that is pulsating in you  
you do not have so much life available to you  
and if you are intelligent  
you will sit down and write down  
these are the years i have of freedom  
and this is what i am going to do with these years of freedom  
i will live deeply...sincerely...intensely...

i will dance and celebrate and be silent  
and drink the juice  
this pulsating moment  
and i will deepen the experience of life vertically  
it is my eternity

all thoughts...dreams...desires...are all in the future  
life is pulsating here  
and each moment comes preciously...one by one  
you will understand when you are dying  
when you want ten more moments...just to shed a tear...  
or few more moments just to say thank you...  
when life is taken away from you  
then you realize the value of each and every pulsating moment

this is what the mystics try to do for you  
out of their compassion...to bring you to this point  
so you realize the value...  
the priceless treasure of life itself  
and you become sensitive...grateful...open hearted...  
and the more you are open...grateful...sensitive...  
the deeper you will feel this life moving within you  
your life will be such a celebration  
with nothing extra added to you  
just in your nudity...  
in your innocence...  
just the way you are...  
right here now  
you are enough !

live what is available to you herenow  
learn the art of coming to this moment of life  
of receiving it gratefully and living it totally  
and that is not complicated  
it is so simple...so humble

it is complicated what you are trying to achieve  
you are fighting a battle  
but you are not here to fight  
you are here to love  
you are not here to do...but to live  
and life is such a beautiful love story  
and you are fighting unnecessarily...  
the traffic of dreams...desires...and thoughts...and becoming

you are not at war  
this existence is your friend  
it is giving you life  
again and again...in spite of all your mistakes...  
you are rushing away from life and life is coming to you again  
welcome...i give you more life !  
and you are rushing after a dream...after a desire  
again life comes to your doorstep and says...i give you more life...  
i give you another moment...  
listen to this moment deeply and turn around...full circle  
and you will learn that life is enough unto itself  
this is the search of a meditator  
coming back home  
and from the strength of being at home...  
being present  
being yourself  
being totally here  
then you move...consciously...gracefully...  
lovingly...with clarity...stillness...vision...  
such a blessing !!

if there are any questions  
or anybody wants to say anything  
you are welcome



**question** *the last few months of my life there were many moments of complete boredom or anxiety and insecurity and they always seem to be arguing between each other...what is your advice ?*

there is certain confusion in you  
one side you say boredom  
on another side you say anxiety  
boredom is for geniuses  
when the mind is not thinking...it has nothing to do  
the heart is not dreaming...nowhere to go  
mind translates this experience  
of not doing...not dreaming...not desiring...as boredom  
who is quantifying it ?  
who is judging it as boredom ?

boredom indicates a certain intelligence  
boredom indicates that there is no dream...no desire...no thought...no action...  
no need to do...so you are in the pit  
this well of boredom is perfectly beautiful  
why the anxiety ?  
who is the anxiety ?  
the mind wants to confuse you...  
that you are not achieving anything...  
you are simply vegetating...doing nothing...you are bored  
go call a friend...find a new girlfriend...go to a party...  
watch a movie...do something !  
get out of this boredom !

only intelligent people can live in boredom of nothingness  
you say boredom  
i feel it to be the greatest achievement  
do not label it as boredom but as a non doing state  
this world is so stupid...  
every morning you go to brush your teeth...wake up...  
go to the same office...find the same boss...earn the same dollar

it is a same...monotonous...boredom...outside you  
this world has become such a routine of meaningless actions...  
meaningless projections...  
that when you realize it out of your intelligence  
and you do not want to become any of them  
then you arrive to an awakened state of non doing  
then the mind says...i want to move...i want to do...  
you are getting bored...my friend !  
but when you are listening to that stupid mind of yours  
you will feel anxiety  
you are not feeling anxiety...the mind is anxious...irritated...  
it wants you to do something...  
this is the trap of the mind

boredom is the most beautiful word  
just being where you are...do you think that is boredom ?  
then these trees are bored ?  
this whole existence is bored !!  
river is simply rivering...the tree is simply standing...  
nothing to do...nowhere to go...nothing to achieve...  
but the buzz of life is the achievement

becoming sensitive to the buzz and the flow of life within you...  
is achievement enough  
and that becomes the new deepening of sensitivity  
not moving with the mind...dream and desire  
you are simply sitting in that state of boredom  
and suddenly you start feeling your pulse of the heart

you did not have time to listen to the pulse  
suddenly you feel your breathing as a living phenomenon  
suddenly you feel the inner molecular structure is simply zzzz...buzzzzing with life...  
and you begin to hear the silence of your being  
you becoming more and more sensitive to your inner treasure...  
vibrating within you silently...  
that is the meditators search

that perfect state of boredom...  
where mind simply has given up...  
do not label it boredom  
then there will be no conflict  
the conflict is arising because you are labelling  
you are actually a very intelligent person  
the other day when i met you  
i could see you are very intelligent  
you are not going to be caught in the trap of the world  
you are going to fall out of it...  
you particularly will fall out of it...  
you are too intelligent for that stupid rush traffic...  
you are not a rat running behind some cheese...  
you are an individual going to get out of that trap  
i am saying that certainly to you  
you are falling out of the trap  
so do not get engaged in anything...disengage...  
and when that boredom comes to you...celebrate !

aha...i am the lucky being...i do not have more running around to do...  
only an emperor can sit silently in his castle...  
and you do not need a castle...  
you are the castle  
you the emperor  
you are the buddha  
just enough unto yourself

and let boredom shower onto you  
let boredom become a silent vibration in you  
and dive deeper and deeper and deeper and deeper and deeper  
into this state of nomind  
use the word nomind for the state of boredom

if you really want to go deep into the well  
bore deeper and deeper and deeper  
i call boredom boring the well  
bore deeper...deeper...deeper...  
and you will hit the sweetest water  
and the oil hidden below

boredom is a beautiful word  
it is a very positive intelligent being who is bored  
the average person is never bored  
the more mediocre...the more stupid the person...  
he will go to his office to please his boss...  
to please his neighbours and colleagues  
and to prove to them how good he is in his office  
these are very mediocre people !  
the more intelligent the faster you get out of this trap

you will find that everything in this world is meaningless...  
absolutely meaningless...  
that you are not fit for this world and its achievements...  
and its desires and its ambitions...  
these are for ordinary people

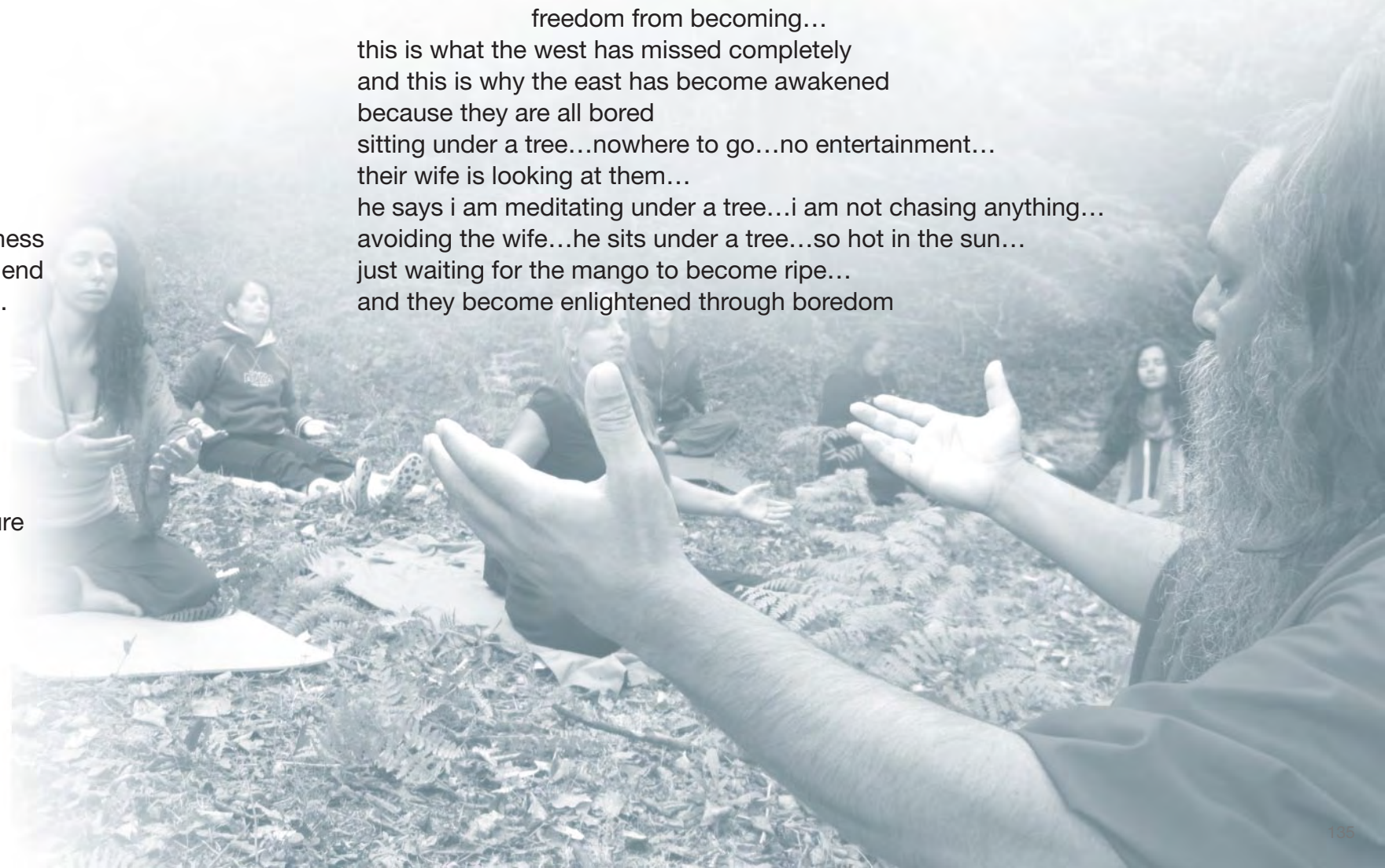
seven point eight billion people running in the same road  
all trying to achieve the same goals  
they are all the same goals...a little bit here...a little bit there...  
it is all achieving...all doing...becoming more and more  
the whole world is on that same superhighway...  
to become more than who they are  
and you are out of the trap  
you are lucky my friend !  
so when you hear the word boredom  
the mind says...you are bored...say thank you very much  
finally i have arrived to this state...  
of non achieving...non desiring...non dreaming  
now enjoy the taste of this new wine  
drink this state of boredom

it will make you feel a little agitated...nervous...anxious...  
because you are not used to listen to the vibration of your stillness  
you will suddenly feel...i am alone...i need to go and meet a friend  
i need to go to the pub...drink something...talk to somebody...  
get on the mobile phone...call somebody  
no ! just remain alert  
absorb the taste of this vibration  
and the moment you become acquainted...  
with the state of boredom and not doing...  
you will be left alone as an emperor

you have found the very fundamental inner treasure  
of being alone and enough unto yourself  
simply wait and watch  
things will try to pull you out...  
that is what friends are there for  
hello my friend...you are all alone...  
you must be bored...let us go to a movie  
let us go find a new girlfriend  
let us go do something interesting

do not do  
just wait and watch  
and you will find a certain freedom  
you do not need to do...to become...to grow...  
you are enough pulsating...  
becoming acquainted with this state  
and suddenly you will have a new experience of freedom  
freedom from the other...  
freedom from becoming...

this is what the west has missed completely  
and this is why the east has become awakened  
because they are all bored  
sitting under a tree...nowhere to go...no entertainment...  
their wife is looking at them...  
he says i am meditating under a tree...i am not chasing anything...  
avoiding the wife...he sits under a tree...so hot in the sun...  
just waiting for the mango to become ripe...  
and they become enlightened through boredom



boredom is a very beautiful state to be in  
so count your blessings  
and understand what i am saying to you  
do not label it as boredom but as a gift  
life is still running in you  
life has not become bored of you

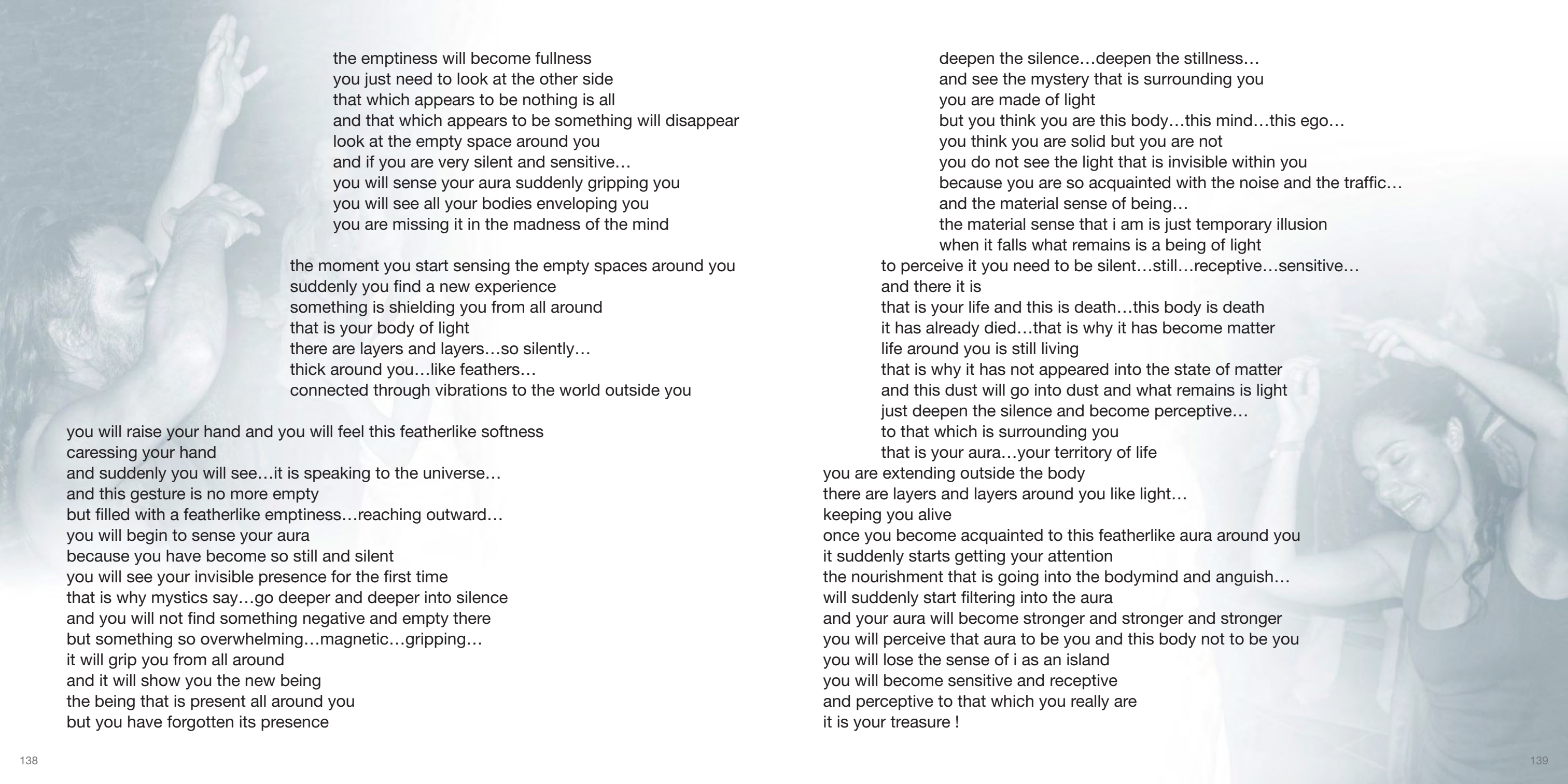
the moment you become vacant...empty...and available  
life pours into you  
but you are not used to that silent language  
learn the language of silence and stillness  
it will make you more skilled...more silent...  
you will not feel lacking in anything  
and there will be an inner contentment

do not judge yourself  
do not label yourself  
you are a beautiful human being  
hmm...  
i love the word boredom  
it is so juicy...it reminds me of a ripe mango...so nice !  
do you see the freedom of that word ?  
nowhere to go...nothing to do...

mind simply stops  
just empty vacant...at ease  
you see the freedom of this !  
when you are empty and vacant...  
you are the whole universe  
there is no separation from the pulse of life  
why become a small little island...  
when you can become the ocean ?  
and the only way to become the ocean...  
is to become empty and vacant and be all

you see the positive side of emptiness  
what the buddhas call emptiness is full...fullness  
such fullness of emptiness  
it is not a negative emptiness  
but a fullness in presence...in a silent receptive state  
just an open sky...receptive showering...  
full of emptiness and full of presence...vibrating  
with nowhere to go...nothing to do...  
just a thick vibration gathering like honey  
gathering its sweetness

silence is such a sweetness when you know how to taste it  
the emptiness that you experience in the beginning of meditation  
feels so vacant and empty and horrible  
the moment you start drowning into it  
and you accept this state as the ultimate state of being  
it suddenly turns around and becomes filled with a buzz  
like honey bees...buzzing...gathering honey...  
and that emptiness soon becomes filled with honey  
it gives you such a deep intoxication...  
so filled with blissfulness...  
you are so laden with life that now you do not want anything



the emptiness will become fullness  
you just need to look at the other side  
that which appears to be nothing is all  
and that which appears to be something will disappear  
look at the empty space around you  
and if you are very silent and sensitive...  
you will sense your aura suddenly gripping you  
you will see all your bodies enveloping you  
you are missing it in the madness of the mind

the moment you start sensing the empty spaces around you  
suddenly you find a new experience  
something is shielding you from all around  
that is your body of light  
there are layers and layers...so silently...  
thick around you...like feathers...  
connected through vibrations to the world outside you

you will raise your hand and you will feel this featherlike softness  
caressing your hand  
and suddenly you will see...it is speaking to the universe...  
and this gesture is no more empty  
but filled with a featherlike emptiness...reaching outward...  
you will begin to sense your aura  
because you have become so still and silent  
you will see your invisible presence for the first time  
that is why mystics say...go deeper and deeper into silence  
and you will not find something negative and empty there  
but something so overwhelming...magnetic...gripping...  
it will grip you from all around  
and it will show you the new being  
the being that is present all around you  
but you have forgotten its presence

deepen the silence...deepen the stillness...  
and see the mystery that is surrounding you  
you are made of light  
but you think you are this body...this mind...this ego...  
you think you are solid but you are not  
you do not see the light that is invisible within you  
because you are so acquainted with the noise and the traffic...  
and the material sense of being...  
the material sense that i am is just temporary illusion  
when it falls what remains is a being of light

to perceive it you need to be silent...still...receptive...sensitive...  
and there it is  
that is your life and this is death...this body is death  
it has already died...that is why it has become matter  
life around you is still living  
that is why it has not appeared into the state of matter  
and this dust will go into dust and what remains is light  
just deepen the silence and become perceptive...  
to that which is surrounding you  
that is your aura...your territory of life

you are extending outside the body  
there are layers and layers around you like light...  
keeping you alive  
once you become acquainted to this featherlike aura around you  
it suddenly starts getting your attention  
the nourishment that is going into the bodymind and anguish...  
will suddenly start filtering into the aura  
and your aura will become stronger and stronger and stronger  
you will perceive that aura to be you and this body not to be you  
you will lose the sense of i as an island  
you will become sensitive and receptive  
and perceptive to that which you really are  
it is your treasure !

that is why you are a mystic...  
searching the treasure that surrounds you  
it is always around you...silently moving with you...  
it wants you to be here and remain where you are  
but the body is running away...it never gets time to be here settled...  
like diamond dust around you  
just become a little sensitive...you will feel its all around your fingers  
just like millions of diamonds shimmering in its light

just becoming receptive and aware of it  
and a new phenomenon begins  
you do not see emptiness as emptiness but fullness of being  
and what you see as matter is that which has already passed  
matter is past... it is gone...it has become dead...so you see the material sense of it  
and that is simply not you  
you are not matter...mind...and body  
you are infinitely more...eternity !  
and really it is a very simple experience  
the only way is to become still...silent...  
a little understanding...and a receptivity...  
and it will be surrounding you  
and you will say...oh my god...it is right here...  
hmm ?

