



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...

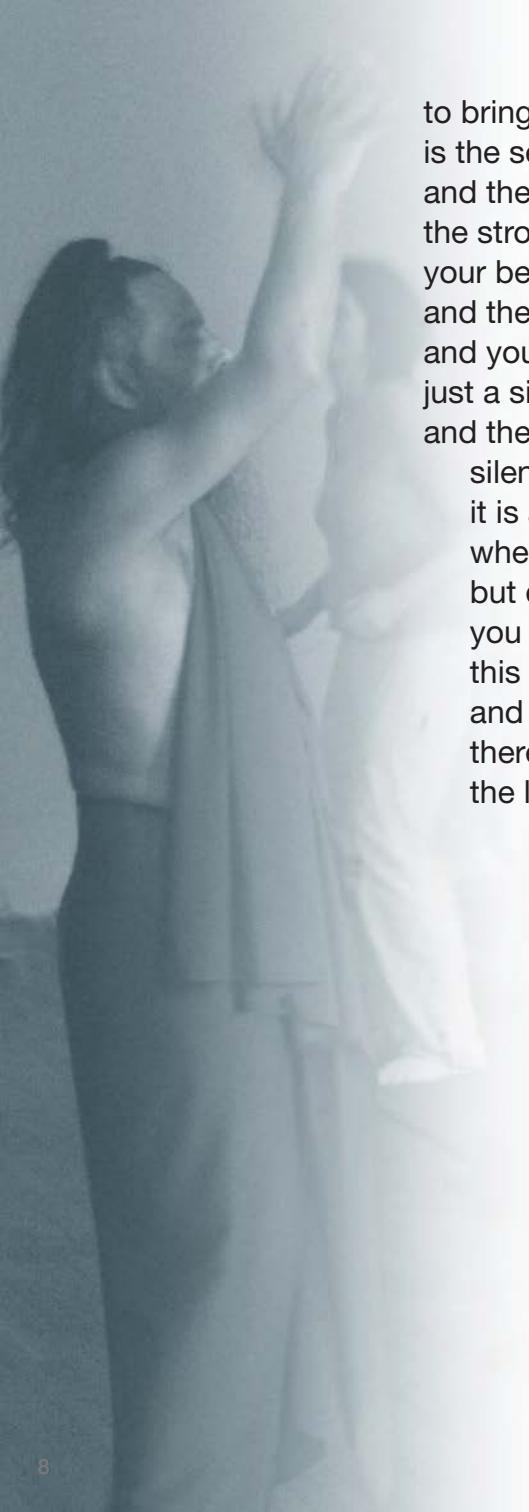
how to bridge stillness to doing...

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

A person with long dark hair, wearing a dark, flowing, sleeveless dress, stands with their back to the camera. Their arms are raised high, hands open, in a meditative or expressive pose. The background is a plain, light-colored wall. The overall mood is serene and contemplative.

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 !

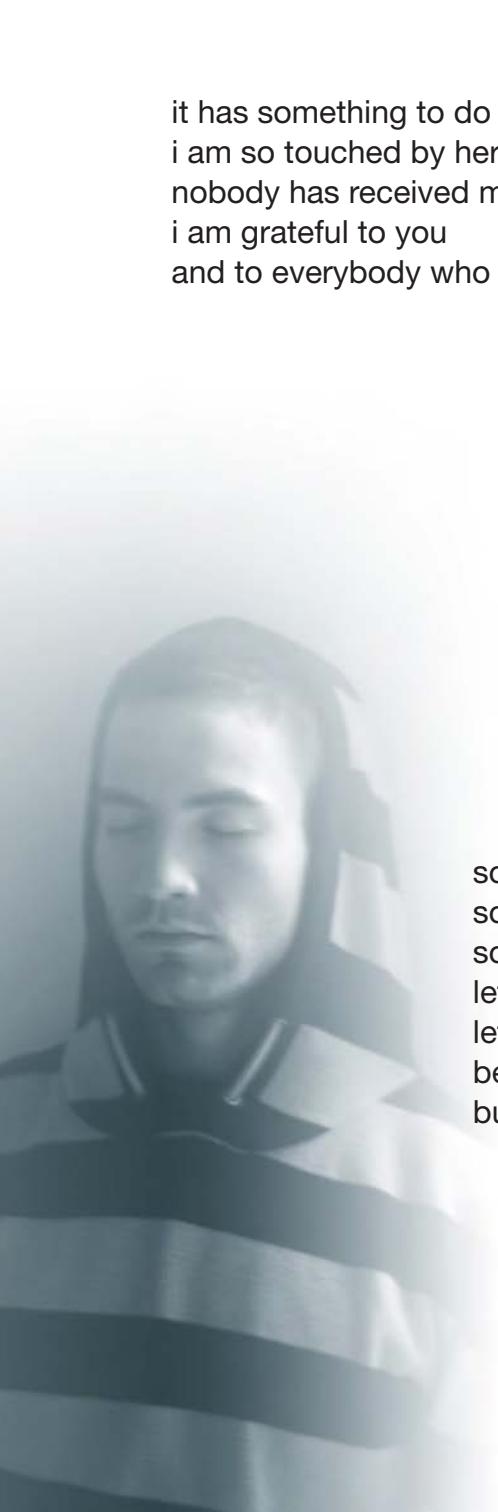
hence truth is the simplest search
with such ease and relaxation
that you do not need to find it
you need to drown into it
into what is already within you