**question** *i tried natraj meditation for a while but i came upon a block which was a will of my body to start whirling and when i started to whirl...i let it whirl... just after a few seconds i could not stand it anymore and i fell to the ground and i became afraid of that whirling...is there anything i can do ?*

you have fallen...  
what is the fear ?  
you cannot fall more !  
just joking

you are very thin and light bodied  
in fact you are a very fragile human being  
whirling is an easy method for those who are fragile and light bodied  
when you whirl you are creating centrifugal force...  
all the five senses are leading outward  
they lead you energetically outward  
when you are whirling the whole energy rotates  
and comes back to the very cyclonic inner centre  
energy cannot move out because the cyclone is turning  
and it is pulling the energy back  
you are becoming a vertical pillar

this is one of the most powerful meditations ever created  
using motion to create a centrifugal force...it is so unique  
so many meditations have been created  
but whirling is using a totally different device of centering  
this is a vertical centering  
so when you are spinning around  
everything will start moving out and slowly slowly densify and pull back in  
you are creating the centre of the cyclone  
and it is densifying the vertical experience of stillness  
the more the energy is moving outward horizontally...the easier it becomes  
and it moves out and out...never ending...  
the very centre has no movement...  
the moment you come backward in...the energy starts moving back in

the inner density becomes so strong  
almost like a magnet...pulling inward  
this whirling around is creating a vertical state  
and the stronger it becomes  
the deeper and deeper you are pulled in toward stillness  
the very power of stillness is no movement

you can create so much movement...  
that the very centre will completely stop moving  
to create centering you need absolute stillness  
stillness is so powerful that it draws everything towards it  
like a black hole...it draws in everything  
and the centre becomes absolutely unmoving

the moment you reach the unmoving centre...bodymind stops  
and this muscular system that is holding this bodymind...  
loses its grip and you fall  
it is not an ordinary fall  
you have not fallen because you have lost balance  
you have not fallen because your limbs have become weak  
you have fallen because you have simply lost grip on the bodymind  
because it has found the silent centre  
it is magnetically pulling you down...down...down...down...  
to the very centre  
the bodymind makes no sense of it  
it simply collapses

you can be walking and you can start whirling  
there is no such thing as nataraj meditation  
you can start walking on the road and it can start happening  
you went into the rhythm of dance  
dance means moving the left and the right  
you may have gone into nataraj  
but the inner pull was so strong that it changed the dance into a whirl  
you were simply in a device of dance

perhaps dancing in a circular way is also nataraj  
there is nothing against dancing in a rotation  
who said you have to dance with two feet ?  
you can whirl  
whirling is also dancing in a circle  
just rotating from the very central axis  
that is a deeper dance than moving two sides  
you are waving the column

so nataraj was a good excuse  
you got into nataraj...you were ready and receptive  
the centrifugal force was stronger in you  
you obeyed it and you fell into whirling

all meditations are simply outer devices to create a situation in you...  
to see what is the strongest point within you...  
it led you to whirling...  
that was very beautiful that you followed and obeyed the inner current  
and the inner current found the strongest pathway  
to come to the standstill moment  
and you fell

so you can call the whirling nataraj...  
to me it does not matter  
it is all the same  
and when you fell you started rolling on the floor...  
the energy was so strong you could not control it  
you have found your path  
you have found the path !

in fact that is the perfect indication...  
when you start rolling you are creating strength in the body to receive the energy  
you will roll on the belly and move in a circle...  
like a barrel...that is very good !  
too much energy descending into the body through a centrifugal force  
the only way is to roll on the earth  
you have found all the answers

this is your path and the fear is correct  
the fear is that you have found it  
the body and mind knows it  
my god he knows a way beyond me  
he is not going to pay any more attention  
it starts shaking and shivering

what is the fear in you ?  
who is the element of fear ?  
the mind !  
the mind fears the unknown...always...  
the mind fears that which it does not know  
the mind is a duality that does not know the one  
it does not know the taste of that single state  
it knows the duality  
mind is comfortable with yes and no  
it does not know the master key of the yes that has no no  
when you reach the vertical centre...it transcends the mind...  
the mind is below it...  
it will be afraid  
so next time when you fall and fear comes...  
see which part is afraid  
is your nose afraid ? your ears ?  
is your heart afraid ? or your feet are afraid ?  
what is the fear and you will see  
it is the mind which does not know where it is going  
and you are translating it as fear

this is a totally new experience  
the mind does not relate to the state of nomind  
and the state of nomind happens in many...many instances  
you have given all the indications to yourself  
follow it deeply...  
start whirling !

do not even waste time...just start whirling  
and see where fear leads you  
wherever there is fear of the mind...there is something greater behind it  
just start dancing...whirling...whirling...whirling...and see the fear  
it will start arising more and more and more  
more aware you become...something is coming...bigger than the mind...  
something greater than the mind is descending into you  
the mind will start freaking out and create fear in you  
that is an indication of the state of nomind descending...  
into the small box of the mind  
this is your path

and again i am saying...you are a very fragile human being  
and it could be very easy for you to translate this...  
into a centrifugal vertical state of stillness  
and remember what i am saying  
energy moving out horizontally keeps going out  
the moment you turn it around...in...  
the magnetic centre becomes stronger and stronger  
and the moment you touch the very pulse...  
nothing moves  
it is like a magnet...it pulls the whole strength  
and it becomes crystallized  
so much energy coming to the middle...densifies it  
you have gathered a magnetic quality  
and the mind simply stops  
and the body simply falls  
because the body has no grip on this vertical state  
so go and whirl !  
just go into it...go into the fear and let go  
nothing will happen  
and if you die and nothing is left...you have no problem  
because nothing is left to worry about



and if you die and you are still there...no need to worry  
because i am still here...watching...i am dying  
so either way you cannot lose  
if you die and nothing is left...you are solved  
because no one to worry  
if you die...you leave the body and you see you are still there...  
again nothing to worry because you did not die  
let us see which way  
but either way you will not have to worry  
you simply whirl...be afraid and die...let us see  
and you are going to have an experience sooner or later  
so why not experience it while you are living ?  
then you have the opportunity to come back  
and tell me what happened to you  
if you die at eighty you do not have chance to come back and tell others

this is the only difference between you and me  
i died when i was twenty six  
i had the opportunity to come and talk to you about it  
if i would have died at seventy six  
i would not have had the chance to come back and talk to you  
die...my friend !  
die quickly and come back and tell us the story  
live to tell the tale...is what they call it  
mystics are those who lived to tell the tale  
they died so young the body said...my god...it is not time to go  
so the mechanics of the bodymind started again...accidentally...  
if the body was seventy six...it would have said...time to go...bye bye...  
you can have an alternative life...a living dead person...  
and you will become a master  
all masters are dead people...coming back to tell the tale...  
they tell you that you cannot die  
and either way there is nothing to lose

you are lucky you came back  
this is the opportunity for you...a great window  
there is fear in whirling...wow...  
so finish the experience and see !  
if it does not suit you...go on back to the world  
you might find an alternative way of living your life...  
as a dead human being...  
and you have lost a lot of your hair  
you look more wise than me !  
you will be better than me !!  
little hair is a sign of wisdom...yes !  
osho was bald as well  
you are giving me competition...creating trouble for me...  
okay...i will catch you there !  
hmmm...

**question** *what is the polarity to the peak experience ?*

what is the polarity to the peak ?  
the depth...of stillness  
the energetic vertical experience to the very peak and the mind stops...  
that is called orgasm  
orgasm is a state of energy rising from the sex centre to the crown centre...  
piercing through into the sky  
and that releases a stillness...a silence  
it relaxes the body and settles back to the very base  
this is the polarity...the two windows...  
peaked awareness...relaxed stillness...  
they are not polarities but one and the same experience

the higher you go into the peak experience...  
the deeper your silence and stillness will be  
this stretches the vertical state within you  
this is elongating this vertical moment in you  
this is the reason mystics have used the orgasmic state  
as a state of nomind  
the state of nomind is the orgasmic height within you  
the higher you go the vaster your orgasmic presence...  
the deeper the let go for the body...  
and the deeper the silence and stillness  
the whole journey is from silence and stillness...  
to orgasmic silence and stillness...  
to deepening silence and stillness...

both create stillness and a vertical presence  
and when these two windows meet...lightning strikes  
because you are open...relaxed...peaked...alert...still...deep...  
this is the well  
this is the herenow  
this is the path  
this itself is the goal

you need to dissolve this bodymind  
into the tunnel of this herenow state  
it is so simple  
vertical rising your energy to the peak...  
hit...stop...allow it to descend...settle  
the vaster the pool of settled stillness...  
the higher the peak...the vaster the sky...  
and slowly the lotus opens more and more petals

this is the trunk  
this thin little narrow stem will become thicker and thicker...  
height will be higher...depth will be deeper  
and this bodymind that is surrounding it...  
dissolves into this column of light

there is no polarity  
it is the same experience in its peaked and depth state  
in fact if you do not know how to peak you cannot go deep  
and the deeper you go...you get more energy to go to a higher state  
because the roots are going deeper...  
the tree will climb higher  
the higher the tree...the deeper the root  
these are the two openings in the kundalini  
and this is what creates the indivisible...  
the undividable vertical presence...  
this column of light

this is the crown...the opening happens in the very centre  
it expands to a bigger opening...a bigger opening...a bigger opening...a bigger opening...  
i have described it in my book  
satori...samadhi...samadhi...samadhi...samadhi  
this body is a snake  
the head and the tail become one  
the head of the snake eats the tail and it becomes one cycle  
it becomes a circle and this bodymind is dissolved  
and this boundary of the bodymind enveloping the inner has no more boundary  
you feel unboundedness

each time you have a samadhi...  
the explosion is so strong that you do not sense the body anymore  
the body sense disappears and you become one with the outer  
the inner and the outer merge and become one  
and you are vibrating...just like the outer...  
and the outer is filtering inside  
and slowly slowly the samadhi state disappears  
and the sense of body comes back  
again you have the inner explosion...again the boundaries disappear...  
you become unbounded  
this is the way the lotus opens

samadhi...samadhi...samadhi...samadhi...  
then you do not explode anymore...you implode...  
the outer filters in...the inner filters out  
the initial part is the inner exploding and reaching the outer  
the last stage of enlightenment is when the outer implodes  
and the inner and outer are no more

there is no wall of separation energetically  
and the kundalini has become so thick...vast...high...deep  
you have become the kundalini itself  
you are no more a form but a formless column of light rising into the sky  
it is simple...you have the answer...  
deepen it...thicken it...heighten it...widen it...  
so simple  
this is what i am explaining in my events in my camps  
abc...laymans terms...

it is not a great mathematical analysis  
i have nothing to hide...i am making it very simple  
and it is very obvious...life is simple  
mystics are very simple human beings  
those who know are utterly simple  
they do not want to make it complicated for you

you are free to experiment and prove it is correct  
it is utterly simple  
and everybody is in that state  
how deep...how thick...how vast...that is all  
it is not such a big issue...that i am a big tree and you are a small tree...  
a tree is a tree is a tree is a tree  
and a small tree will become big one day  
we are not here to compare sizes  
each one is an enlightened tree...finding our roots in existence  
growing at our own pace and celebrating and flowering  
and showering our fruits and fragrance when we feel like it

if you plant a tree today and you want it to be a great oak tree  
which has lived a hundred years  
that is simply silly  
let it grow at its own pace  
some trees are in the nursery...some are in the plantation...  
some are in the wild...some are living a hundred years...  
but you are a tree nevertheless  
you are enlightened nevertheless !

it is just a matter of time when the river will reach the ocean  
feed the tree...nourish the tree...take care of its roots...  
deepen the roots...strengthen the roots...  
let the roots of stillness and silence go deep  
and the deeper you go into the roots of your being  
the higher the tree will grow naturally

you join my vipassana class  
i will show you how simple it is  
where the roots are...where the trunk is...  
where the branches are...where the flowering is...  
where the roots are in your being...  
when you strengthen the roots in meditation stillness and silence  
then the kundalini opening is simply a natural consequence  
it is not an achievement

a tree has not achieved its heights  
it has simply lowered its depths  
it has learnt the art of letting go into the earth  
and the deeper the let go...the higher the tree has climbed  
meditation is deepening your roots into existence  
into this pulse of herenow...

settling into this herenow and not running around  
your roots become strong...stable...balanced...  
and higher consciousness is a natural consequence  
you need to understand where the roots of your being are

do not worry about the tree climbing...  
and the branches and the flowers and the fragrance  
understand the roots  
still...silent...below the hara...into the earth  
these are your roots  
and fruit and flowers are simply natural  
enlightenment is natural to those who understand and nourish their roots

just one day and you will understand the abc  
and you will laugh...my god...it is so simple  
i am not a group leader neither i am a therapist  
i am not into any business...i am sharing out of my love  
and i do not want anything  
i am grateful that you receive  
i am grateful that you can understand  
i am so overwhelmed with what i have that sharing itself is my joy

**question** *i have come to a point in my life i feel bored...*

boredom is very good  
boredom means the mind wants to do something  
and it is getting bored  
all masters are bored in a sense...they are bored !  
they are absolutely empty...their eyes are vacant...they are bored  
but what is not boring is when they see the flowers growing...the garden growing  
that is their life  
otherwise for them the mind has stopped functioning  
you draw energy from doing and becoming...it is your excitement...  
masters are not excitable anymore...they are simply bored...  
you cannot excite them...nothing excites them  
they are in the same state of boredom  
but it is not a negative boredom  
it is a positive state of acceptance of the state of mind  
in that way they are bored people  
because they have nothing more to achieve  
no achievement...no sense of becoming more...  
everything is perfectly in harmony  
they are in tune with themselves

the word boredom means in a state of perfection  
so what they do is out of their compassion  
they shower their love out of their bliss  
they share their understanding  
they dance and celebrate the little time they have in this universe  
in gratitude to existence and the life that has been given to them  
this is all they do  
so in a way they are not bored...they are in celebration...  
they have a little time to live...  
they may as well dance and celebrate  
and share it in abundance with whosoever they reach  
that is their expression of beauty...joy...grace...and celebration

you find them in their room  
they are utterly bored...  
sitting with their eyes closed  
leave them alone...there is nowhere to go...  
nothing to do...no one to become...  
you bring them in an audience and they are dancing  
and their eyes are twinkling...they are celebrating with you  
because they can share their abundance

i will tell you another great place for boredom  
the angels in heaven !  
halleluyah...haaa leluyah...haa leluyah...  
just imagine the same harp for a million years !  
haa leluyah...  
even that will become poison  
if you listen the same angel sing haaa leluyah  
even the angel will become frustrated...singing the same thing

god must be in agony  
these angels do not stop singing  
why do they not shut up ??  
this is torture !  
better go to hell !!  
just imagine somebody has been there for eternity  
angels are not singing halleluya for him  
they are singing for the newcomers  
who just arrived into the gates of heaven  
haaleluya they are singing...haleluya...  
one mans meat is another ones poison

you have to know which kind of boredom i am talking about  
not heavenly boredom...ha ha !  
hmm...enough haleluyah tonight  
we will have one haleluyah song  
waves are coming in...waves are coming in...





portugal  
porto  
12 september 2010

this silence  
a deep stillness  
this search  
how to come to this state  
where everything becomes silent...still...  
the state of no mind  
where the mind evaporates  
and a deep silence and stillness descends into you

it is a simple search  
pure innocence...  
just being present...  
to this moment herenow

such a simple message  
how to raise your energy slowly...slowly...  
higher and higher and higher and higher and higher...  
till it reaches the very peak within you  
and the moment you reach that peaked state within you  
the mind simply disappears  
and you experience a showering of silence and blissfulness...  
descending into you

it is a vertical state of moving higher and higher within you  
you do not need to go anywhere outside you...  
to achieve this simple transformation  
all you need to understand is this inner journey  
from here to here and back again  
bridging this inner sky  
and connecting it effortlessly...with such ease

the moment you reach the state of nomind...  
everything stops  
and everything is perfect  
and that is your inner perfection  
and a glimpse of your inner potential  
it is no more inner when you peak  
you are the sky  
there is no door...no window...  
simply an opening into the sky  
and an experience of your vastness  
your orgasmic presence within you  
this is the whole search

the search for the state of nomind  
it is not a material search  
it is not a search for more knowledge...for more doing...for more becoming...  
it is simply an energetic transformative understanding  
it does not take much intelligence to understand such a simple message  
it is a vertical energetic state...higher and higher within you  
orgasm it is an experience of your eternity  
it is the only window within you that gives you a glimpse of the light that you are  
it is a very simple phenomenon  
the search for meditation is from here to here and back again  
from the earth to the sky...  
reaching the sky...bringing the sky down...touching the earth  
meditation rooted in the earth...touching the sky...  
and the sky rooted in the earth

this is the vertical moment where you are present  
not moving into the future of dream and desire and thought...  
not living in the past...  
just coming to this vertical moment  
and you arrive to a new experience of the beyond  
your mind is a doer...left and right  
you are born pure vertical silence  
with no mind...no thinking...no thought...no ambition...no desire...no future  
just a sense of presence with utter clarity and innocence

slowly...slowly...the world starts giving you thoughts  
that you should become this...you have to become that...  
you need to learn this...to do that...to become this...  
a hundred and one thoughts are fed into your head  
all future thoughts  
because you are not enough the way you are  
you need to create your future  
the society...your education...your parents...  
the priests...the neighbours...the politicians...  
the whole system starts feeding you all this rubbish future information  
that you are not good enough...you have to become a doctor...  
you are not good enough...you have to become an architect...  
you are not good enough...you have to become a movie star...  
you are not good enough...you have to become the president...  
the prime minister...a businessman...a banker...  
a thousand and one pieces of information are stuffed into your head  
they keep stuffing your brains with a hundred and one futures

and the world has become so complex today  
that also that is not enough  
your education...television...internet...newspapers...  
a million and one sources of information is continuously bombarding you  
you have to become this...you have to become that...  
you have to achieve this... you have to achieve that...

all goals and futures are given to you  
all these goals and futures slowly slowly descend into your heart  
and soon you will feel these are your dreams and these are your desires...  
and these are your missions  
you have to become the president...you have to become the prime minister...  
you have to become rich...you have to become powerful...  
your whole heart is polluted...poisoned with these futures  
and the heart is very small  
a million and one dreams start exploding in the heart  
so many thoughts pulling you everywhere  
so many dreams pulling you everywhere  
and you are such a simple person  
just one pulse of life entering you  
one moment...one pulse...one moment...one pulse...one moment...  
and this moment is being sacrificed...  
for all these dreams...all these thoughts...all these futures  
you are never at the pulse of life  
you are never who you are meant to be  
you do not even know life is entering you  
and life only enters one pulse at a time  
and what can this one pulse do ?

you are simply crushed because you are not living here  
how can you afford to live here ?  
how can you afford this moment ?  
there are so many dreams...desires...thoughts to achieve  
you are living in a dream...continuously living in a mirage  
dreaming about the future what you have to become...  
what you have to achieve...  
you are never in the present moment  
because that present moment is so small  
you miss it...you are not grateful to life  
you have not understood living  
just the future...dream...desire...

to come to this present moment  
and feel the pulse of life entering you  
is the search for blissfulness  
to be filled with this moment  
you are enough unto yourself  
it is simply so fulfilling just to be here  
feel the pulse entering you  
coming to the very sense of life

you are searching life...not a future  
all these vast futures are enough to kill you and crush you  
and then you have the whole past to destroy you  
my mother...my grandmother...my great grandmother...  
these are my failures...this is where i went wrong  
these are my enemies...  
these are the people who have robbed me...  
the whole past is pulling you back  
the whole future is pulling you forward  
who are you ?  
why are you living ?

the mystic is here to remind you  
that you are enough the way you are  
just to value the very pulse of life  
and to come herenow  
with no dream...no desire...no projection for the future  
first live here  
first come to this moment at least  
you deserve that much  
you deserve to come across life

when you are six years old you are thrown into the school...  
till sixteen or even nowadays twenty...  
twenty...you get a girlfriend...you have to become responsible  
you have to find a wife...get married...have a child...  
thirty five...you have children...



by the time you are forty five you begin to realize you never came across life  
where is life ?

i have been making a living...achieving...dreaming about the future

i do not even know who i am

by forty five everybody is miserable

because they have done everything for the future

they have done what the parents...the society...the education system...

has been forcing into them

they have never been allowed to sit and breathe

just under a tree or in your room

they tell you...wake up in the morning...get up...

do not be lazy...you are good for nothing...

useless person...find a job...

get a meaning to your life...

you are never allowed to even be human

you have become machines and robots

with other peoples dreams and projections

and you are living their lives...their dreams

you do not even know what your life is

and slowly slowly you forget completely

and you keep adding misery and misery

and you wonder...why am i so miserable ?

why has everything that i have achieved

not given me any inner blissfulness ?

why i cannot dance ?

why i cannot sleep ?

why am i not content ?

life is contentment because life is priceless

you cannot buy life...you can buy things

you can buy your future...you can buy your ambitions

you can buy everything...but you cannot buy life

and if you do not know the value of life

then you have missed completely

and this is the misery today

the world has become so complex

they do not leave you alone

you are completely crushed

and the mystics keep saying to you

love yourself...accept yourself...just be yourself...

and this is not the self that the world is asking you to be

this is their poisoning you

you are not enough the way you are...you have to achieve...

to prove that you are worth something...

life is not asking you anything !

it has given you life without asking you to prove to be worthy of life

and all these projections...where are they bringing you ?

by the time you achieve your dreams and desires you are forty or fifty

at the most you will live another twenty or thirty years

this is your future !?

you are creating a future for seventy years or eighty years...

a comfortable grave...that is your future...a comfortable grave !

a bigger marble stone...a nicer name...written in gold and a nice place...

great achievement !

life is not death

you are only achieving for this parasite mind...this body...these dreams...

and this bodymind will fall

and where will life go ?

have you even come across life ?

you can secure the future for seventy years...eighty years...ninety years...

let us say a hundred years...good luck

let us say you have achieved a hundred and ten years...

then what is going to happen to you ?

and to your bank balance and to your future security ?

you are living such a bubble of life

investing in no future

you do not know the future...you have no vision...  
you are just looking for eighty years of comfort  
what will happen a hundred years...two hundred years...  
five hundred years... a thousand years...a million years hence ?  
where will you be ?  
all your dreams and desires that you achieved where will they be ?  
in the dust !  
you have not achieved anything  
if you really have a vision you will achieve yourself first  
because you will be carrying yourself

when this bodymind will fall...who are you ?  
what is remaining behind is you  
just close your eyes and see  
is this house mine ? no...this car mine ? no...the bank mine ? no  
the children mine ? no...the wife mine ? no...  
try and grab hold of something within you that this is yours...anything...  
you bring it to me that this is mine...see !  
realize this now  
because you still have life to realize that there is nothing to hold onto  
and then you will search the meaning for life  
what can i carry with me ?  
my dance...my celebration...my tears...my laughter...  
my joy...the sunset...the beauty...my blissfulness...  
these are your treasures  
and all these are priceless...meaningless and not achievements  
just a sense of being herenow

the greatest treasures of life cannot be purchased  
you cannot purchase love...you cannot purchase a dance...  
you cannot purchase a teardrop...you cannot purchase compassion...  
you cannot purchase blissfulness...  
it will start transforming the way you look at the world

you will start searching the meaningful gestures...  
the silences of your being...  
you will stop running after false projections and dreams  
that too given by others  
because when you will leave the body...  
you need to understand...what will you carry with you ?  
what are your wings that will make you fly ?  
this dance will make you fly !