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

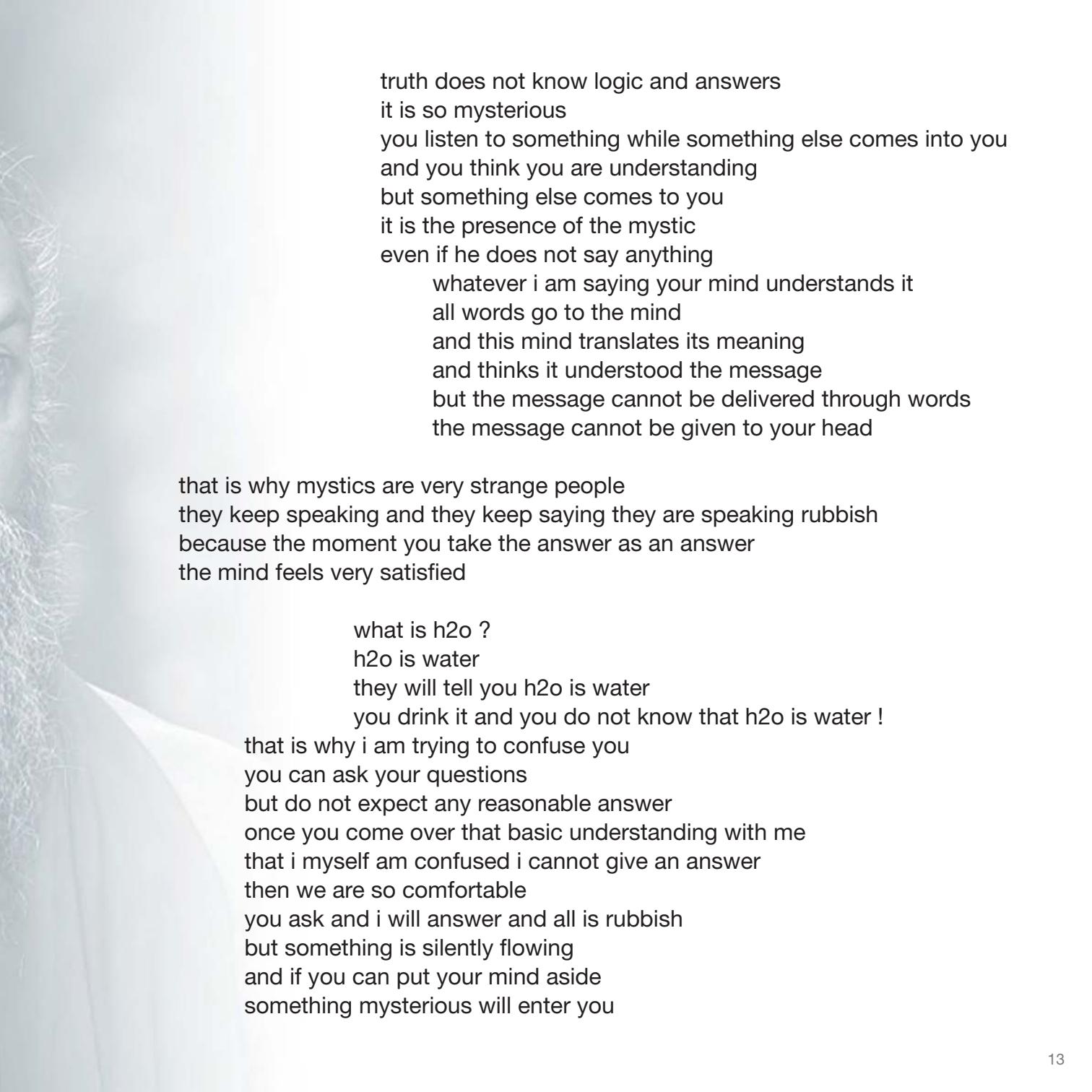
i wish and i hope that the next three days
i will be able to give you what you all deserve
i will try everything possible
but remember one thing...it is not difficult
it is not something that you need to achieve
i want you to go home relaxed and easy
at ease with yourself
and understanding the key that 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