when this body will fall you will see this dance arising in you again  
because you have learned the meaning of celebration  
and if you are going to heaven where there is eternity of celebration...  
and you have not learned to celebrate on earth...  
what kind of celebration will you take ?  
you will still be counting your money  
and they will say which fool are you...we do not have a bank here !

understand the inner treasure  
that creates a mystic out of you  
and life is nothing but a great opportunity for you to find your hidden treasures  
these treasures are always available to you but you are not available to them  
they are showering on you all the time  
but you are missing...fulfilling a dream  
you are missing...fulfilling a future  
you are never present to receive this treasure that is always showering on you  
have you failed to see life coming to you every moment  
does it not come to you...so silently and still ?  
are you there to greet it ?  
thank you life...you are coming...i never said thank you even for one moment  
ask the person lying in that beautiful marble grave ...what do you want ?  
just one moment of life please...  
so i can go and give my fellow traveller a hug  
i can go and shed a tear with somebody  
i can go and dance...the dance i never danced

it is so simple  
just a pure silent innocence  
a humble deep listening to the life that is pulsating in you  
and you will find a treasure...  
knocking on your door again and again  
saying...listen to me...please listen...i am here...i am here...  
just the art of listening deep within yourself  
i say again and again to people...  
before you go out to search the truth...go deep into yourself  
listen deeply...and it is present

slow down your life...this rush...this madness  
first be yourself  
and the moment you are yourself you will grow to love this inner life  
that is contained within you  
and you will fall into a deep acceptance and a gratitude  
that you have life  
and these few moments that have been given to you...  
live them with blissfulness...celebration...joy  
make every opportunity a dance and a celebration  
that is living life totally !  
not making a living to live in some future  
that when i will make all these dreams and desires complete  
then i will sit and rest and enjoy my life

there is no tomorrow !  
you never die tomorrow...you die always now !  
when you die then you realize...my god...  
there was life and i missed it completely  
you never die in the future  
so do not keep projecting your life that tomorrow i will rest  
and settle down because now i have achieved  
these habits of yours are so mechanical

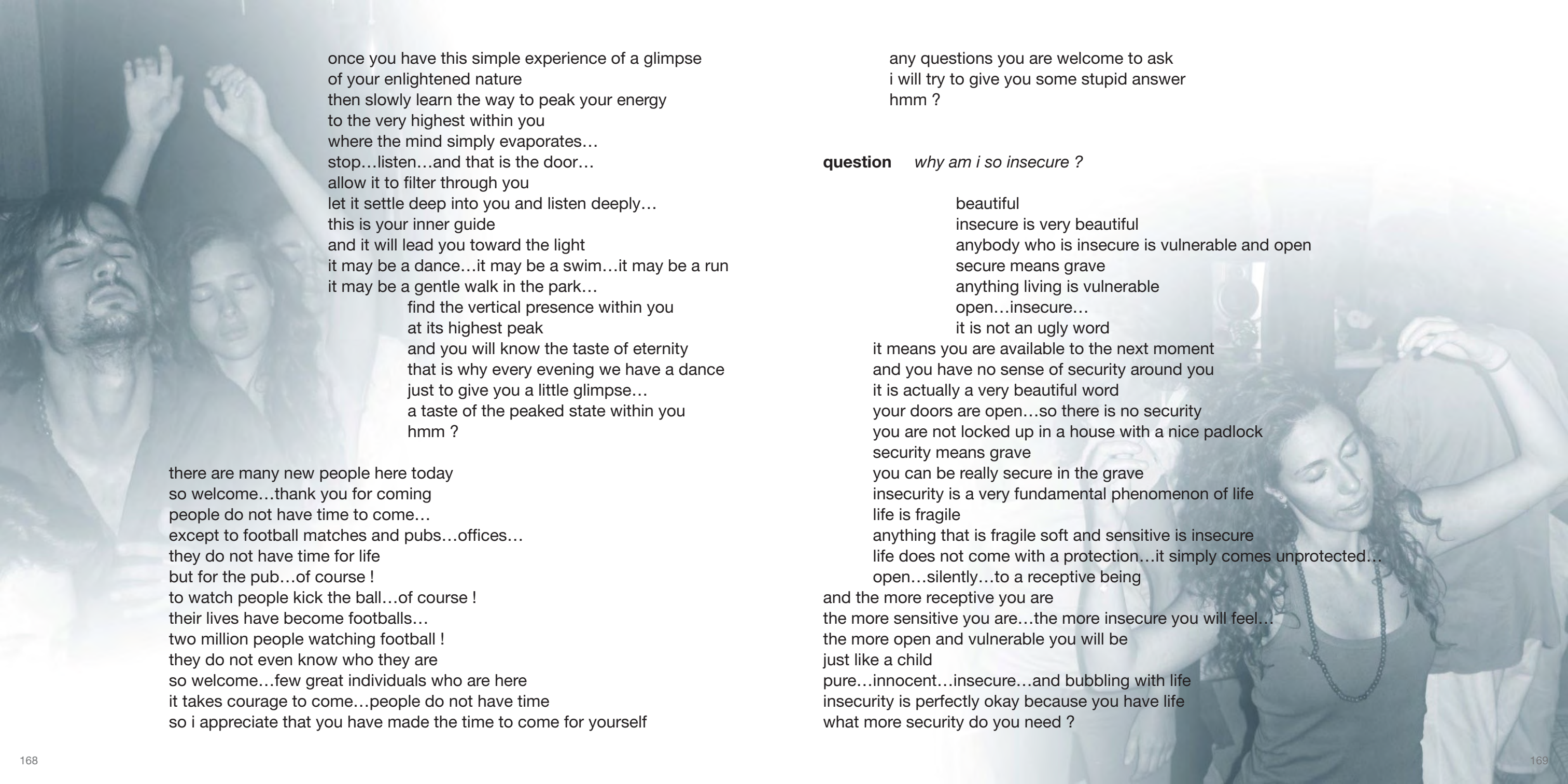
you are continuously running after things  
you will never rest...you will still be running in your head  
even when they put you in the grave...  
you will still be running after your childrens future  
like ghosts...you cannot even rest in the grave !

we are blessed there is life  
let go...be silent...slow down...  
revalue what you are...  
see the treasures that you are seeking  
and then it is a very simple phenomenon  
once you understand the search and the treasures  
then you know which direction to move  
you are simply running in the wrong direction  
and the outer direction is very difficult  
because you have to get out of bed and run and do something...  
the inner is simple  
let go into a deep relaxation...  
no need to run...no need to achieve  
just be where you are  
and in that deep contentment  
something from within will unfold  
something from within will explode and awaken and show you the way

do you understand how easy life is ?  
life is a capital life !

L I F E

not making a living  
this is the mystic bringing you back home  
and you are enough unto yourself  
and you do not need to achieve anything to prove that you are worth  
this is the poison of society  
that you are lazy...good for nothing...  
i say you are enough unto yourself just the way you are



once you have this simple experience of a glimpse  
of your enlightened nature  
then slowly learn the way to peak your energy  
to the very highest within you  
where the mind simply evaporates...  
stop...listen...and that is the door...  
allow it to filter through you  
let it settle deep into you and listen deeply...  
this is your inner guide  
and it will lead you toward the light  
it may be a dance...it may be a swim...it may be a run  
it may be a gentle walk in the park...  
find the vertical presence within you  
at its highest peak  
and you will know the taste of eternity  
that is why every evening we have a dance  
just to give you a little glimpse...  
a taste of the peaked state within you  
hmm ?

there are many new people here today  
so welcome...thank you for coming  
people do not have time to come...  
except to football matches and pubs...offices...  
they do not have time for life  
but for the pub...of course !  
to watch people kick the ball...of course !  
their lives have become footballs...  
two million people watching football !  
they do not even know who they are  
so welcome...few great individuals who are here  
it takes courage to come...people do not have time  
so i appreciate that you have made the time to come for yourself

any questions you are welcome to ask  
i will try to give you some stupid answer  
hmm ?

**question** *why am i so insecure ?*

beautiful  
insecure is very beautiful  
anybody who is insecure is vulnerable and open  
secure means grave  
anything living is vulnerable  
open...insecure...  
it is not an ugly word  
it means you are available to the next moment  
and you have no sense of security around you  
it is actually a very beautiful word  
your doors are open...so there is no security  
you are not locked up in a house with a nice padlock  
security means grave  
you can be really secure in the grave  
insecurity is a very fundamental phenomenon of life  
life is fragile  
anything that is fragile soft and sensitive is insecure  
life does not come with a protection...it simply comes unprotected...  
open...silently...to a receptive being  
and the more receptive you are  
the more sensitive you are...the more insecure you will feel...  
the more open and vulnerable you will be  
just like a child  
pure...innocent...insecure...and bubbling with life  
insecurity is perfectly okay because you have life  
what more security do you need ?

you are breathing...that is great enough...  
you can see...you can hear...you can dance...  
what kind of security are you searching ?  
living in insecurity is the way of the mystic  
and celebrating this freedom to move whenever you wish to move...with no binding...  
when you bind the other...you are binding yourself to it  
who is the master ?  
the dog or the master holding the dog on a leash ?  
you are trying to secure the dog and you are running after the dog !  
the dog is your master because he is running...you have to run after him...  
you become a dog...leashed...and you think you are the master

remain insecure  
it is a beautiful phenomenon  
you are free  
and what is the fear ?  
let those who have security feel the fear...  
that somebody is going to come and take something from them  
you have nothing !  
you are simply open...they can come rob you  
i am like this...  
i am insecure...i am open...innocent...vulnerable...  
and anything can happen to me any moment...  
and that is the beauty because anything can happen  
at least something can happen  
nothing will happen to the person who is secure  
he is locked up in his office  
even to make an appointment you need a one month notice  
to meet the secure president you will have to go through so much red tape...  
just to get an appointment !  
remain insecure...open...available...and just silent  
and drink that beautiful word...insecure...  
ah...what a blessing !

it is a curse to be secure  
it means you have been defined into a robot  
the secure person has been defined and every definition is a grave  
a mystic is free to fly  
what security does he need ?  
the whole sky is yours  
so why be secure into one little house ?  
what security does a mystic search for ?  
insecurity is the very thrill of life  
it is the vastness of your sky  
the very trust in existence that is giving you life  
a person of gratitude...a person of real understanding...  
lives in insecurity and never uses that word  
he says...i am simply open and available and innocent  
and i have no locks and keys around me  
i have no walls around me  
and i am free to move with the wind where i wish to move  
and the whole world is mine  
so i do not need security  
when you leave the body where will you go ?  
what will you hold onto ?  
and that is insecurity...  
that is the very truth of life  
live in insecurity as a way of freedom  
and if you create a few boundaries around you for your so called comforts  
realize that these are just temporary  
the insecurity is not a fear but a celebration  
and a few comforts around you are great...good fun...  
but do not get attached to those securities  
because that will be your grave  
and you will not be able to live your life  
you will not be free to move where you wish to move  
because the security has chained you

and you are young...do not search security  
search life !  
life is enough unto itself  
i have nothing...absolutely nothing  
and i do not wish to have anything  
and my innocence is the maximum security i can have  
i do not know anything...i am innocent and available  
and that is why i meet so many juicy people  
i am always available...anywhere...anytime...to anybody  
that is why such beautiful people come to me  
because i am insecure  
and something is beautiful in me...that is perfect  
it is a beautiful world...  
be insecure and taste it...ah heaven !  
freedom !!

**question** *i would like to know your opinion about the best way to educate a child...*

you need to educate yourself about children  
children do not need any education  
the real education is not given to you from outside  
life has been given to you and within the very sources of life...  
the whole universe is embedded within you  
a child is bringing a vast treasure when he is born or she is born  
this child is a being of light...  
carrying the knowledge of the whole cosmos of existence...  
before it enters the body...  
how it has arrived to the human form  
now you are trying to educate the child  
who has just come from this divine state  
how will you educate the child ?

the child knows all...  
the child is pure wisdom...knowing all  
just because the child is innocent...  
does not mean the child does not know  
in fact that giggling of the child...that laughter of the child...  
indicates the child knows all

when socrates became wise...he says...  
now i know that i know nothing...  
i have become a child once again  
and this is the situation of the child  
the child knows and he is laughing at you  
but he cannot tell you that he is laughing at you

listen to the child  
do not educate the child  
the child does not need your education  
and look at the education today  
it is rubbish...utterly meaningless !  
the level of education today is just feeding you with information  
just information and a little ability  
abc...xyz...language...some skills and information  
and they make such a big fuss out of it  
sixteen years of misery in that education system  
is it so important ?  
a little bit of skill...a little bit of geography...a little bit of mathematics...  
it may have been of some value twenty...thirty...fifty years ago  
but today the children are on the internet  
five years old...they are on the web !  
whatever the teacher knows and is teaching in the class the student is laughing...  
ha ha ha...this person is stupid...he does not know anything  
your education system is living in the dead past  
and the internet is so advanced  
that even five year olds are laughing at teachers in the university  
because the child knows how to draw information

he is not a computer  
he is a living being of light  
you are giving information to a being of light who knows all  
and what kind of information are you going to give ?  
who was hitler ? who was genghis khan ? and who was tamerlane ?  
they are not interested in history !  
poor children  
they have enough  
they do not need to know...they need to know who they are  
i am totally against this education system  
it is bombarding children with poison...with utter rubbish  
it does not even consider the child as a human being  
a child may be an artist...  
a child may be a dancer...  
a child may be a singer...  
they do not look at a child...only uniform education  
as if they are some army marching  
you put everybody into the same class...  
with the same syllabus...with the same education system  
you are actually insulting them !  
that you all have the same level of intelligence  
and we are going to test you for how much you remember  
how much your brain can remember and memorize...  
dates...places...time...  
aathen why do they have a computer ?  
you are making computers out of children  
you are not testing their wisdom  
you are not encouraging them to find truth  
you are not encouraging them to find the answers that they want to find  
children know how to find every answer if they wish to  
just give them the application  
that here is the net...you can find anything you want  
this is the syllabus...if you want to study...study

if you do not want to study...do not study  
feel what is in your heart  
if you want to paint...just paint...that is part of your life  
learn a bit of language...enough to be able to communicate  
and languages are not communication skills anymore  
they are a way to avoid people  
meditation is also a language...  
the language of silence...of the heart...of understanding...  
are they giving you wisdom of your inner being ?  
all these educated people do not even know how to love  
they start stuttering and stammering when they find love  
they do not know what is love  
they do not know what is sensitivity  
they do not know what is sharing  
they do not know what is compassion

education means drawing out the best within you and allowing it to flower  
you are already carrying the universe within you  
allow children freedom to relax and settle into their being  
feel there inner space  
allow it to grow at their own time and pace  
and allow it to express itself when the time is right  
and you will see a beautiful flowering out of a child  
because it is coming through its natural sensitivity  
and the child is carrying something so beautiful within  
that when it is allowed to come out naturally...without any hindrance or force...  
it will be a celebration...a grace...and a great blissfulness  
every child is carrying something natural within them  
allow that nature to express itself...  
in the right time  
that is how this whole existence is flowering  
you plant a seed in the nursery...one day it becomes a tree  
one day it gives you fruits and flowers

why do you not trust existence and its inner education ?  
why is no inner education given to the child ?  
and forget the child...what about the parents ?  
parents need to go to school  
children do not need to go to school

**question** *people tell me i am egoistic...they say i only live for myself...  
i do not feel like being part of their games...their system...  
the more i become myself the more i feel different...  
i feel uncomfortable in their company...is that ego ? is it the mind ?*

you are not egoistic  
what you are saying is that you are dropping out of the world of the ego  
you are becoming an individual  
and you will feel uncomfortable in these great places  
of power and position and people and society  
you will always feel...oh let me be shy...  
let me be silent and let me escape...  
i am nobody here...these people are so big...who am i ?  
this is a sense of individuality  
this is a sense of sensitivity and that is the perfect state  
it is not the mind

it is the heart being out of place  
in a situation where it does not find receptivity  
the heart is more sensitive...  
the being needs total aloneness...  
from the head to the heart...the heart to the being  
slowly slowly you move into a silent space  
and you go in silently and you retain your space  
you are loving towards others  
but you are always reclusive within yourself

it is not that you have left them  
you are touching them silently  
the recluse is not one who has left others  
he has become so sensitive  
that he is searching others in an invisible way  
i was in reclusion for fourteen years of my life  
but i was not separate from people  
i was just gathering the stillness and the silence...  
to be able to commune with people...silently  
and i would be sitting in the mountains away from the whole mad rush  
and i could feel people from distances  
and whoever entered me i would send them my love  
love has no barriers...no boundaries...  
sensitivity can go through walls  
so it is not your mind...it is your individuality  
and that is perfectly right  
do not fit everywhere please  
you are not to fit everywhere  
you can be a misfit  
i am a misfit  
so you can be a misfit in the society  
and out of your compassion once in a while  
send them your love  
but find your own individuality  
it is perfectly okay hmm

i think i have spoken too much for one day  
just a moment of silence and we are going to have a dance





portugal  
lisbon

14 september 2010

this silence  
is the only learning  
this silence...  
stillness...  
is the message  
go deeper and deeper  
into deeper states of silence  
and come to that silent centre within you  
when you go into silence  
slowly slowly these walls...  
this boundary of separation...  
begins to disappear

silence expands you  
and your being becomes vaster and vaster  
and spreads out of this body...this mind  
and starts expanding  
and you are become a vastness

the smaller you are the greater the misery  
the vaster you are the more the bliss...  
the more the space...  
the more the expansion...  
and the sense of being one with all that surrounds you  
such a simple message

just go deeper and deeper and deeper into these states of silence  
there will come a moment  
when there will be no more boundaries...  
no more separation...  
and an explosion of light happens within you  
just this experience...  
that everything is disappearing...  
melting and merging and becoming one with all that surrounds you  
this experience is so powerful  
you are not separate from that which surrounds you  
the moment you realize the centre...  
a great explosion happens inside you  
and you recognize your eternity

the search for truth is utterly simple  
it does not need anything from you  
it does not need any great learning  
just a simple state of innocence  
not knowing anything at all  
and drowning into what you have within you  
becoming acquainted with the silent buzz that is happening within you

the deeper you will go you will hear this buzz  
the sound of aum...  
vibrating within your being  
it will fill you with a great inner intoxication  
a lightness...  
just like feathers...  
and you will start expanding  
and suddenly all around you...  
the space...the trees...the rivers...the ocean...  
the sky...the rocks...  
everything will merge into that silent buzz

that is the experience of oneness...  
of an expanded being...  
free of form  
and yet the beauty of form  
you have such a universe within you  
and such a blessing  
that you can experience the formless expansion of your being  
you can expand as far as the sky...  
and yet have this beautiful bodymind...  
to experience this eternity within you  
you have the sky and the earth  
the buddha and the man  
the spiritual and the material  
what a treasure !  
you have two worlds within you  
all that you have is forgotten is the inner world  
you have forgotten that you have an inner sky too  
and you are investing all your time and energy in this bodymind  
such a poor person !  
why not bridge both the worlds ?  
add your eternity to this existence of today and herenow

this is the message of all the masters  
live your life totally  
be yourself  
and add your inner sky to your day to day life  
live the world and live the spirit  
because in the matter...in this body...hidden within...  
is the expression of grace and silence...  
revealing your inner being...your body of light...  
you are merged together with the vertical and the horizontal  
the bodymind that is doing and involved in all these actions in the world  
and the spirit that breathes within you

do not forget the vertical presence that is within you  
then living in this horizontal world...  
you will not only be human but a divine being  
and each act of yours...everything you do...  
will become a blessing to you and to all you meet

bridge life with meditateness

live life consciously

and draw from consciousness to move the bodymind

drop mechanical...blindness...and sleepiness

and awaken to your inner being

bridge both the worlds in a deep harmony

this is oshos message...zorba the buddha

live the zorba...live the world...enjoy the world to the maximum...

but do not forget that presence within you

it is your presence...your light...your greatest treasure

this is all we are here to do...

to remember our inner being

and to find a way to live consciously...meditatively...

hand in hand with life

we are not denying life and its reality

nor are we going to deny spirit or its ultimate reality

the world of sannyas that osho has offered

is to find a bridge between the two

his world of sannyas is the total acceptance of you as you are in the world

living your day to day life...doing your day to day work...

in the kitchen...in the office...at your home...in the garden

if you can do everything meditatively

you are bringing the spiritual within you through the action

oshos sannyas is not an escape from the world into the spiritual world

but bringing the spiritual world into your actions...into your day to day life

your day to day life is such a test of your presence

of your grace...of your beauty...of your silence

be silent in your office...in the marketplace...at your work...at home...

draw from the stillness within you...into each and every act of yours

cooking your food...taking a walk...having a bath...

taking care of your children...going to the office...

then everything can be bridged

then the inner and the outer can become one

this is the whole message of osho and his sannyas

live in the world totally

but do not be of the world

just like a dewdrop on the lotus...

it is on the lotus and yet it is free...

it is not touched by the world

then your life will have such a beauty...such a joy

you will know how to live totally and be grateful for

whatever you get in your life

osho sannyas is a bridge between two worlds

spirit and matter...not denying either...

accepting both in its totality

and life is nothing but a test of your silence

the marketplace cannot disturb your silence

the more you will go into the world the deeper the realization of your

stillness and silence

the contrast will help you deepen your inner states

just going to the mountains in silence

there is no test...there is no contrast...there is nothing

you need to test yourself being in the world...in the marketplace

each moment becomes an opportunity to live meditatively and consciously

and each and every opportunity used gracefully...

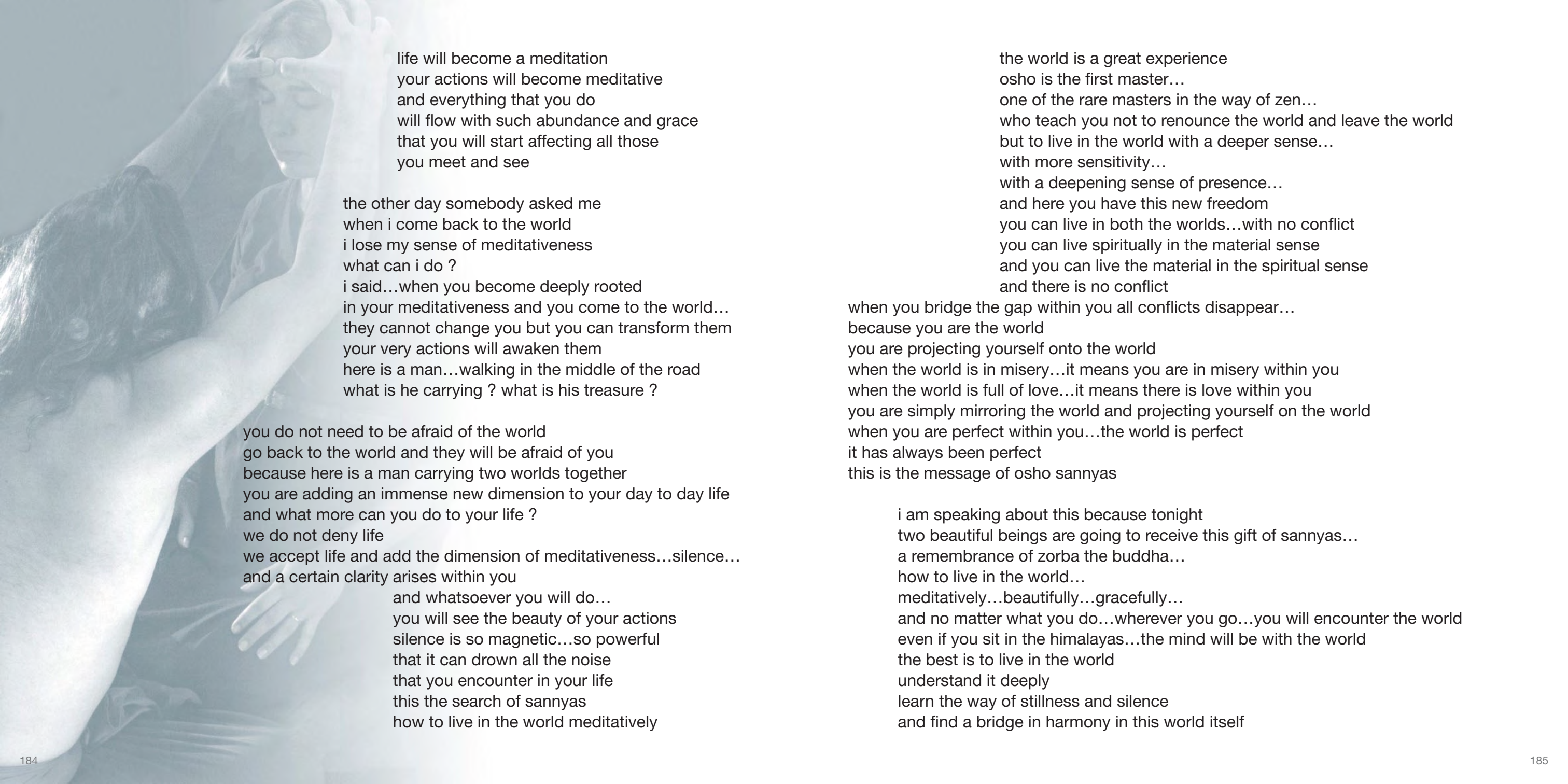
with deep understanding and meditateness...

will deepen this state of meditateness...of the truth...within you

then truth will have a home within you and there will be a reality in your life

it will not just be an imagination...

that you are sitting in the himalayas in deep meditation



life will become a meditation  
your actions will become meditative  
and everything that you do  
will flow with such abundance and grace  
that you will start affecting all those  
you meet and see

the other day somebody asked me  
when i come back to the world  
i lose my sense of meditateness  
what can i do ?  
i said...when you become deeply rooted  
in your meditateness and you come to the world...  
they cannot change you but you can transform them  
your very actions will awaken them  
here is a man...walking in the middle of the road  
what is he carrying ? what is his treasure ?

you do not need to be afraid of the world  
go back to the world and they will be afraid of you  
because here is a man carrying two worlds together  
you are adding an immense new dimension to your day to day life  
and what more can you do to your life ?  
we do not deny life  
we accept life and add the dimension of meditateness...silence...  
and a certain clarity arises within you  
and whatsoever you will do...  
you will see the beauty of your actions  
silence is so magnetic...so powerful  
that it can drown all the noise  
that you encounter in your life  
this the search of sannyas  
how to live in the world meditatively

the world is a great experience  
osho is the first master...  
one of the rare masters in the way of zen...  
who teach you not to renounce the world and leave the world  
but to live in the world with a deeper sense...  
with more sensitivity...  
with a deepening sense of presence...  
and here you have this new freedom  
you can live in both the worlds...with no conflict  
you can live spiritually in the material sense  
and you can live the material in the spiritual sense  
and there is no conflict

when you bridge the gap within you all conflicts disappear...  
because you are the world  
you are projecting yourself onto the world  
when the world is in misery...it means you are in misery within you  
when the world is full of love...it means there is love within you  
you are simply mirroring the world and projecting yourself on the world  
when you are perfect within you...the world is perfect  
it has always been perfect  
this is the message of osho sannyas

i am speaking about this because tonight  
two beautiful beings are going to receive this gift of sannyas...  
a remembrance of zorba the buddha...  
how to live in the world...  
meditatively...beautifully...gracefully...  
and no matter what you do...wherever you go...you will encounter the world  
even if you sit in the himalayas...the mind will be with the world  
the best is to live in the world  
understand it deeply  
learn the way of stillness and silence  
and find a bridge in harmony in this world itself

osho calls the world this very earth the lotus paradise  
there is no paradise out there...  
there is no spiritual existence out there...  
it is here...within this beautiful earth...  
and if you can understand this and live this way  
you will transform whosoever you meet around you  
it is all about you  
each and every individual is taking it upon themselves to transform  
and their actions will reflect and radiate a new world around them  
one by one...every sannyasin has taken a commitment  
that they will work on their inner divinity...  
on their inner spiritual being  
and they will act beautifully...gracefully...  
lovingly...meditatively...in their day to day life

if each one of us does this  
slowly slowly this message will spread around the world  
the world needs this message...not the himalayas  
disciples of osho do not escape from the world  
there is no escape...you have to live in the world  
and there is no need to escape anywhere...  
escape within...  
bring out the treasure and bring it out to the world  
each one you meet is hungry and thirsty...  
needing love...understanding...compassion  
and if you cannot spread it in the world where will you spread it ?  
if you cannot share it with your fellow friends...who will you share it with ?

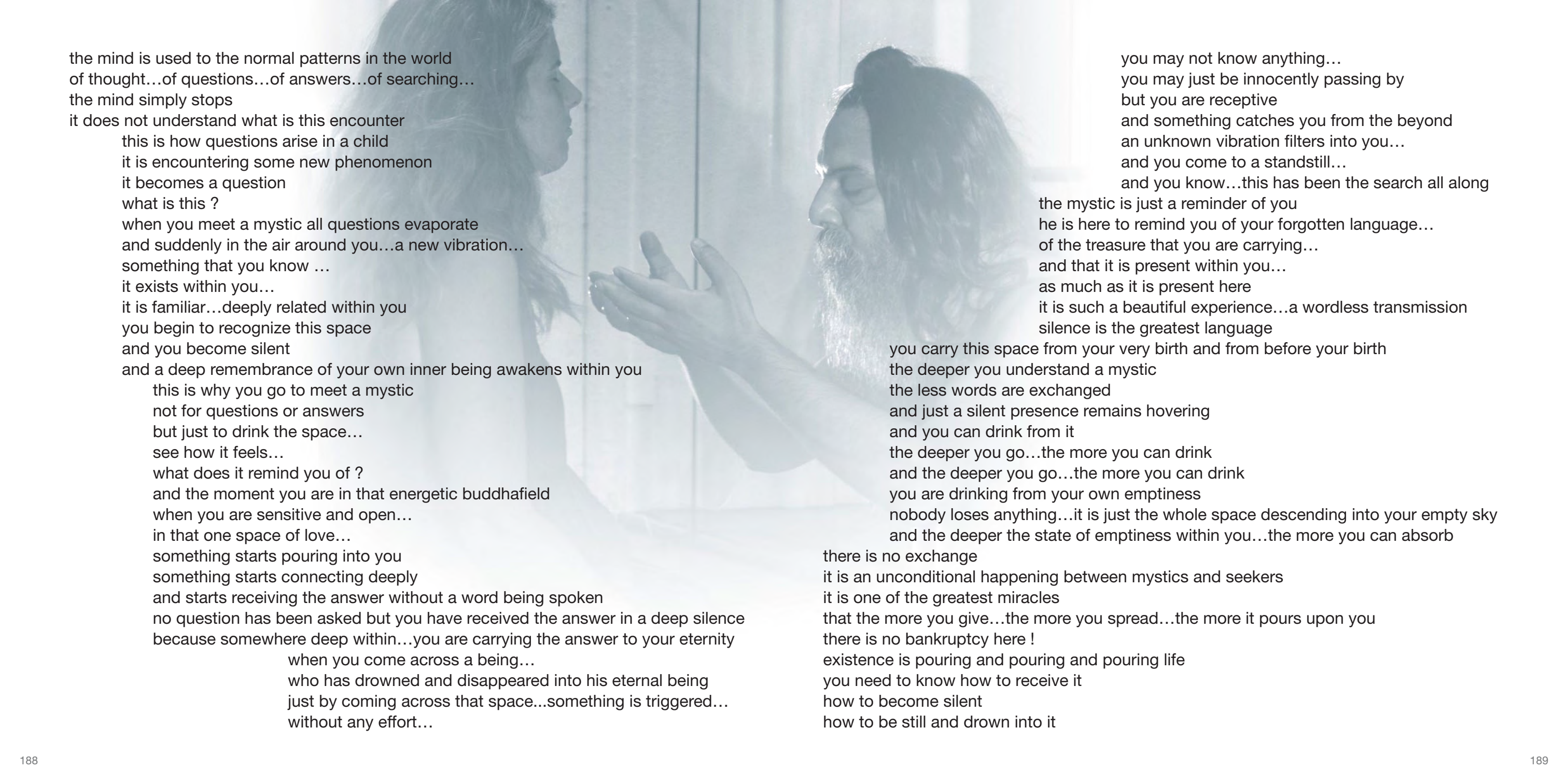
this is osho sannyas  
bringing the spiritual world into the real world  
herenow  
we are not going to escape  
we are not afraid of the world  
live with people the way they are  
accept them the way they are

and your actions will reflect  
that you have understood the message...  
silently...innocently...with a deep compassion  
your radiation will affect people  
we are not going to change the world  
we are not here to tell you what is wrong  
but to show you the beauty of life the way it is  
and how to live life more beautifully...more joyously...with more celebration  
it is such a simple message

i was telling her the other day...escape !  
now i say...no need to escape...  
she is confused...now what to do ?  
shall i escape or not escape ?  
ha ha...new confusion for her...  
yesterday i said...run away...escape...  
today i say...no need to escape...  
no need to rob the bank...you are the bank  
you own the bank...they do not know who is the boss !  
so do not escape...okay ?  
today is your sannyas so i am giving you another way  
sannyas within the world  
hmm

anybody wants to be confused and ask a question ?

it always happens like this...  
questions simply disappear when you come across a mystic  
it is such a new space  
the mind simply stops  
it does not know what to make of this  
it suddenly encounters a new vibration



the mind is used to the normal patterns in the world  
of thought...of questions...of answers...of searching...  
the mind simply stops  
it does not understand what is this encounter  
this is how questions arise in a child  
it is encountering some new phenomenon  
it becomes a question  
what is this ?  
when you meet a mystic all questions evaporate  
and suddenly in the air around you...a new vibration...  
something that you know ...  
it exists within you...  
it is familiar...deeply related within you  
you begin to recognize this space  
and you become silent  
and a deep remembrance of your own inner being awakens within you  
this is why you go to meet a mystic  
not for questions or answers  
but just to drink the space...  
see how it feels...  
what does it remind you of ?  
and the moment you are in that energetic buddhafiield  
when you are sensitive and open...  
in that one space of love...  
something starts pouring into you  
something starts connecting deeply  
and starts receiving the answer without a word being spoken  
no question has been asked but you have received the answer in a deep silence  
because somewhere deep within...you are carrying the answer to your eternity  
when you come across a being...  
who has drowned and disappeared into his eternal being  
just by coming across that space...something is triggered...  
without any effort...

you may not know anything...  
you may just be innocently passing by  
but you are receptive  
and something catches you from the beyond  
an unknown vibration filters into you...  
and you come to a standstill...  
and you know...this has been the search all along  
the mystic is just a reminder of you  
he is here to remind you of your forgotten language...  
of the treasure that you are carrying...  
and that it is present within you...  
as much as it is present here  
it is such a beautiful experience...a wordless transmission  
silence is the greatest language  
you carry this space from your very birth and from before your birth  
the deeper you understand a mystic  
the less words are exchanged  
and just a silent presence remains hovering  
and you can drink from it  
the deeper you go...the more you can drink  
and the deeper you go...the more you can drink  
you are drinking from your own emptiness  
nobody loses anything...it is just the whole space descending into your empty sky  
and the deeper the state of emptiness within you...the more you can absorb

there is no exchange  
it is an unconditional happening between mystics and seekers  
it is one of the greatest miracles  
that the more you give...the more you spread...the more it pours upon you  
there is no bankruptcy here !  
existence is pouring and pouring and pouring life  
you need to know how to receive it  
how to become silent  
how to be still and drown into it

when you go to group leaders and therapists and teachers  
you have so many questions  
but mystics are very clever...they have their own way  
first they cook you...then they dance with you and peak you  
then you find the answer and you drown into the silence  
then they ask...you have any question ?  
obviously you do not have a question  
because you have the answer of silence  
this is the mystic  
he creates an energetic space  
so the answer is delivered to you and the questions disappear  
when you go to teachers you go with so many questions  
and they keep speaking for hours and hours and give you all the answers  
and you go home and nothing is triggered within your heart  
there is no sense of celebration...of blissfulness...of silence

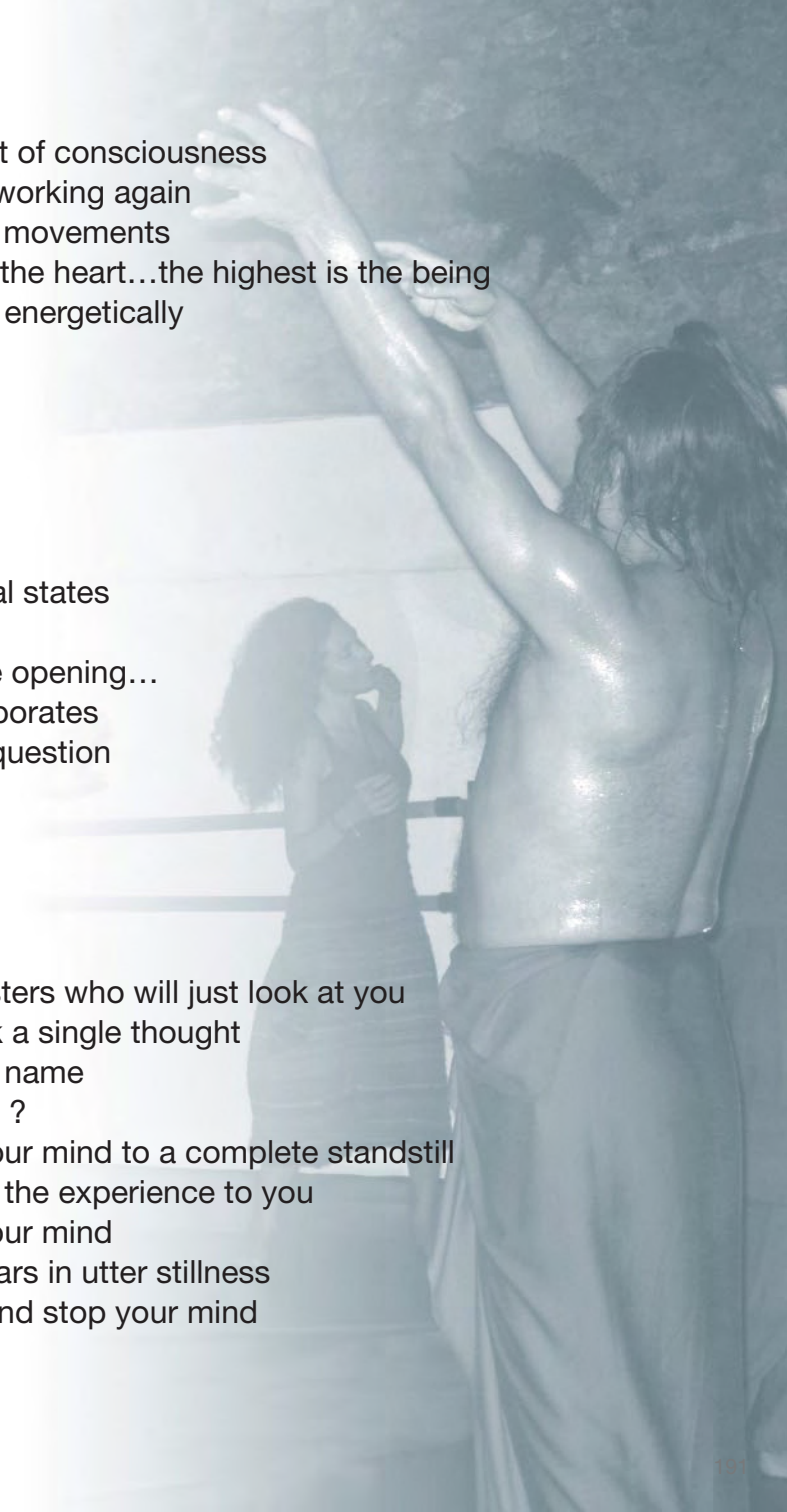
the moment your heart receives an answer it becomes silent  
this is the answer...silence...  
when love is happening your heart becomes calm and still and silent  
and something begins to flow from within you  
this is the device...to create a dance and a peak  
and to bring you to that moment so that your mind simply stops  
it is very easy to tick the mind  
if i start speaking like this now and i start talking about things  
you will come back into the mind...your mind will start working again...  
and all the questions will start appearing again  
the mystic takes you so high  
vertically...energetically high...questions simply cannot stand there  
this is what we have been doing  
it looks so simple...just sitting...  
a little bit of gibberish...a little bit of laughter...  
and then suddenly the music takes you high...higher...higher...higher...  
that is where the state of nomind is...high above you !