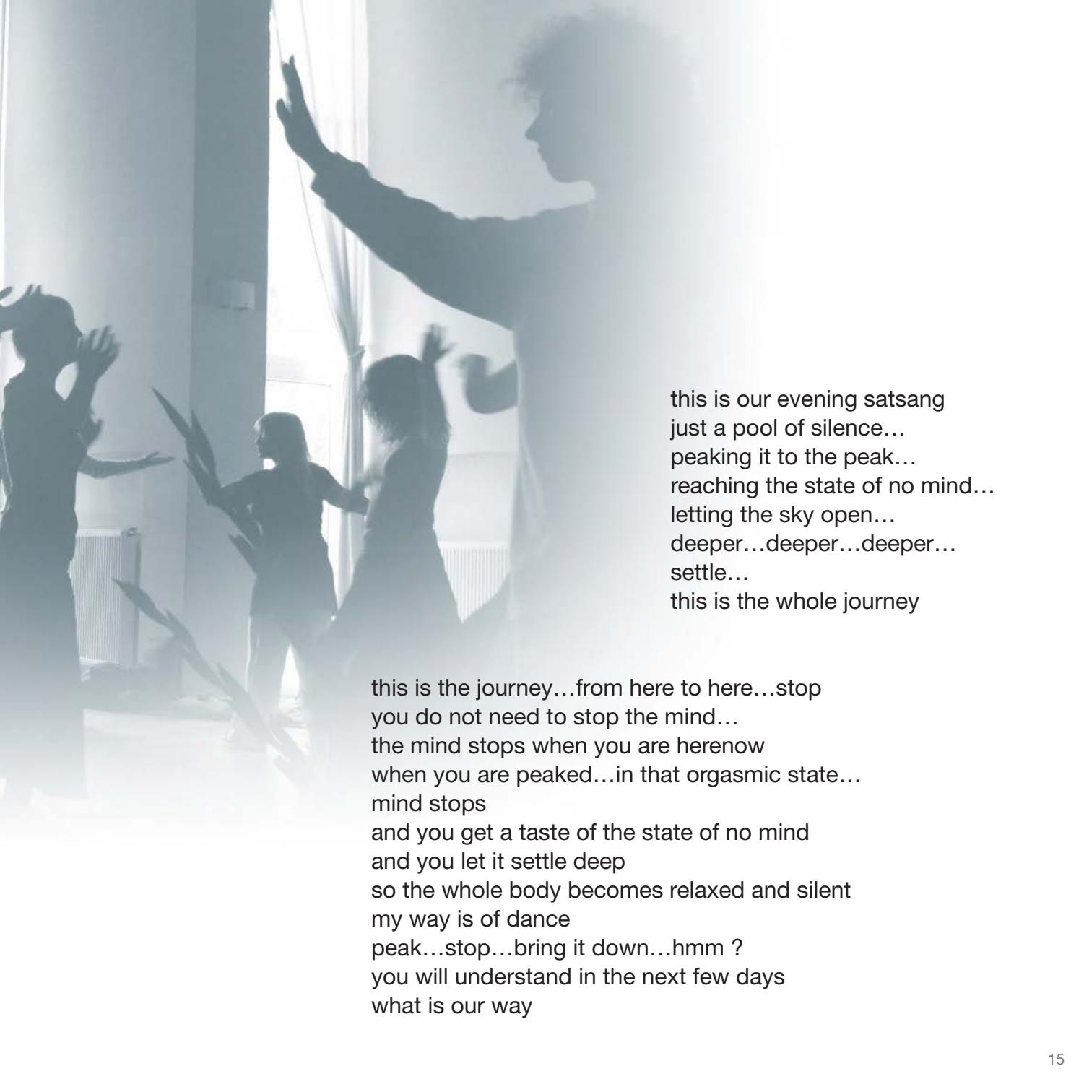
that is why mystics are very strange people
they keep speaking and they keep saying they are speaking rubbish
because the moment you take the answer as an answer
the mind feels very satisfied

what is h₂o ?
h₂o is water
they will tell you h₂o is water
you drink it and you do not know that h₂o 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 !!