mind cannot think there  
mind simply cannot stand that height of consciousness  
the lower you come the mind starts working again  
these are vertical states of energetic movements  
the lower is the mind...the middle is the heart...the highest is the being  
you go higher and higher and higher energetically  
and everything comes to a stop  
that is the experience

teachers cannot give it to you  
therapists cannot give it to you  
you need to come across somebody  
who has experienced that explosion of vertical states  
just be near that person...open and silent...  
and one simple device...a little dance...a little opening...  
perhaps a little laughter...and something evaporates  
and you try to think...you are trying to find a question  
but mind simply does not move  
the air has become standstill  
everything has become vertical  
mind cannot move  
mind needs to be horizontal to think

there have been masters who will just look at you  
and you cannot think a single thought  
you even forget your name  
what have they done ?  
they have brought your mind to a complete standstill  
they are transmitting the experience to you  
this is you without your mind

they have remained so many years in utter stillness  
that their space can penetrate and stop your mind  
and the experience can happen  
the sky can open





castelo di paiva  
portugal  
18 september 2010

this moment of vertical stillness  
and you are present  
herenow  
no movement  
nothing moving  
and you are present  
experiencing this silent presence that surrounds you  
no ripple...no dream...no desire  
no movement

just a standstill  
a taste of how it is to be in the present moment  
and everything around you is clear...transparent...and settled  
all movement is moving your consciousness  
even the slightest movement  
and the lake is filled with ripples of imagination  
continually moving this bodymind

you are filled with ripples of confusion...  
distorting whatever you see...  
continuously moving the body  
creating dreams...desires...thoughts...  
movement...action...  
there is no stillness



the deeper you go into stillness...  
the deeper grows the silence  
and a deep watchfulness reflects this existence as it is  
just like a mirror  
moment to moment  
dreams keep clouding you into the future...  
into the past

you never see this moment with clarity  
because you are caught up in the movement of the future and the dead past  
how to come to this present is the deepest search  
mind needs movement...it needs space to move to create a projection  
mind cannot stand still  
it needs some form of movement  
and if it cannot find the movement through your desires...through your thoughts...  
then it will move your body  
you will move the body to create a projection  
each movement is creating ripples around you

how to come to this clarity of stillness ?  
this whole existence is present...  
the trees...the rocks...the mountains...the ocean...  
everything is living in the present tense  
nothing is dreaming about the future...trying to become more...  
moving different from the course of the present moment  
everything is living in the tao...  
in the herenow...  
with no mind...no dream...no desire to wander away  
there is nothing in existence that is living in the future  
except the mind and its dreaming  
hence the whole existence is flowing naturally...  
in the present tense  
and all that you see around you is present  
and living totally the way it was created to live

it is only humanity who is living in conflict and in misery  
because we have the possibility to dream and desire  
and move into the future of abstraction...  
which is not real in the first place

the body does not know how to be still  
but unless you can still this body  
and create stillness in your entire interiority  
you cannot become present  
this is the only work...creating stillness  
this stillness should saturate everything within you  
each and every space within your form has to be filled  
with this stillness and silence...  
from the very centre it has to radiate to the very periphery  
the moment the stillness and silence reaches the periphery  
it connects to the outer silence and stillness  
and there is no more boundary of separation

your body is living in a natural way  
your body is the only part of you which is not abstract  
it is still present...it is real  
it is simply herenow  
just like the rocks and the mountains and the trees and the ocean  
your physical form is your touch with reality  
it is your earth  
it is here...it is now

your body cannot be in the future...like superman  
it is always here...always here...  
your mind can wander...  
your desires can wander...  
your dreams can wander...  
but your body cannot wander...  
it is simply here and now and this is the beauty  
and this is the greatest opportunity to understand how to become present  
just become the body

become the body in its purity...  
in its rawness...in its naturalness...  
totally present to this form  
and if you can become totally present to this form  
your body will become still  
there will be no more wandering...no more movement...  
all movement shows dream and desire  
uncomforted with your present body

this is the secret found by mystics  
so their teaching is to sit silently...unmoving...  
do not move at all...  
slowly slowly you will become present to this form  
moving your body...move consciously  
move from the centre...draw the energy  
move meditatively  
and that stillness which is in the centre  
will slowly slowly fill the entire form  
the whole form will become settled and silent  
the whole innerness of this will be saturated...  
with an unmoving centre  
spreading slowly slowly to the periphery  
inner and outer has to become one  
and the inner is a silent unmoving centre  
in the middle is this body...  
continuously moving...dreaming...desiring...  
and outside everything is in harmony and stillness

the mind is the only abstraction that can live somewhere else  
and not live here  
you can live anywhere you want...  
you can dream anywhere you want...  
but these are simply projections...they are not real  
the body is real...it is not a projection...you can feel its reality  
this is what we were doing today...in dynamic meditation

it brings you to the present tense  
and the moment you become present  
all the energy that is wasted in dreaming and desiring...scattered all over the world...  
becomes part of you  
it fills you with its strength and nourishment  
and the body finds a certain ease of being herenow

this is the only reason why we are sitting still...  
to feel the stillness  
and the moment you come to the perfect stillness within you  
you realize a presence that is surrounding this stillness  
if you continuously move there is nothing present in you...  
to know the presence which surrounds you  
because both are in motion...  
you need something stationary  
the witness has to be stationary to see...  
and feel and perceive the presence that is surrounding it

that is why stillness is one of the greatest qualities of meditateness  
and if you cannot arrive to stillness and live meditatively  
you cannot achieve big things in meditation  
that is again absurd  
the dreaming and the wandering of the mind...  
that i will achieve this and i will achieve that in meditation...  
no !  
just simple things...how to move your hand from here to here  
just attain this much...  
how to move your fingers from here to here  
how to move the smallest part of your body  
become acquainted with your body and all its spaces  
and create harmony and stillness within the form  
and the moment the body is perfect...mind disappears...  
dreaming disappears...and you are sensing the herenow

meditativeness means...  
moving each and every part of your body consciously...  
whatever the act may be...  
move it consciously  
this is the only way you can spread consciousness  
you cannot spread it in imagination  
meditation has to be a reality within you  
your each act has to be meditative  
the way you walk...the way you sit...  
the way you move...the smallest gesture

if meditation is not flowing within  
then how do you expect consciousness to grow ?  
where will it grow ? in which dimension ?  
and who will experience meditativeness ?  
this bodymind has to be illumined

after the first explosion of consciousness within you...  
you begin to recognize that if you do each and every act of yours...  
meditatively...  
you are spreading the truth within the form  
this is why it takes so long to reach enlightenment  
the first experience of enlightenment is sudden  
a sudden flash of light within you  
but slowly slowly this experience has to spread  
and find its own reality within the body  
slowly slowly the whole body becomes still with its radiation  
that is why it takes so long to achieve the state of enlightenment

when mystics say...become still and silent  
where is this stillness and silence ?  
just in the imagination ?  
is the stillness and silence filling you ?  
why not to the fingertip ?  
and how you bring it to the fingertip ?

if your acts are unconscious and mechanical  
you are not allowing the centre to spread to the finger tip  
meditativeness lies in the very small movements  
once you understand how to move the hands meditatively...  
even for half an hour...  
that quality is imbibed within you  
and then you learn to move your legs...your body...  
your whole body sensitively

for women it is very easy  
because women are very body oriented  
women can sense their body parts  
because a woman is sensitive to the whole body  
for a woman it is very simple and easy  
to watch her body movements...  
in dancing or walking or moving...  
and that is why women have more grace than men

not today's women...i am afraid  
today's women have become like men...very ugly  
and today's men are becoming more feminine and more aware of their body  
they are filling their body with sensitivity  
and they are becoming more acquainted...  
with the smallest movements and gestures in a feminine way

you are no more sensitive to the body...to the here...to the now...  
just living in this imagination  
meditation means meditativeness  
go home with the understanding that meditativeness is the way  
walking the path consciously  
and it is not a great achievement...remember  
the smallest gestures in meditativeness...  
slowly slowly starts filling you  
you just need to get a taste of it

experience this beauty...this joy...  
and the very beauty of that action is spreading the light from the centre  
and moving it throughout the form  
that is why tai chi is one of the greatest meditations created  
it allows movement of the inner circle...  
to expand in harmony and balance and spread throughout the form

yoga is static...trying to silence and still the body through harmony and balance  
tai chi is far deeper...

it is allowing the flowing movement of the body to find balance and harmony...

and extend from the left to the right and the right to the left

male to the female...female to the male

and slowly slowly you acquire a sense of balance

which is neither male...neither female

it is just in the middle

continuously strengthening the vertical presence within you

and drawing from this well and spreading it out sideways

utter harmony and balance

each balanced action of yours creates harmony within you

you have so many habits of unconsciousness

why not understand inner consciousness

and create a conscious habit out of it ?

just move meditatively and make that your very lifestyle

there is no other way

if meditation does not fill your fingertip...forget about it...just give up

make a little effort to be meditative

and the moment you make that little effort and you feel the harmony

it is so fulfilling

it is so graceful that you cannot imagine living otherwise

the right hand moving moves the left...

the left hand moving moves the right...

up energy goes down...down energy goes up...

such a beautiful cycle

a sphere surrounds you

and you can understand while watching me...it is so simple

these are simple clues...meditativeness...

let it fill the form

every time you do anything do it meditatively

the smallest action is the greatest action on the inner journey

it is not big things but small things

and how beautifully...

and how gracefully...

and how aesthetically...

and how sensitively you do the smallest things

pay attention to the smallest actions in your life

and the small is great

and slow down

this speed !

the more you rush...the more you create ripples and waves

stop running around

just slow down and settle

and find the simple meaningful gestures

of balanced harmony and simplicity

start with small actions

and the small is big

trust me...just your hand moving is enough

if you cannot move your hand consciously

what can you move consciously ? this whole body ?

this much is within you to move your hand

it is your hand

it is not a machine...it is not mechanical...

it is not controlled by others

this body is yours

you can live your body sense

and you can live it consciously

nobody is preventing you

if you read my book...this is my whole journey...  
walking step by step...  
i am not a machine...  
i am not a train rushing to the airport  
i am a human being  
this is my body...my temple...  
my being of light resides within me and i go at my pace  
nobody can push me to run fast  
who are they to tell me ?  
i am simply going at my ease at the speed i wish to go

nothing pushes me...nothing pulles me  
i simply follow my inner vertical river like flow of energy  
and silently move on  
is that a great effort ?  
you will call it laziness  
at ease with your inner rivering like movement  
that is the flow of the kundalini  
slowly slowly you become acquainted with this gentle wave within you  
and it starts capturing you...gathering its light  
and the whole body becomes slowly slowly a wave of light

nobody can prevent you from walking and sitting...  
and moving your hands consciously...nobody !  
and for that you do not even need meditation  
because the whole day you are moving the body a million and one times  
from the cradle to the grave...you will be moving your hands  
why not begin with your hands ?  
all the nerves of your brain are connected directly to your hands  
your hands cannot simply move on their own  
something gives the command to move the hand  
you are not even in control of your limbs...  
not even in control of your movements of the hand...  
and it is so simple

what is so difficult about what i am doing ?  
watch this...no effort  
it shows that i can manage my breath flowing through the form  
and the silence can fill the whole form  
and this is the search of meditation  
filling this whole form with silence and stillness  
meditativeness is what i am trying to indicate to you  
again and again

understand the word meditativeness...awareness...  
and the sense of being herenow in this body  
you have to live herenow  
and this body is your temple

who has not read my book here ?  
it is worth to read it  
it is a journey of utter simplicity...nothing great...  
just a simple journey  
the only qualification i have mentioned  
is that i knew how to sit silently  
stillness and silence is the greatest qualification  
because that translates into the observer...the witness...  
that which understands presence of the being

to capture this silent witness that is floating above you  
you need deep tranquility...stillness...on the earth...in the body  
the moment you become still...suddenly the mirror that is above you...  
just like a sphere of light...  
becomes present to your awareness  
something is watching all that is moving below  
but because you are moving...  
you miss the unmoving centre  
unless you become still...  
you cannot sense that which is unmoving

how can movement see the unmoving ?  
it is already confused...it is in motion  
motion cannot see stillness  
stillness is the master  
because when this bodymind will fall there will be nothing to move you anymore  
what will remain is your consciousness...utterly still...  
witnessing like a mirror this whole existence moving by

it will even see the slightest movement that is happening around you  
in fact that is how you perceive the aura  
that is how you perceive your body and the etheric sense around you  
because when you are still...suddenly you feel something hovering...  
a slight sound...a slight music in the air...  
and that is how you perceive your aura  
to perceive your fifth...sixth...and seventh body...  
you need a perceiver  
somebody who is available to wait and watch

to become sensitive to your aura  
you need deep stillness and silence  
aura does not talk so much like in the dining hall everyday  
continuously jibber jabber jibber jabber jibber jabber  
so much talk !  
i have been watching two days...  
i have never eaten in the dining hall...  
so much talk !  
all the meditation you do is to clear the mind of jibber jabber  
and then you talk more to fill it again ?!  
every word that you hear you will have to erase  
every sound that you hear you will have to erase  
every thought that you create you will have to erase  
so instead of erasing it and creating stillness and silence...  
you are adding more and more rubbish...  
continuously !

words are thoughts are vibrations  
you are eating thoughts  
half the time you are thinking other peoples thoughts...  
living other peoples desires...because you are absorbing their vibration  
when you come across a noisy person...he is feeding you with noise  
his whole vibration is of the mind  
and he is throwing his mind to you even without saying a word  
and you are eating and drinking all the vibrational form of thoughts from him  
and you are being filled with all his thoughts  
you do not even have a territory of pure stillness and silence

reduce your conversations to fifty percent...  
and then to twenty five percent...  
and then to five percent...minimal...  
say something that is meaningful  
why become just a box full of noise...  
broadcasting something or the other...  
it sounds so foolish...continuously talking...  
just to fill the empty spaces with rubbish !  
imagine i take rubbish and start feeding it in your mouth  
you will say...i do not want to eat rubbish...  
i want something nice  
all this movement...mind...matter is filling you with junk  
and then you go you try to clean it out

be alert !  
reduce your bodily movements to half  
reduce your doing to half  
reduce your talking to half  
everything...half it  
and then you half it further  
always go by half and it will disappear  
believe in half...fifty percent...  
reduce it all  
it will help you on the inner journey because the traffic is so thick  
it is such a beauty to be silent  
feel your strength when you are silent  
when you have nothing to say...you are so mysterious...so attractive  
there is such a magnetic radiation around you  
because you are not saying anything  
people who talk too much you can see they are all the time talking  
and you suddenly see one person is silent...something draws you  
that person has a profound sense of being  
you are all seekers of the truth...not of rubbish !  
choose carefully your acts  
live in a wise way  
your life is very small  
it is beautiful that you are coming here to experiment with your inner journey  
but take it with you when you go away tomorrow day or after tomorrow

remember...slow down  
live your being silently  
trust that silence...you have that strength too  
people who are silent are very strong beings  
so much speaking...so much movement...  
you will never come to that still point within you  
and when you come to a meditation area with so much noise...  
what will happen when you go to the marketplace ?

and why you are communicating so much ?  
because you feel people do not understand you  
you need to continuously fill the space with some words  
so they approve you  
your speaking is searching for approval from the other  
because if you become silent they will think you are dull  
you are good for nothing...you are not friendly...  
you are an unfriendly...alien  
and you are not filling their approval column

meditators are not like that  
just be silent...  
remember...your silence is your treasure  
and your stillness is your witness within you  
this body is going to die  
you can only take this silence and stillness with you  
and if you do not see the beauty of it and the grace  
and the fulfilment of it now...  
when you will die...you will be in a shock  
it will look like a black hole to you...it will look like your enemy  
that my god...now i cannot say anything anymore...  
i cannot breathe anymore...i cannot move anymore...nothing  
the stillness will be so dense...

you will have to acquire a taste of it while you are living  
so that when this body falls  
you realize what it is and it can set you free  
you will carry this silence and stillness with you for eternity  
so become acquainted with your inner sensitivity of stillness and silence  
i continuously say to people...do not be afraid of it  
be afraid of this mind and its noise  
the deeper you will go into silence...  
you will feel everything around you disappearing...  
and everything reaching toward you

the boundaries will slowly slowly dissolve  
and you will continuously expand and expand and expand  
there is no wall to silence  
and the more you expand...the more you are...  
a spacious being...  
filled with light of expansion  
and then the trees are you...the river is you...the mountain is you  
and this is not an imagination...this is the truth  
because consciousness is one and merged with all

if you think you are just a human being and you are cluttered with noise  
then you are isolated from existence  
you need noise to fulfil you  
the moment you understand the beauty of silence and stillness  
you suddenly realize that this whole existence is you itself  
you are not separate and you can be the birds and the trees...  
and the mountains and the rivers...  
and they can commune with you  
they will speak to you  
because they understand the same language  
they have not learned abc  
they do not know portuguese and english  
they know one language... the language of silence

then you will feel in harmony with this whole existence  
and there is no death for one who is in harmony with the whole  
there is only more life...  
more seeing...more being...more strength...more awareness  
vaster and vaster and vaster  
but you need to acquire this while you live before you die  
you need to understand who you truly are  
and there is only one way...  
silence...stillness...meditativeness  
and you have a short life  
make the most of it

i was listening today during dinner...so much noise...i am wondering...  
i wish i could understand what are they talking about  
what are they talking about ? so much noise...what could it be ?  
has the sky fallen in ? what is it ? so much conversation !

in the airplane to portugal one woman talked for three hours non stop  
i thought...this one woman...maybe okay...just an isolated case  
then we took the bus...the whole bus...jibber jabber...jibber jabber  
i said...my god i never saw so much conversation...  
is there some football match ?  
i have never come across so much talk and i wonder what the talk is about  
i wish i could understand...what is it ? let me grab a thread...  
just nothing...just filling the space with noise to be comfortable

i have a sister...she cannot sit in silence in the house  
she puts on the radio...the whole day the radio is going  
if you switch it off...she feels as if she is going to die...  
she says she cannot breath...she has to run out of there !  
i asked her...why you put this radio twenty four hours ?  
no one is listening...  
just the sound is continuously blaring in the kitchen ?  
she said...no...the dog is there !  
he is barking so i put on the sound...  
i said that is why he is barking !  
just rubbish !!

if you are left alone in silence...suddenly you feel alone  
what a reality...  
i am all alone...no friends...no one to talk to...  
nobody to listen to my misery...nobody to listen to my joy  
it is scary for normal human beings  
they are afraid of being alone and they are afraid of darkness  
suddenly they feel so afraid  
they are not afraid of noise...they are afraid of silence !

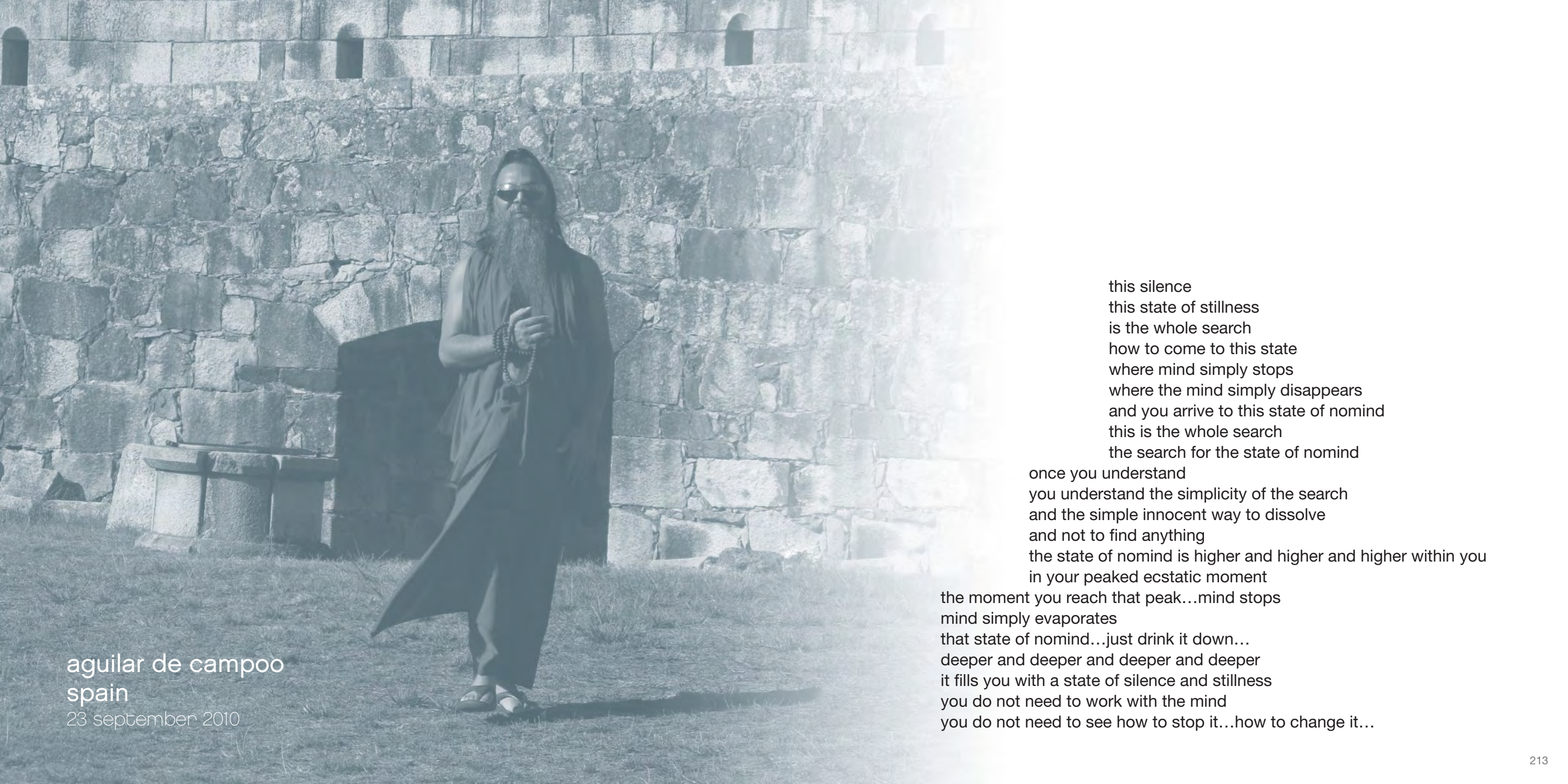


this is why people cannot go into meditation  
they are afraid of themselves  
but realize it once and for all...  
this bodymind will fall and you will be left with aloneness  
it is your treasure !  
aloneness is not alone...it is filled with a buzz of life

once you face it...once you drown into it...  
it is so intoxicating  
it is so fulfilling  
it is so nourishing  
just to listen to that buzzzzzz of life within you  
it drowns you  
it drowns you into a deep ecstasy  
and in that moment you do not want to hear any sound  
every sound is jarring...  
it intrudes into you...it is like hurting you  
you just want to listen to that buzzzzzz within you  
slowly slowly it draws you in...it draws you in...it draws you in...  
and you are so stoned  
with the life that is buzzing in you  
you are buzzed with life

reach this space within you  
this buzz of life that is surrounding you  
within you...everywhere in this universe  
they call it the sound of aum...  
the greatest ecstatic sound ever heard  
it is a pure orgasmic sound and it expands you  
and all of you simply disappear into this vibrational body  
it is just deep within you  
become acquainted with that sound of aloneness  
it is so sweet

when i went into silence i never imagined  
because i too was brought up in the western world...in a catholic church  
i never imagined that silence will be so beautiful  
initially it was scary for me too  
but the moment i caught it...i became afraid of noise...of movement...of people...of mind  
now it has become so strong that nothing affects me  
if you say anything to me i hear half...  
with the other half i am listening to the buzz  
i hear half what you say...the other half is zzzzzz...  
and you say something and yes yes...zzzz...yes...zzzzz  
i rely on the zzzz within me...the buzz of life  
ha ha !



aguilar de campoo  
spain  
23 september 2010

this silence  
this state of stillness  
is the whole search  
how to come to this state  
where mind simply stops  
where the mind simply disappears  
and you arrive to this state of nomind  
this is the whole search  
the search for the state of nomind

once you understand  
you understand the simplicity of the search  
and the simple innocent way to dissolve  
and not to find anything  
the state of nomind is higher and higher and higher within you  
in your peaked ecstatic moment  
the moment you reach that peak...mind stops  
mind simply evaporates  
that state of nomind...just drink it down...  
deeper and deeper and deeper and deeper  
it fills you with a state of silence and stillness  
you do not need to work with the mind  
you do not need to see how to stop it...how to change it...

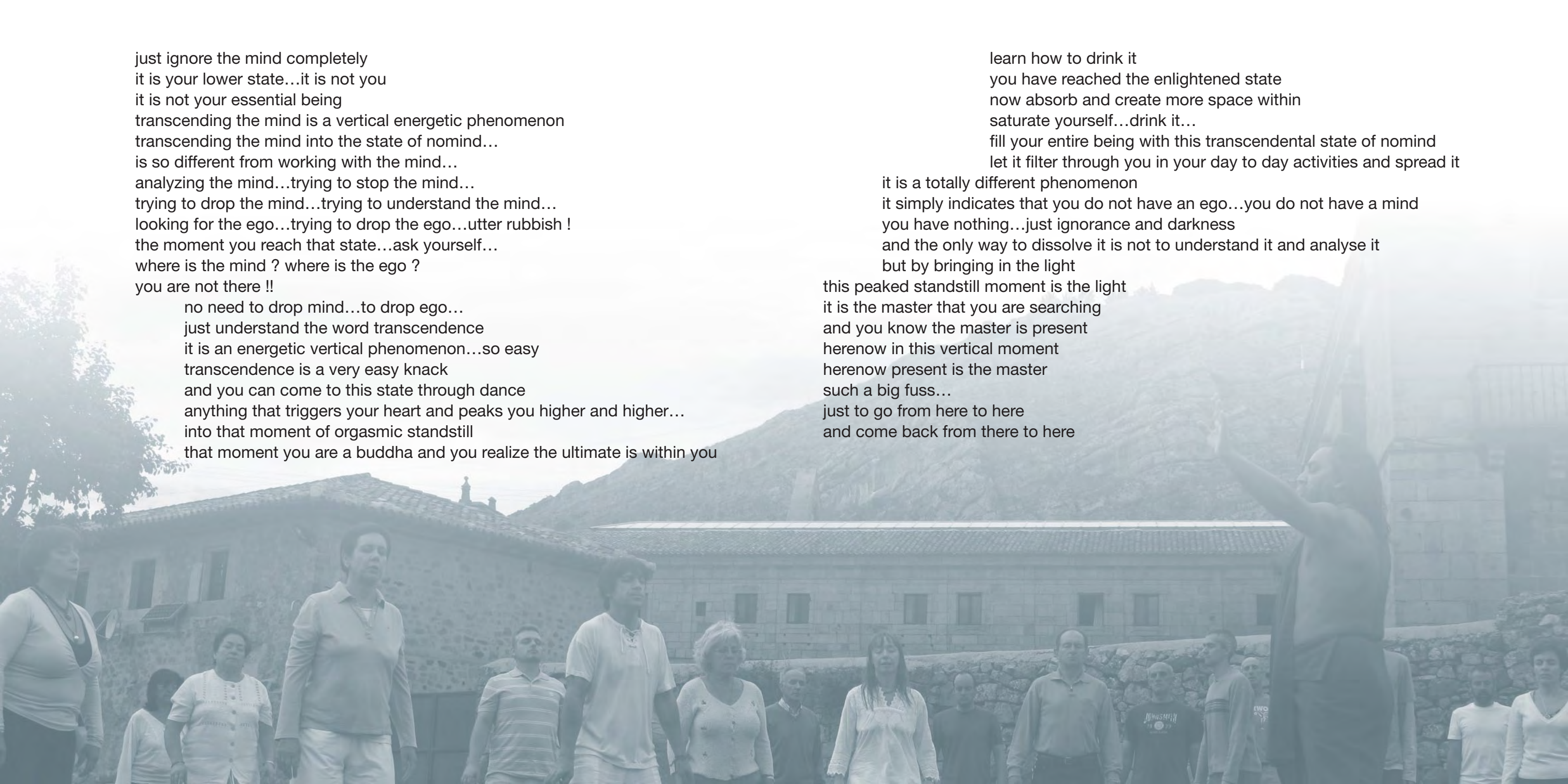
just ignore the mind completely  
it is your lower state...it is not you  
it is not your essential being  
transcending the mind is a vertical energetic phenomenon  
transcending the mind into the state of nomind...  
is so different from working with the mind...  
analyzing the mind...trying to stop the mind...  
trying to drop the mind...trying to understand the mind...  
looking for the ego...trying to drop the ego...utter rubbish !  
the moment you reach that state...ask yourself...  
where is the mind ? where is the ego ?  
you are not there !!

no need to drop mind...to drop ego...  
just understand the word transcendence  
it is an energetic vertical phenomenon...so easy  
transcendence is a very easy knack  
and you can come to this state through dance  
anything that triggers your heart and peaks you higher and higher...  
into that moment of orgasmic standstill  
that moment you are a buddha and you realize the ultimate is within you

learn how to drink it  
you have reached the enlightened state  
now absorb and create more space within  
saturate yourself...drink it...  
fill your entire being with this transcendental state of nomind  
let it filter through you in your day to day activities and spread it

it is a totally different phenomenon  
it simply indicates that you do not have an ego...you do not have a mind  
you have nothing...just ignorance and darkness  
and the only way to dissolve it is not to understand it and analyse it  
but by bringing in the light

this peaked standstill moment is the light  
it is the master that you are searching  
and you know the master is present  
herenow in this vertical moment  
herenow present is the master  
such a big fuss...  
just to go from here to here  
and come back from there to here



and all these rubbish religions...teachers...masters...gurus...preachers  
such a vast business out of a simple understanding  
very strange that you do not know how to go from here to here and come back again  
you are searching everywhere  
that master...that guru...that teacher...that healer...this preacher...that therapist...  
you do not trust this one line within you  
you expect somebody else to give you the answer  
you are the answer

the answer is within you and you ask others the way  
you are the way...you are the goal...you are the path...  
dissolve within yourself  
what a joke !

you people are being misled and fooled  
this is wrong with you...this is not right...  
this is your misery...these are your problems...  
these are your blocks...these are the issues...  
nothing ! absolutely nothing ! all lies !!  
and lies cannot free you...only truth can free you  
and truth lies within you

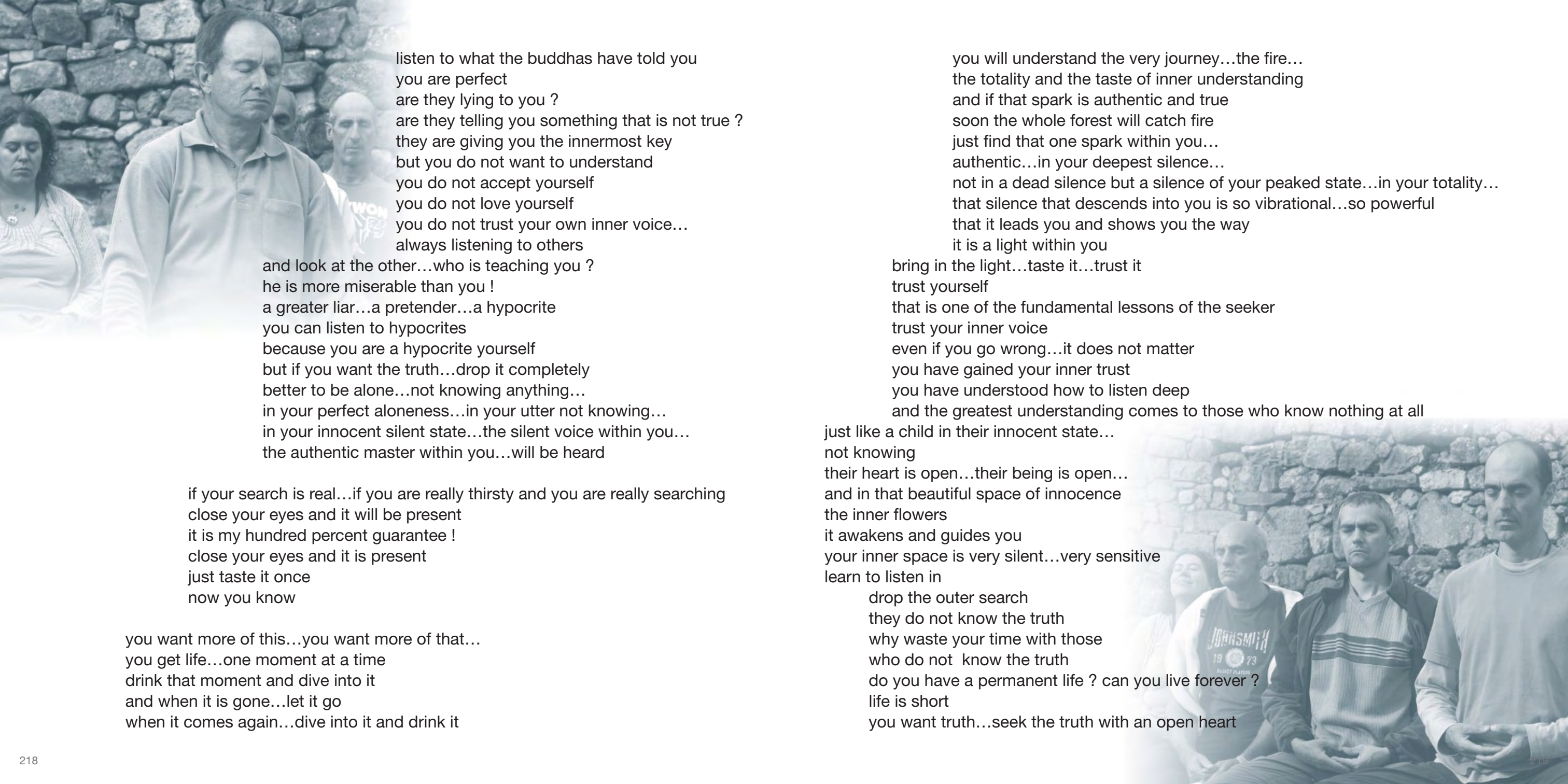
everything coming from the outside is a lie  
do not accept lies  
there are everywhere people telling you lies...  
what is wrong with you...what is not right with you...  
and every buddha has said it again and again...  
that you are the truth  
the truth is within you...do not go anywhere  
simply come to this present moment  
be present where you are...exactly where you are  
and you are perfect

simply dive into that state deeper and deeper and deeper  
this understanding gets rid of all the rubbish  
all these parasites...bloodsuckers...  
these are the miserable creatures in the world

always telling you what is wrong with you  
because if something is wrong with you  
then you need their guidance...  
you need their help to liberate you and free you from your misery  
these are bloodsuckers !  
these are your enemies !  
be aware of these enemies  
do not be trapped again and again in the same game  
do not give your inner strength to anybody else...not even to god  
you are god yourself  
just unnecessarily asking others...what is the truth ? where is the truth ?

do you understand this simple experience ?  
go to that peak orgasmic state in you and stop...  
close your eyes...watch  
the witness...the heightened state of awareness is present  
that is your presence...your watcher...your buddha nature  
nobody can give it to you  
do not allow anyone to tell you that they can give it to you  
do not sell your soul to anybody  
they do not have the right to enter  
it is your temple and you deserve it  
and that is your search  
because you are perfect

just understand the perfect moment...  
where is it within you ?  
once you understand...you will laugh  
you will have a nice laughter !  
get rid of parasites...you are already free  
if you do not understand this...  
then these parasites will suck your blood  
and you will depend on them  
and they will take you away  
they will lead you astray

A group of people, including a man in the foreground and others behind him, are sitting on the ground in a meditative posture. They are in front of a stone wall. The scene is dimly lit, suggesting an indoor or shaded outdoor setting.

listen to what the buddhas have told you  
you are perfect  
are they lying to you ?  
are they telling you something that is not true ?  
they are giving you the innermost key  
but you do not want to understand  
you do not accept yourself  
you do not love yourself  
you do not trust your own inner voice...  
always listening to others

and look at the other...who is teaching you ?  
he is more miserable than you !  
a greater liar...a pretender...a hypocrite  
you can listen to hypocrites  
because you are a hypocrite yourself  
but if you want the truth...drop it completely  
better to be alone...not knowing anything...  
in your perfect aloneness...in your utter not knowing...  
in your innocent silent state...the silent voice within you...  
the authentic master within you...will be heard

if your search is real...if you are really thirsty and you are really searching  
close your eyes and it will be present  
it is my hundred percent guarantee !  
close your eyes and it is present  
just taste it once  
now you know

you want more of this...you want more of that...  
you get life...one moment at a time  
drink that moment and dive into it  
and when it is gone...let it go  
when it comes again...dive into it and drink it

you will understand the very journey...the fire...  
the totality and the taste of inner understanding  
and if that spark is authentic and true  
soon the whole forest will catch fire  
just find that one spark within you...  
authentic...in your deepest silence...  
not in a dead silence but a silence of your peaked state...in your totality...  
that silence that descends into you is so vibrational...so powerful  
that it leads you and shows you the way  
it is a light within you

bring in the light...taste it...trust it  
trust yourself  
that is one of the fundamental lessons of the seeker  
trust your inner voice  
even if you go wrong...it does not matter  
you have gained your inner trust  
you have understood how to listen deep  
and the greatest understanding comes to those who know nothing at all

just like a child in their innocent state...  
not knowing  
their heart is open...their being is open...  
and in that beautiful space of innocence  
the inner flowers  
it awakens and guides you  
your inner space is very silent...very sensitive  
learn to listen in

drop the outer search  
they do not know the truth  
why waste your time with those  
who do not know the truth  
do you have a permanent life ? can you live forever ?  
life is short  
you want truth...seek the truth with an open heart

and if you cannot find a living master...go to nature...  
go to the rivers...go to the forests...listen to the trees...  
they are not taking anything away from you but showering truth  
truth is all over this big existence  
every part of nature is utter truth  
and the greatest liars are human beings  
and especially these gurus and false teachers  
these are the worst parasites on this earth  
they are not only playing with your mind and your body  
they are also playing with your heart...your emotion...your being  
do not let anybody touch your being  
it is your ultimate freedom...it is your greatest treasure  
let them rob your bank...your body...your mind...  
but never allow anyone to touch your being

your being is your greatest treasure within you  
and to reach the being you walk the inner path  
a path of celebration and innocence and ecstasy  
pure innocence...

very strange the world...you go searching the truth  
and there are people giving you answers immediately  
just because you do not know the truth  
you are innocent  
they are there to fill you with lies  
they should celebrate your innocence  
not to know is the goal...not to know is the window  
when you do not know...that is when it will happen  
because an innocent child is simply open...  
not knowing...and that is the treasure  
knowledge cannot get you there  
words of wisdom cannot get you there  
the innocence of your inner being  
your not knowing is the knowing  
because it simply transcends the mind

the mind will never know the mysteries of the beyond  
the mind will simply fail  
but innocence can reach the door  
innocence is the door...it is the window...it is the sky...  
it is the state of nomind  
the only thing that can reach the state of nomind is your innocence  
value your innocence  
do not search knowledge  
better to know nothing  
mmm...

i irritate all these teachers...therapists...group leaders...  
they are all afraid of me  
because their business is vested in lies  
their business is vested in your misery...in your not knowing...  
in what is wrong with you  
because then they have a business to tackle you  
and you become their servant...you become a slave  
and you lose your freedom and individuality  
better to walk ignorant...  
than to learn from these people

**question** *sometimes i get to the point to have my mind in peace  
and those other moments i am in confusion and worried for something  
it is difficult to have this state of peace during work*

seven questions in one...  
people are so confused  
they do not even know what question to ask...  
you say your mind sometimes is at peace and everything is good  
sometimes you are in confusion

now here is the question  
mind is never at peace  
mind creates a desire and a goal  
sometimes it is fulfilled...mind is happy  
sometimes it is not right and your heart desire is not fulfilled  
you want to do something...it does not happen  
you are confused...what to do now ?

who is confused and finds misery ?  
what within you is confused and becomes miserable ?  
when the mind is confused it says...you are confused  
mind is confused...so you call it confusion  
i would say...perhaps it may be even beyond the mind to understand  
how about the state of nomind ?  
it is total chaos and confusion for the mind  
the experience of nomind is not only confusion...it is death for the mind  
confusion is a very small boy  
the state of nomind is death to the mind...you will freak out...this is death !

confusion simply means the mind does not know what to make of it

i am confused all the time

i do not complain...i enjoy confusion...it is so perfect

why make sense out of anything ?

i am a totally confused person...

everything i see is true

this says yes...this says no...

this says go ahead...this says go back

the whole existence is divided and divided into parts

so confusion is more real and authentic

than the so called satisfaction of your mind which is at peace

look the other way...

when you are confused...celebrate and enjoy  
when the mind is satisfied and content...be worried  
everything you sense and taste is through the mind  
it filters through the mind...it is all your past understanding  
all your past experiences projecting into the future  
and if that future is not met the mind becomes confused and miserable  
but whatever be the case...you are not the mind  
you are not the mind...you are not the emotion...you are not the body...  
who are you ?  
the beyond  
you are searching the beyond within you  
so why even waste your time creating clarity out of confusion ?  
go deeper into confusion  
because the whole world is in that flux and in that state  
do not try to pin everything down that this is where the goal is  
when you do not make goals out of your life  
and simply live with the river  
everything will flow left to right...right to left...left to right  
do not label it confusion...

it is a great mystery...enjoy it !

there is no misery...simply understand the way life is

do not search answers

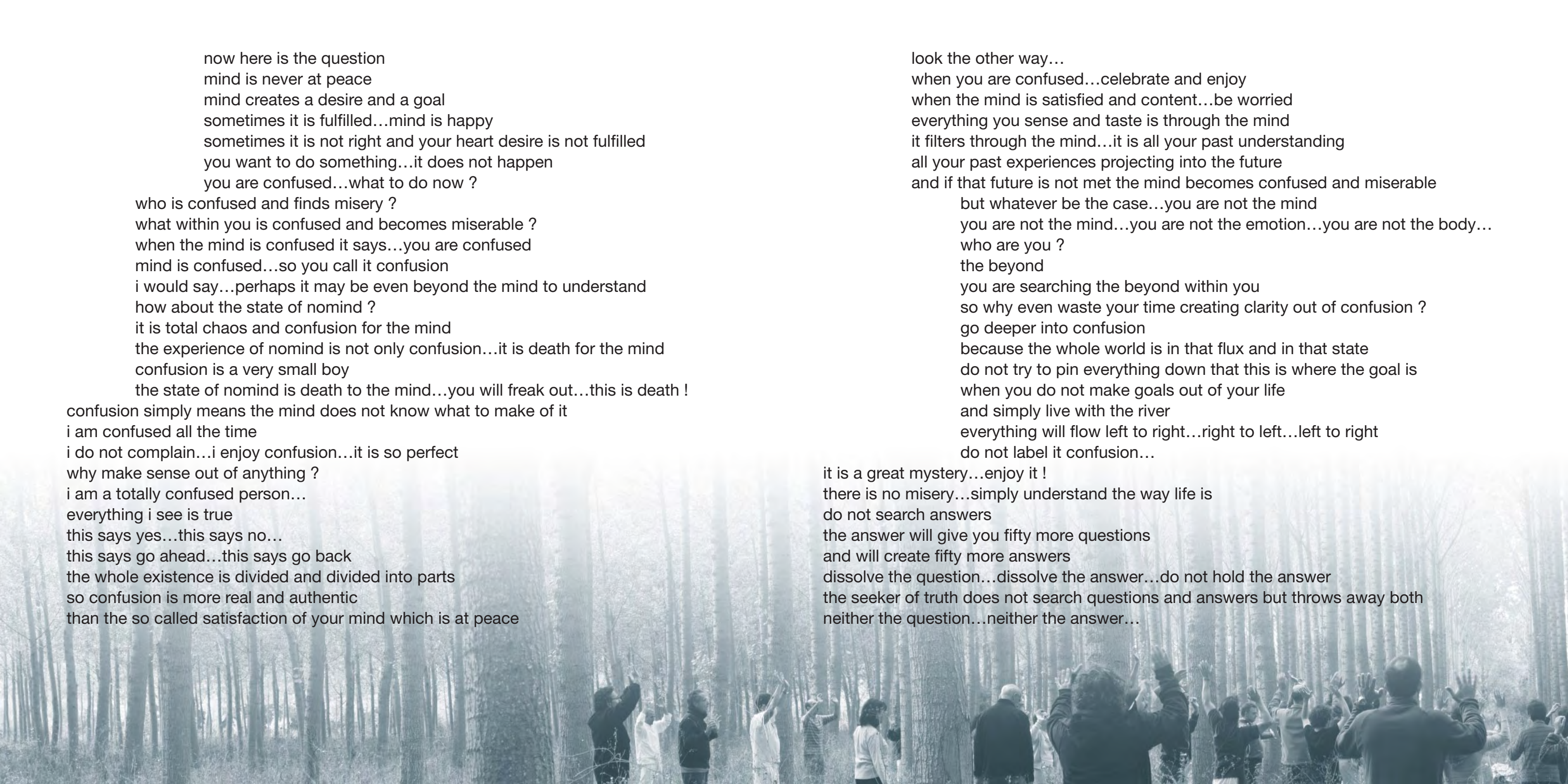
the answer will give you fifty more questions

and will create fifty more answers

dissolve the question...dissolve the answer...do not hold the answer

the seeker of truth does not search questions and answers but throws away both

neither the question...neither the answer...



if any master gives you an answer he has created a new question in you  
dissolve the mind completely so that nothing remains...

no answer...utter confusion...total chaos

and in that chaos...silently...there is a balance and a harmony

how can you make sense out of this vast chaos ?

dive into it with a state of nomind and float...simply float

you know the river is going to the ocean

you choose a middle path...just in the middle

here are the questions...there are the answers...no need

just live moment to moment

life becomes just a joy

i have no answers

i do not even know what i am saying

whatsoever i am saying is rubbish

i am trying to get you out of the rubbish through rubbish

if i give you a good reasonable answer

then that answer will become the new misery

so you ask me a question

i will give you some rubbish answer that confuses you further

you simply drop the whole question...

and look at the greater question...and a greater confusion...

then you ask another question...i create a greater confusion...

and you just drop the whole thing...

forget about it ! this man knows nothing !!

he is simply confusing me again and again

he is a mystic...a mystic never gives you an answer

he creates deeper and deeper layers of confusion

whatever answers you have start looking meaningless in front of him

when you meet a mystic...one by one all...the answers disappear

and you are filled with a new confusion

and that is the whole task

when you are totally confused mind gives up and collapses  
and that is the state of nomind

got the answer ?

i hope not !!

i do not even remember what his question was...what i said...

to me it does not matter

any rubbish with any rubbish...just put them together...

i spontaneously create rubbish

it just sounds a little bit more reasonable than the rubbish you carry

because mind is a whole box of rubbish

the whole work is to transcend it...

to go to the state where mind simply makes no sense

and that is an energetic state...not informative...conscious

even if the greatest buddha gave you the greatest answer  
for the greatest problem in your life

it would not transform you one millimetre...not one inch

but when you have a nice dance and a good laughter

it is worth a hundred answers from any buddha

all the masters throw their books and knowledge

they show you the way through ecstasy...through deep silence

they have never answered any question

they have destroyed the questions...

giving you no answer

so you are free to be innocent

that is why people are afraid to ask me questions

their questions are intelligent...my answers are really stupid

if you ask a stupid person a question

you begin to look stupid

so wherever i go i ask if they have a question...they say...no no no

i want a real answer...this man says all rubbish

what are you going to ask him ?



this is like jabbar  
you know the great master jabbar ?  
any question you asked him...life and death question...he would answer  
thathahtharhathahthathathz eh zeh zeh zeh jattajattateh  
you wake up !  
anything you ask him  
life...death...your wife...zazatzatzahzah totoahotoatah  
every question received that answer...ha ha !

ready for the next question ?  
do not be afraid  
sometimes i do answer !