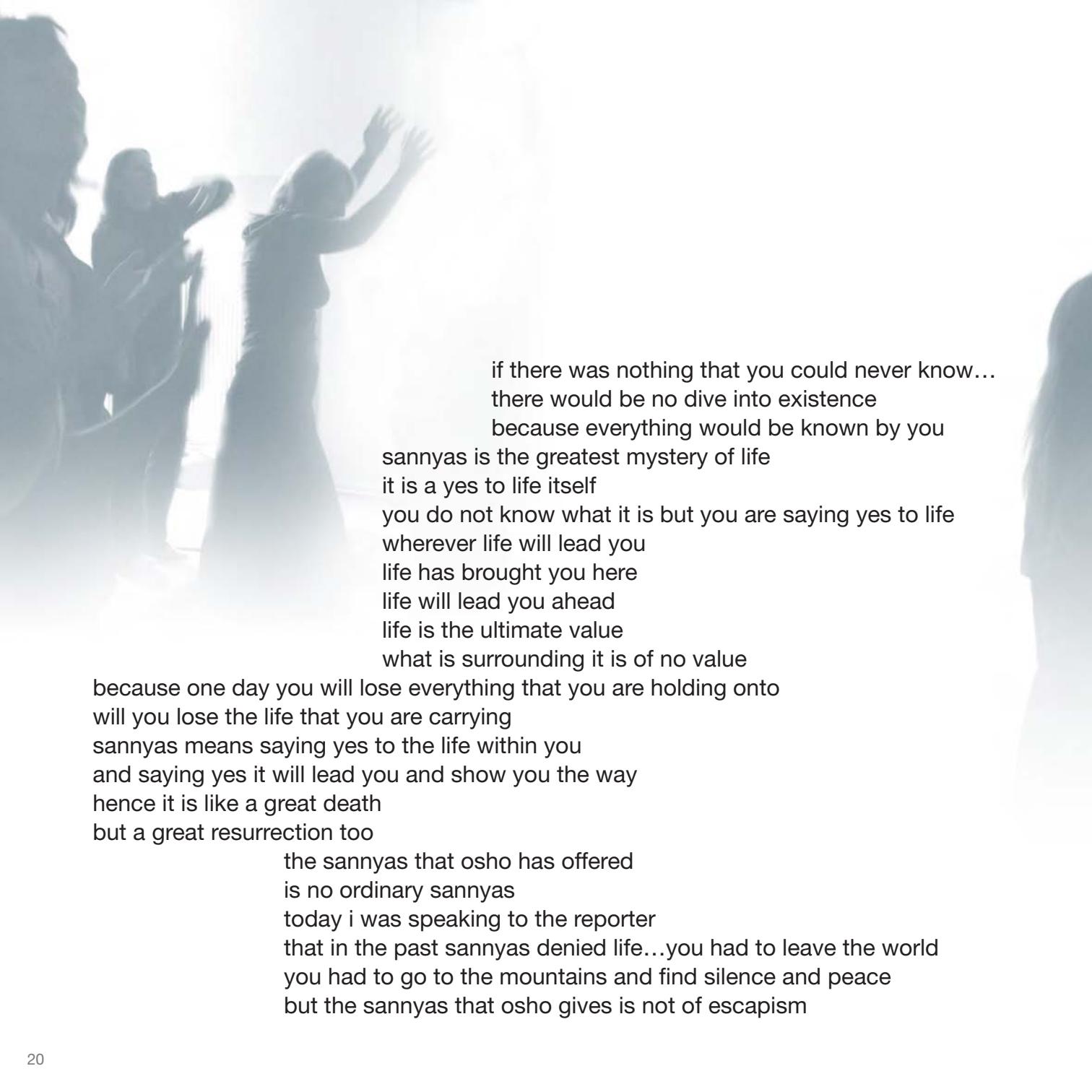
okay now enough of jokes
any serious questions ?