**question** *in reference to the state of nomind...it sounds so easy when you talk about it  
but i think it is very complicated to achieve it... is there an easy way to start in  
order to get to that state ?*

the state of nomind is very complicated to achieve  
that is the issue  
you cannot achieve it !  
you can drown into it  
mind wants to achieve  
mind is the achiever  
in the distant goal...mind wants to arrive somewhere  
achievement is always in the distance

if you are simply sitting...you are not doing anything...  
are you achieving anything ?  
you cannot achieve...you are simply here !  
but mind will not allow you to be here...  
now how to achieve the non achieving state ?  
do not achieve it...give up  
just drown into the ocean...give up  
and what can you achieve ?  
small things...

you can achieve something...some objective...  
some money...some power...some fame...  
these are achievements in the future  
because you feel uncomfortable with yourself  
just one pulse of energy...  
dream...desire...thought...achieving...and you act  
one pulse...dream...desire to achieve  
change the thought and you do something to achieve it  
this is the state of mind  
this is the state of confusion

one pulse of life...  
no dream...no desire...no achieving...no doing  
just achieve life itself  
it is so easy...just let the pulse arrive and say...  
okay nowhere to go...nothing to do and settle  
just say...okay...no desire...no achieving...no future...no projection  
just be...just sit

if you cannot sit in this silent vacant spot  
then do anything that arouses the energy to the highest within you  
and again you will reach the same window  
and in that contentment you do not want to do anything...

just drink it  
it is vertical...it is not an achievement  
achievement means doing...becoming more than what you are already

there are two points in the body to be in the state of let go  
either climb to the peak or descend into the valley  
you choose which window is easiest for you  
if you are deep and settled...just relax  
if you are peaked and settled...let it be  
one can climb the mountain...one can descend into the valley  
these are the two windows of nomind  
see the easiest for you

and you will not find any achievement  
life is not an achievement  
life is simply a gift  
given to you for no reason at all  
it does not ask you anything in return  
that you have to prove yourself...you have to be a rich man...  
you have to prove your worth...you must prove that you are worthy to receive life  
you are receiving life each moment  
you are perfectly divine and worthy of life  
just receive life with gratitude and say  
i have achieved watching life itself

if you are always doing something...  
you are running away from life  
you are not even there to receive life when it comes to you  
just receive life when it comes and relax  
it is not an achievement  
absolutely no form of achievement  
it is your perfect natural state  
and a deep acceptance  
that you do not need to prove yourself  
this whole world is bringing you out to prove your worth...  
to prove yourself...to do something...to become better...  
to achieve something...to prove to others

they do not accept you as a nobody  
when you are nobody there is no need to achieve anything  
or to become somebody  
just be utterly nobody...a good for nothing...useless  
and enjoy !  
few moments of desire will come... then enjoy the desire  
few moments nothing happening...enjoy that too  
but this world does not allow you those moments of non achieving  
they say...wake up...do not sleep...do something...get up !

whenever these moments of non achieving...no desire...come to you...  
enjoy it...do not fight it  
why am i doing nothing ?  
i am just sitting and sleeping in my bed the whole day...  
what will people say ?  
good for nothing...lazy person...  
the lazy person is the buddha !  
the buddha is a lazy one  
energy comes to the heart  
some dream arises...but you say...useless...not worth my time...  
forget it  
you just settle...  
another dream comes...no no no  
you just settle  
your heart says...do this...you say...no no and you just settle  
pure laziness !  
just enjoying the pulse of life  
just enjoying the breath  
just enjoying being here  
no rush...nowhere to go  
is that not easy ?

i am not making it sound easy...it is easy !  
what you are doing is difficult  
always dreaming...always desire...always running...  
so much effort you have to make to get out and do something  
i am saying...it is so easy...just easy  
it is the truth...what can i do ?  
difficult things you find easy...easy things you find difficult  
can you be just at peace ?  
wake up when awake...eat when hungry...sleep when tired  
just live for no reason at all !  
no goals...no need  
just enjoy life pulsating

enjoy life for the sake of life itself  
enjoy the moments of life that are given to you and drink them totally  
life is life...not making a living  
you are not a robot in a factory to do something  
just feel grateful for life and have a nice deep sleep  
slow down

so easy...you see ?  
what is so difficult ? any difficulty ?  
we have forgotten this language of ease  
the world is always rushing...  
not accepting you the way you are  
you are trying to please others  
you trying to make everyone around you satisfied and happy...  
that you are living for some reason  
you are giving reasons for living  
so that you look like a sensible person in this society  
that you can do something...that you can achieve anything  
but you can never achieve life !

the only way to achieve the ultimate life...  
is to surrender and drown into its beauty  
and when you are drowned...you are nobody...  
nowhere to go...nothing...just drowning  
meditation is the art of letting go and not holding it  
do not hold...let go  
you came open handed...you are going to go open handed...  
what are you going to hold ?  
when you will leave this body what can you hold ?  
anything you can hold ? show me and hold onto it  
anything ?  
your wife...your children...your mother...your father ?  
the greatest buddha ?  
you cannot hold even a thread

what does it show you ?  
open...let go...disappear...and a new freedom arises  
the moment you disappear into all...the all becomes you  
no need to separate yourself...that i am this and i am not that...  
you are one universe !  
such a vast freedom to be nobody  
just be empty and you are open  
so easy...it is so easy  
just remember the taste

**question** *if it is possible i would like to know from your experience  
how did you live the enlightenment ?*

living is simply living  
living is living  
living is not separate from enlightenment  
drop the distance  
just live totally...naturally...  
it is a state of nomind  
and deeper and deeper states of nomind...  
is the state of enlightenment

how deep is the ocean ?  
are you living two hundred metres in the state of enlightenment ?  
eight hundred metres in the state ?  
it is a vertical depth...a vertical height  
enlightenment in reality is living moment to moment...  
drop by drop  
each and every act that you do consciously...  
is a state of enlightenment in a small measure  
samadhi is an enlightenment state in a vaster measure  
satori is a state of enlightenment in a smaller measure  
small glimpse satori...samadhi...samadhi...samadhi...samadhi

each moment is a state of enlightenment  
an enlightened person does not get three moments together  
just because he is enlightened  
the buddha gets one moment...you get one moment  
moment for moment

is the buddha enlightened in that moment ?

of course he is !

and the next moment ? yes he is

and the next moment ? yes he is

but it is moment to moment...

it is not a horizontal eternity

that forever and ever...amen !

the enlightened person lives moment to moment on the razors edge

his each moment he needs to bring that state of totality to it

he may be more accustomed to bringing that state

but so what ? why make it a great achievement ?

he is just living a deeper state but you are enlightened too

realize the enlightenment that is present within you now

that one drop of water is more important to you

than the ocean that i may have

how deep i am living in the ocean ?

it makes no difference

because i am getting the same moment that you are getting...

this !

and that is the important truth

that you are enlightened...i am enlightened

a little bit more deeper...a little bit less deep

but it is not a question of quantity

it is a qualitative dive...a vertical state

am i living it

certainly there is no other way but to live it

and you are living it too but you do not know it...that is all

i know i am living it...you do not know you are living it...

that is the difference

but it is not a great difference

because enlightenment surrounds you

enlightenment surrounds me

i know...you do not know

the problem is you know that you are living

and that is the misery

each moment you need to live that state

and once you know that taste you will go deeper and deeper

there is no absolute...

absolute means death

if you were given absolute truth today

that this truth is now absolute

you do not even have a chance to escape

you will be dead !

it is continuously alive and moving

enlightenment grows vaster...vaster...vaster

so which is the bottom ?

never...never...never ending

continuous expansion

have you read my book ?

that is where the question came from

there are few quantity qualitative differences

the moment the circle expands an explosion happens

and you break the boundaries of the bodymind

and then again you settle back in

and again you come to a certain quantity when the circle bursts

those are states...deepening and widening

each time this explosion happens

you come to a new layer

of a deepening state of enlightenment

a deeper realization of the same state of isness  
there comes a moment  
when there is no more explosion  
and you have come to such a vast space that there is no more explosion  
where the outer simply implodes  
and the whole universe rushes in

that is the final state of enlightenment  
where there is nothing more to achieve  
you have simply become pure ordinariness  
in fact you become more ordinary than you were ever before  
that last final explosion i call implosion  
you are as simple as a blade of grass  
you have become one with the universe

**questioner** *my question was going toward the end of your answer  
is there a final state ?*

there is a state...  
then there is a deeper state...  
and then there is another dimension...  
once you come to the final state of implosion  
you are free to be all and everything  
and you can go beyond it too  
not to be all or anything  
there are states and states  
but it really does not matter...  
it is just intellectual understanding

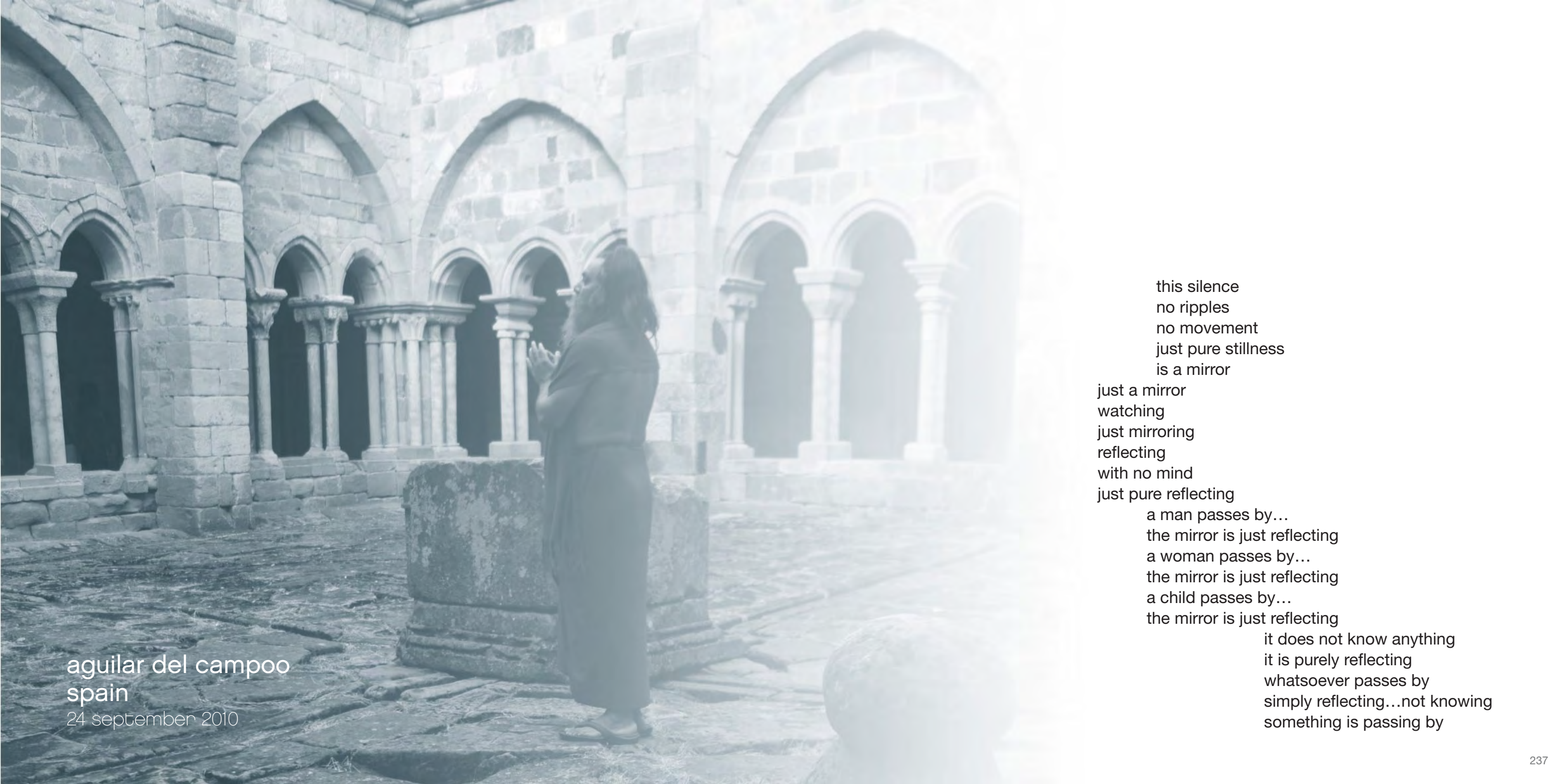
let us say yes i have reached the final stage  
and i have gone even one higher  
how do you know ?  
after a certain amount it does not matter any more  
once you live in the light...it is enough

it is not an ego that says i have reached the fifth and the sixth and the seventh and the eighth  
you have broken out of the boundaries of the bodymind  
that is enough  
just that much is enough as far as i am concerned  
when you will reach there i will tell you  
and i will not need to tell you...you will be telling me !

it has happened in the case of osho  
he simply said i am enlightened  
what do people make of it ?  
at what depth he is ?  
people can come and say...he is the ocean itself  
do you think the master is going to say i am the ocean ?  
he will say...i am simply nobody  
you can say that perhaps this is the ocean  
but the master will say...  
i am simply nobody and i will show you that you are also  
he does not want to control you and subdue and make you smaller  
it is not the act of an enlightened beings compassion...  
to make you smaller and say i am bigger  
that is very ugly  
very ugly...uncompassionate

just ordinariness is perfectly beautiful  
it is beautiful  
and it unites you and me together  
that way we are beautiful friends...  
just on the same journey  
is that not more beautiful ?

enough for today



aguilar del campoo  
spain  
24 september 2010

this silence  
no ripples  
no movement  
just pure stillness  
is a mirror

just a mirror  
watching  
just mirroring  
reflecting  
with no mind  
just pure reflecting

a man passes by...  
the mirror is just reflecting  
a woman passes by...  
the mirror is just reflecting  
a child passes by...  
the mirror is just reflecting

it does not know anything  
it is purely reflecting  
whatsoever passes by  
simply reflecting...not knowing  
something is passing by

the moment it knows it is a man passing by...  
it is no more reflecting  
it knows that a man is passing by  
it has lost its nature of reflecting  
the moment a woman is passing by...  
and the mirror knows a woman is passing by...  
it is no more reflecting  
it has lost its nature of reflecting  
it has lost its subjectivity and it has become the object  
it has become identified with the woman

now it knows that a woman is passing by  
and the mirror is not mirroring anymore but moving with the woman  
it has become part of the mind  
and the mirror says...beautiful woman  
it is no more reflecting but a desire has arisen  
and now it has become an emotion  
now the mirror knows  
a beautiful woman is passing by  
it has lost its reflecting quality  
it is gathering dust...  
a desire...a thought...knowledge  
it has lost its purity of pure reflective nature  
it has moved away from mirroring to mind  
this is exactly the case with our human consciousness

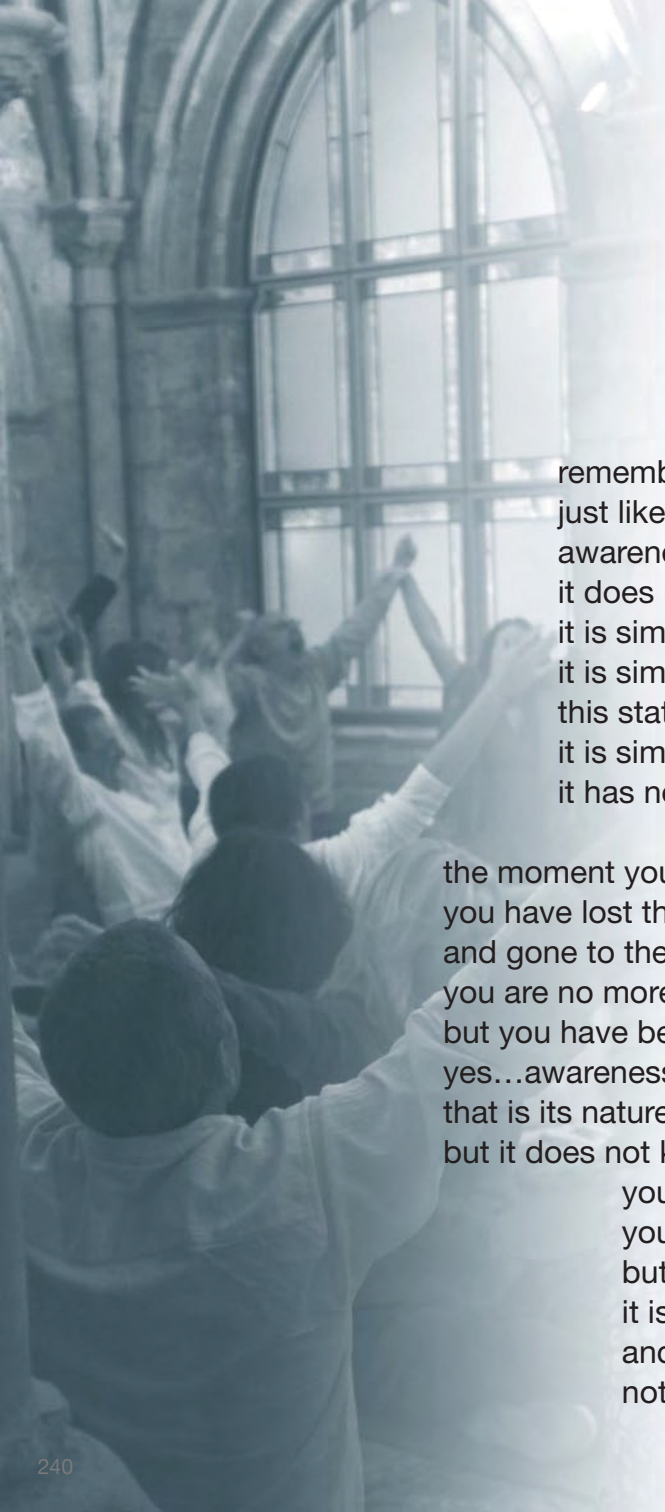
you are a pure mirror  
and there comes a man and you say this is your father  
and there comes a woman and you say this is your mother  
that pure innocence of the child of not knowing...  
and simply reflecting whatever passes by...  
has now become identified  
that this is my mother...i love my mother  
mind has entered

you are a pure silent pool of reflection  
simply mirroring the world as it is  
but slowly slowly the dust begins to gather  
emotion...mind...objects...dreams...desires...future...doing  
you are going further and further away from your natural state of non doing  
each desire leads you to thought...leads you to action...  
and you keep moving further and further away

this is why you need the mystic  
simply to remind you...yes everything is moving...  
but you are that unmoving watcher  
the mirror is still...present...

you are caught up  
you are identified  
you have got trapped into the mind  
and the emotion is pulling you away  
and slowly slowly this mirror becomes filled with emotions...  
filled with desires...filled with future...  
and you start losing that quality of reflecting  
you are no more a watcher but a doer...  
reacting to all the conditions  
that support this emotion...this mind...this body  
but you can never lose the quality of watchfulness  
and the strange thing is that the mirror does not know anything

it does not know anything is passing by  
its not knowing anything is its pure reflectiveness  
the mirror does not even know that it is reflecting  
yet it is reflecting  
its utter purity of not knowing is spontaneity...  
living moment to moment  
and everything is passing by...  
it knows nothing and yet knows it all



the moment you know something  
you have moved away from witnessing to the mind  
and you are moving with the mind...  
because you are attached to the mind  
how to detach this conditioning ?  
find your state of pure nomind and witnessing  
the process of awareness is creating a gap...  
between nomind...and mind and identification

remember...a very strange thing...this word awareness  
just like a mirror  
awareness is a flame of light  
it does not know it is showing you anything  
it is simply a flame...a flame within itself  
it is simply a light...a light unto itself  
this state of awareness is not aware of anything  
it is simply aware of itself  
it has not moved away

the moment you become aware of something  
you have lost the state of awareness  
and gone to the state of emotion and mind  
you are no more the light  
but you have become the object that it is showing  
yes...awareness shows you things...  
that is its nature  
but it does not know that it is showing you things  
you are seeing things  
you think that that is the nature of awareness  
but awareness does not know anything outside itself  
it is simply a light in the dark  
and the light is enough unto itself  
not aware of anything at all

this is the state of pure innocence...  
not knowing...but knowing everything...  
without an effort to know  
the light knows all but is not part of anything  
the moment it becomes part of something  
it loses its nature and becomes an object  
and this is the nature of mind

you are searching what is mind  
mind is the identification with what it sees  
an emotional attachment...a mental attachment...a conditional attachment...  
everything it sees...it translates as knowledge  
and you becomes attached to that knowledge  
just drop this whole attachment  
and you will fall back into that state of innocence  
and not know anything at all...yet know it all

it is a very strange phenomenon  
that the state of awareness knows nothing at all  
that no thingness is a state of all that you see  
no thingness...nothing really  
just reflections in the dark  
soon this mind will fall...  
these emotions will disappear...  
what will remain will be pure emptiness  
nothing to see...nowhere to go...nothing to become...  
simply a pure flame  
a pure flame of awareness

your inner being is filled with light...it is knowing all...but it knows nothing at all  
it has no body to create desire...attachment and thought  
it has come back to the original source of formless state of awareness  
this is the search...what lies beyond the body...the mind...the emotion  
how we get caught in all this illusion ?  
just a mirror reflecting but you get caught in the object



it is a very simple understanding  
you can only come to these states of clarity  
when you reach the state of nomind  
and all is known to you without an effort  
because that is the nature of being  
knowing...knowing all  
and knowing nothing at all  
because it is not attached to anything at all  
it is simply free...formlessly watchful

the search for awareness is not objective  
but a dissolving into the nothingness  
that is the whole fabric of innerness...  
in your dance...in your celebration...in your ecstasy  
these moments appear again and again  
and you can feel a certain watchfulness hovering over you  
and you are not anything in particular  
that silence...that stillness...  
that pure mirror like reflection...  
is your being

this is your search  
what lies beyond body...mind...emotion  
and how to get a glimpse of it ?  
just a single taste  
and you know the taste !!  
it is more like a dream than a reality  
it is more like a trance than something material  
trust your dreams  
perhaps have visions that you can see  
look carefully at what you observe  
and what you think are the realities of the world  
they are realities but impermanent

you can enjoy them for a few moments  
nothing wrong in it...  
perfectly beautiful...enjoy life...  
enjoy those reflections...these games  
they are a gift  
but know the presence that surrounds you  
know your eternity  
know your innocence  
and trust it  
not knowing is all  
because it simply knows everything

if there are any questions  
or anybody wishes to say something  
welcome

**question** *at the end of your book i read about some experience that you talk about...about diamonds like an addiction or like transmissions that you receive...that part of the book for me is the most confusing part...not really understandable for the mind...can you explain something else about these diamonds and this part of the book ?*

the mystic creates a deeper mystery  
the whole function of a mystic  
is to make you look more deeply into the obvious  
to look at existence through a mystical eye  
it is not saying anything to you  
because you already know too much  
that is the problem...you know everything !  
you know all...you know everything...  
what is left for the mind to know ?

the mystic creates a new mystery in you  
so that you have a new spark of life...  
a new mystery to live...  
a new mystery to drown into...  
and experience the inner states of being  
you know everything  
there is nothing unknown to the mind  
and whatsoever is unknown to the mind today...  
can be known tomorrow or the day after or the day after...

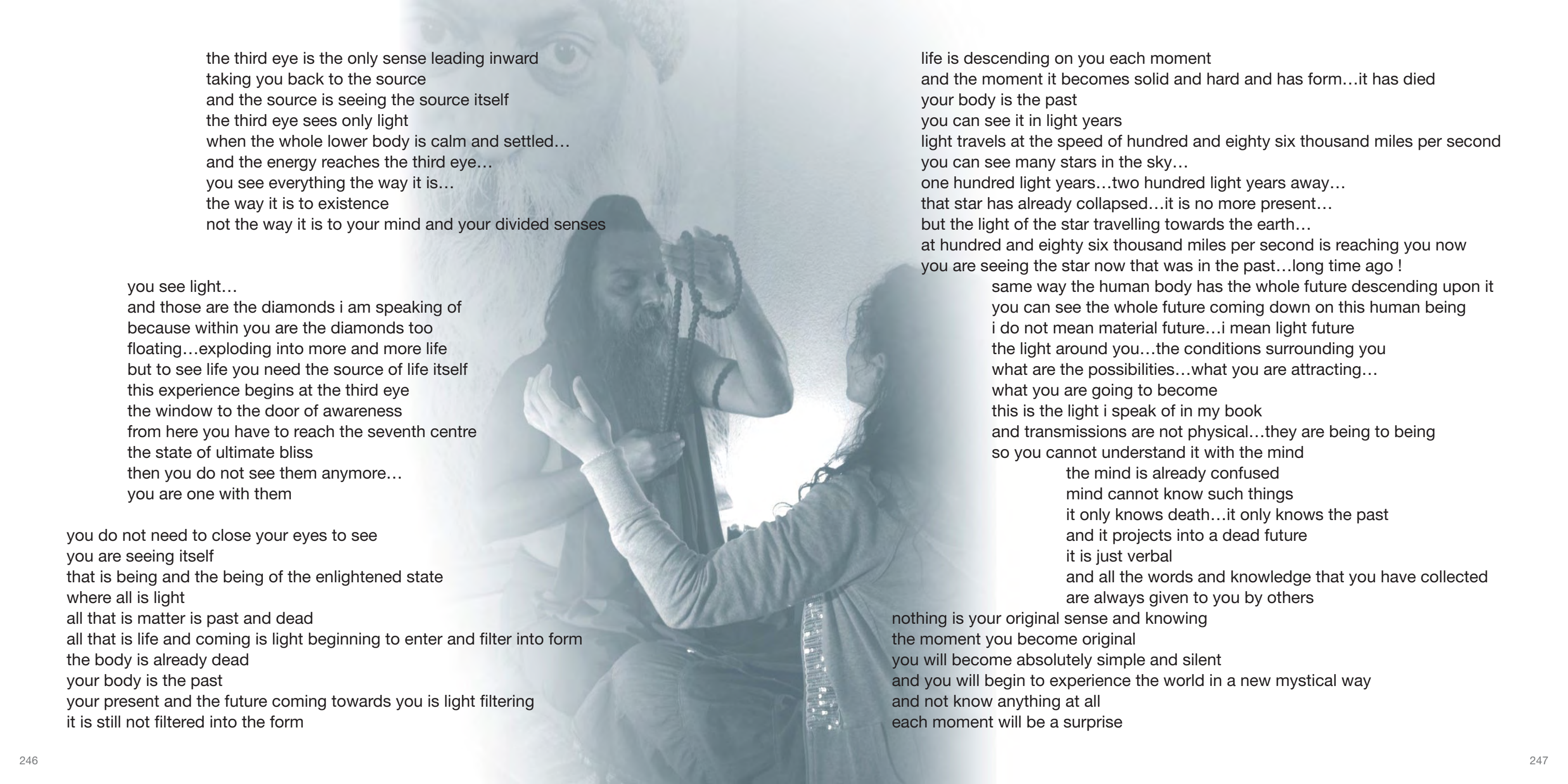
any subject you can know from the a to the z  
then what is left to live for ?  
the mystic unwinds you...  
he says you have not looked at life at all  
he says you are looking at life through the mind  
and that is so small  
look at life again  
through the state of no mind  
then a new window opens  
and this window is not of knowledge but of sensitivity

you start living life through your heart...  
through your sensitivity  
and you start searching hidden layers of existence  
you start dancing with the trees and the sun  
and the moon and the stars  
you start expanding your consciousness...  
to absorb the meaning of life...  
not as a word or as a knowledge...  
but as an experience...  
which leaves no knowledge behind  
but a taste of life itself  
the mystic invites you to live life  
and think about it after you are gone

you can see matter everywhere  
but you cannot see the light that surrounds you  
all your five senses are diverted in duality  
each of your five senses is divided into two parts...  
your brain is divided into two parts  
but when your five senses are balanced and in harmony...  
you attain to the sixth sense  
that balances all the lower five senses

your five senses are leading you out into the objective world  
you are sensing...tasting...feeling...hearing...touching...  
all the objective world with your five senses  
there is a sixth sense that leads inwards...  
that does not move outwards  
sensing the outer manifestations of the world  
but diving back inward to that oneness  
that leads you back to the light that sees...  
the seeing eye  
it is known as the third eye  
it does not see anything  
but it knows the inner of the five senses  
this is seeing through light and with your eyes closed

all the objective experiences disappear  
and you begin to perceive the sixth sense...  
the world of light  
just diamonds floating in the sky  
there is nothing material there...  
everything is made out of light  
denser light...different frequencies of light...  
red...yellow...orange...green...blue...violet...indigo...white  
just different frequencies of light  
and the higher the frequency the different its light



the third eye is the only sense leading inward  
taking you back to the source  
and the source is seeing the source itself  
the third eye sees only light  
when the whole lower body is calm and settled...  
and the energy reaches the third eye...  
you see everything the way it is...  
the way it is to existence  
not the way it is to your mind and your divided senses

you see light...  
and those are the diamonds i am speaking of  
because within you are the diamonds too  
floating...exploding into more and more life  
but to see life you need the source of life itself  
this experience begins at the third eye  
the window to the door of awareness  
from here you have to reach the seventh centre  
the state of ultimate bliss  
then you do not see them anymore...  
you are one with them

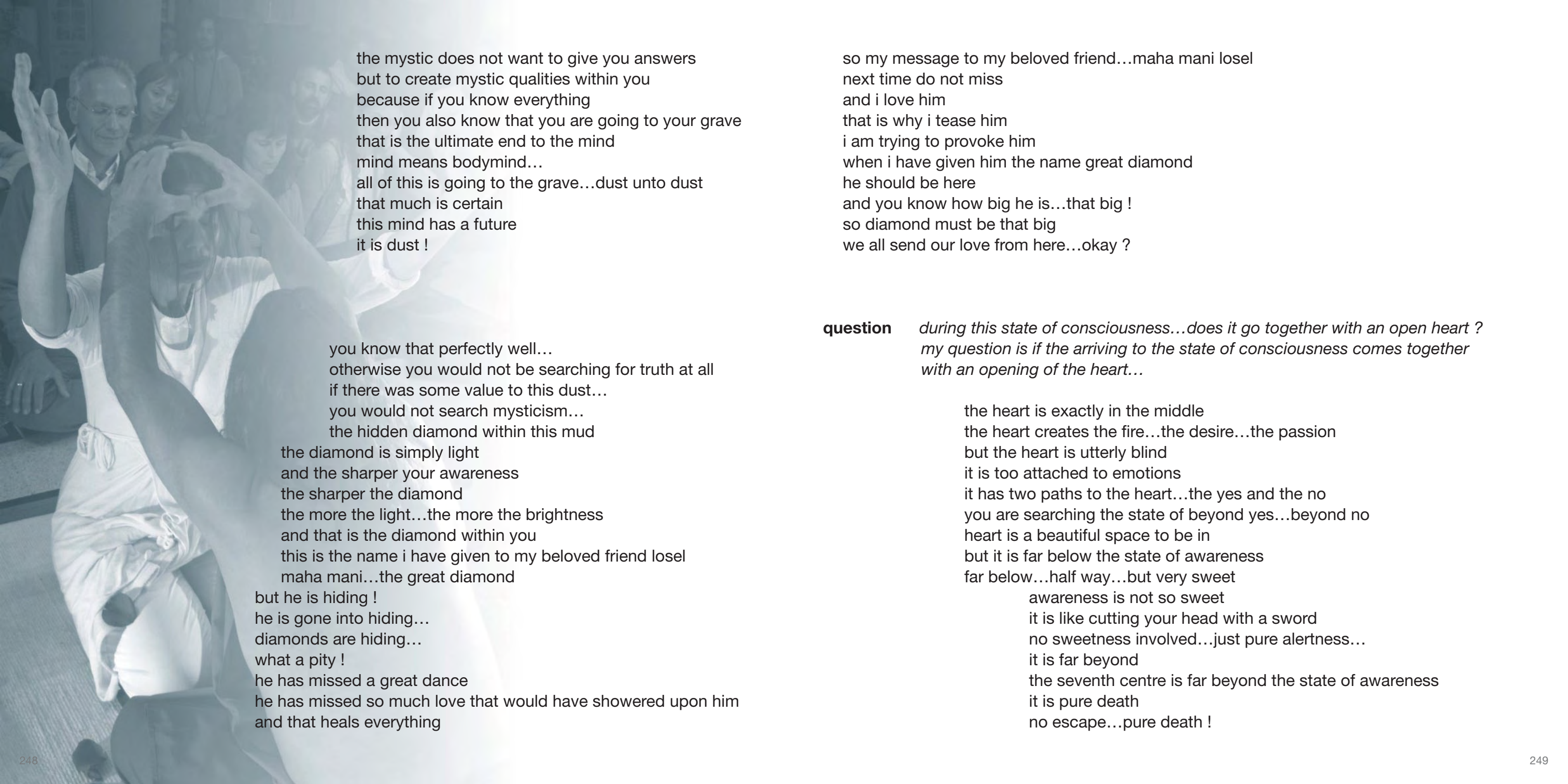
you do not need to close your eyes to see  
you are seeing itself  
that is being and the being of the enlightened state  
where all is light  
all that is matter is past and dead  
all that is life and coming is light beginning to enter and filter into form  
the body is already dead  
your body is the past  
your present and the future coming towards you is light filtering  
it is still not filtered into the form

life is descending on you each moment  
and the moment it becomes solid and hard and has form...it has died  
your body is the past  
you can see it in light years  
light travels at the speed of hundred and eighty six thousand miles per second  
you can see many stars in the sky...  
one hundred light years...two hundred light years away...  
that star has already collapsed...it is no more present...  
but the light of the star travelling towards the earth...  
at hundred and eighty six thousand miles per second is reaching you now  
you are seeing the star now that was in the past...long time ago !

same way the human body has the whole future descending upon it  
you can see the whole future coming down on this human being  
i do not mean material future...i mean light future  
the light around you...the conditions surrounding you  
what are the possibilities...what you are attracting...  
what you are going to become  
this is the light i speak of in my book  
and transmissions are not physical...they are being to being  
so you cannot understand it with the mind

the mind is already confused  
mind cannot know such things  
it only knows death...it only knows the past  
and it projects into a dead future  
it is just verbal  
and all the words and knowledge that you have collected  
are always given to you by others

nothing is your original sense and knowing  
the moment you become original  
you will become absolutely simple and silent  
and you will begin to experience the world in a new mystical way  
and not know anything at all  
each moment will be a surprise



the mystic does not want to give you answers  
but to create mystic qualities within you  
because if you know everything  
then you also know that you are going to your grave  
that is the ultimate end to the mind  
mind means bodymind...  
all of this is going to the grave...dust unto dust  
that much is certain  
this mind has a future  
it is dust !

you know that perfectly well...  
otherwise you would not be searching for truth at all  
if there was some value to this dust...  
you would not search mysticism...  
the hidden diamond within this mud  
the diamond is simply light  
and the sharper your awareness  
the sharper the diamond  
the more the light...the more the brightness  
and that is the diamond within you  
this is the name i have given to my beloved friend losel  
maha mani...the great diamond  
but he is hiding !  
he is gone into hiding...  
diamonds are hiding...  
what a pity !  
he has missed a great dance  
he has missed so much love that would have showered upon him  
and that heals everything

so my message to my beloved friend...maha mani losel  
next time do not miss  
and i love him  
that is why i tease him  
i am trying to provoke him  
when i have given him the name great diamond  
he should be here  
and you know how big he is...that big !  
so diamond must be that big  
we all send our love from here...okay ?

**question** *during this state of consciousness...does it go together with an open heart ?  
my question is if the arriving to the state of consciousness comes together  
with an opening of the heart...*

the heart is exactly in the middle  
the heart creates the fire...the desire...the passion  
but the heart is utterly blind  
it is too attached to emotions  
it has two paths to the heart...the yes and the no  
you are searching the state of beyond yes...beyond no  
heart is a beautiful space to be in  
but it is far below the state of awareness  
far below...half way...but very sweet  
awareness is not so sweet  
it is like cutting your head with a sword  
no sweetness involved...just pure alertness...  
it is far beyond  
the seventh centre is far beyond the state of awareness  
it is pure death  
no escape...pure death !

heart is beautiful...  
but you have to say bye bye to it sooner or later  
it can give you inspiration...fire...warmth...  
and the heart can connect to the third eye  
it can become vision instead of a dream  
and it can lead you ahead  
it can say...do not worry you are on the right path  
but heart is far below

once you reach the last stage...it is pure death  
then the heart becomes the space to share your love with  
it pours the ultimate truth through the heart...  
brings it to the world and shares its tranquillity  
but the heart is far below  
awareness is the beginning  
samadhi is the final  
awareness and samadhi...  
the heart is below  
but without the heart you cannot make it through the journey

**question** *i have an illness in my body...i have a lung completely destroyed...what i would like to know is about this confusion that i have because of the doctors... lately i was quite okay and i asked the doctors not to take medicines anymore and my main doctor thought that it was okay...but the specialist says that this is a crazy thing to do...*

i am not a doctor...i am not an expert on the body  
i know the no body...i do not know the body  
if your question is about healing and strengthening the body  
or using medicine over matter...  
these are two different ways to heal the body

it needs a very deep answer from me  
and i can go in both directions for you  
healing through different layers...  
or purely medical assistance

it is a long question...  
just basically i will tell you  
healing can happen...power healing  
sex centre...solar plexus...can be used for power healing  
it is very powerful...fire healing...  
and can work on the body and its issues  
these are the first two layers where the healer can work...  
through the lowest power sources within him  
power healing means sexual energy and fire solar plexus  
sexual energy and solar plexus...  
that is simply using fire to heal

another form of healing is through the heart  
it is faith healing...healing through faith  
you believe in something totally...  
you love something...  
the fire of the heart can act as a healer  
but you need to be in total love  
and you need to have a certain belief system  
then you can create a faith healer  
then his touch can work as a healing source

the next stage of healing is from the third eye...all the body below  
just a single look creates a balance and harmony  
this is a spiritual healing  
using the third eye and its oneness  
and the light that you can penetrate through the third eye  
it is spiritual healing

then there is the ultimate healing...  
that is not a healer at all  
it is simply being absolutely still

this wholeness is pure health  
this being is health and wholeness itself  
it is not a doer...it does not do anything...  
just its presence of being is healing

there are layers

when you go in search for healing and health  
you need to understand which part is ill  
and you will understand the layers of different ways to heal  
and create wholeness and health  
and of course going directly into the bodymind...  
the lowest stage of healing...is medicine  
medicine is simply putting your body to sleep to rest for a while  
in a way it is creating unconsciousness in you  
all medicine that is given to the body to heal  
has a quantity of the same poison within it  
it is using poison to fight poison

it is below the state of meditation  
because the body is ancient  
then medicine works for certain ailments  
medicine...power...faith...spiritual and the highest form of healing...meditation  
meditation is the highest...medicine is the lowest  
choose what you want and do not be so worried  
whatever you have is enough  
it is not how long you live...but qualitatively...how deep you live  
so dance and celebrate

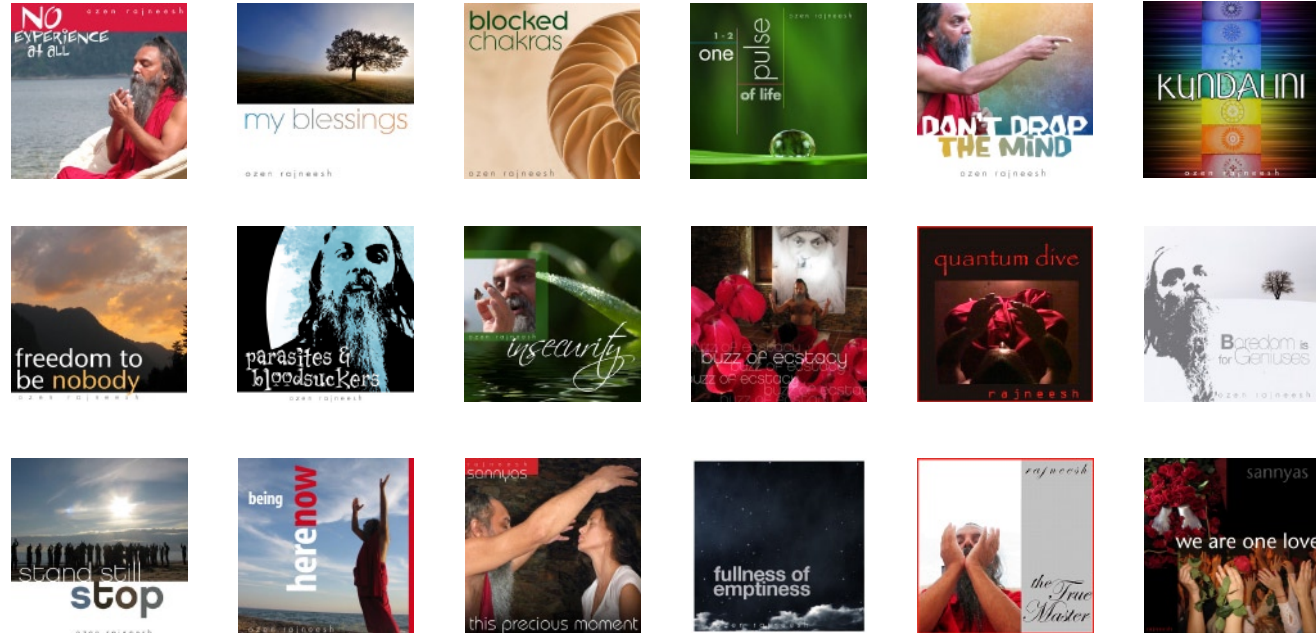
be soft with yourself and perhaps that way healing can happen  
the easiest way to heal yourself is to trust yourself  
and become soft and motherly to your own inner being  
love yourself so deeply  
that love will heal you  
and if love does not heal you...it does not matter  
you have attained to love itself...that is enough  
okay my friend ?



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