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

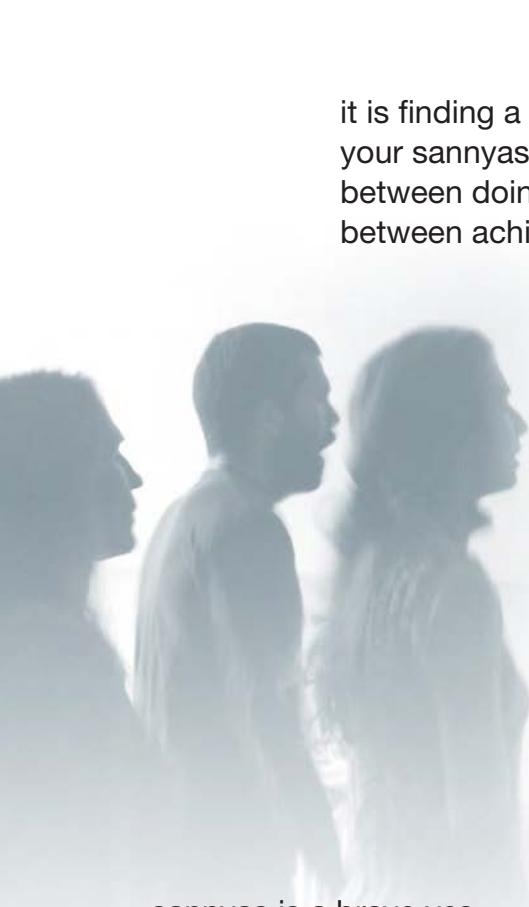
you think everything that you know is beautiful
then where is the mystery of life ?
you wake up every morning...you brush your teeth...you eat your breakfast...
you go to work...everything is known to you...
so your life will become more and more routine and boring
if you have nothing unknown in your 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

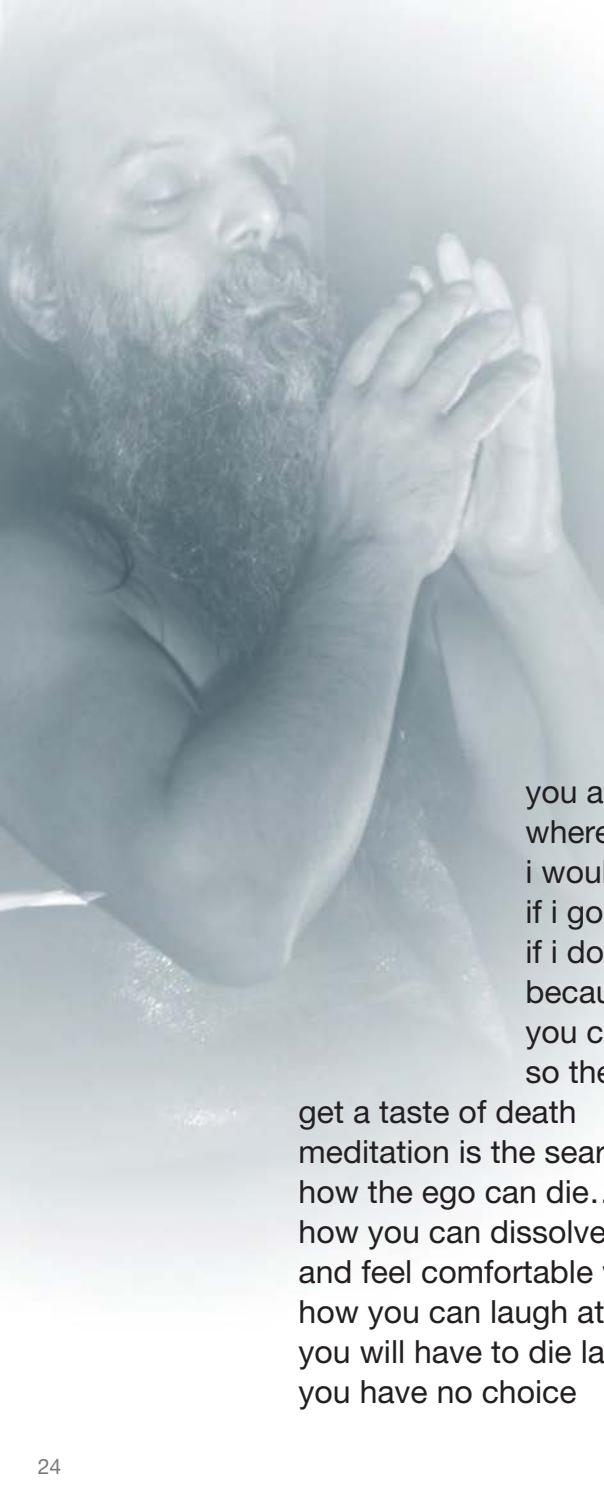


and you are pulled towards it
you know you are going to die
you know your mind is going to disappear
but the pull is so strong
you do not have an answer
if you make logic out of it...
i am going to die because i am going to find the truth
it is not going to help

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

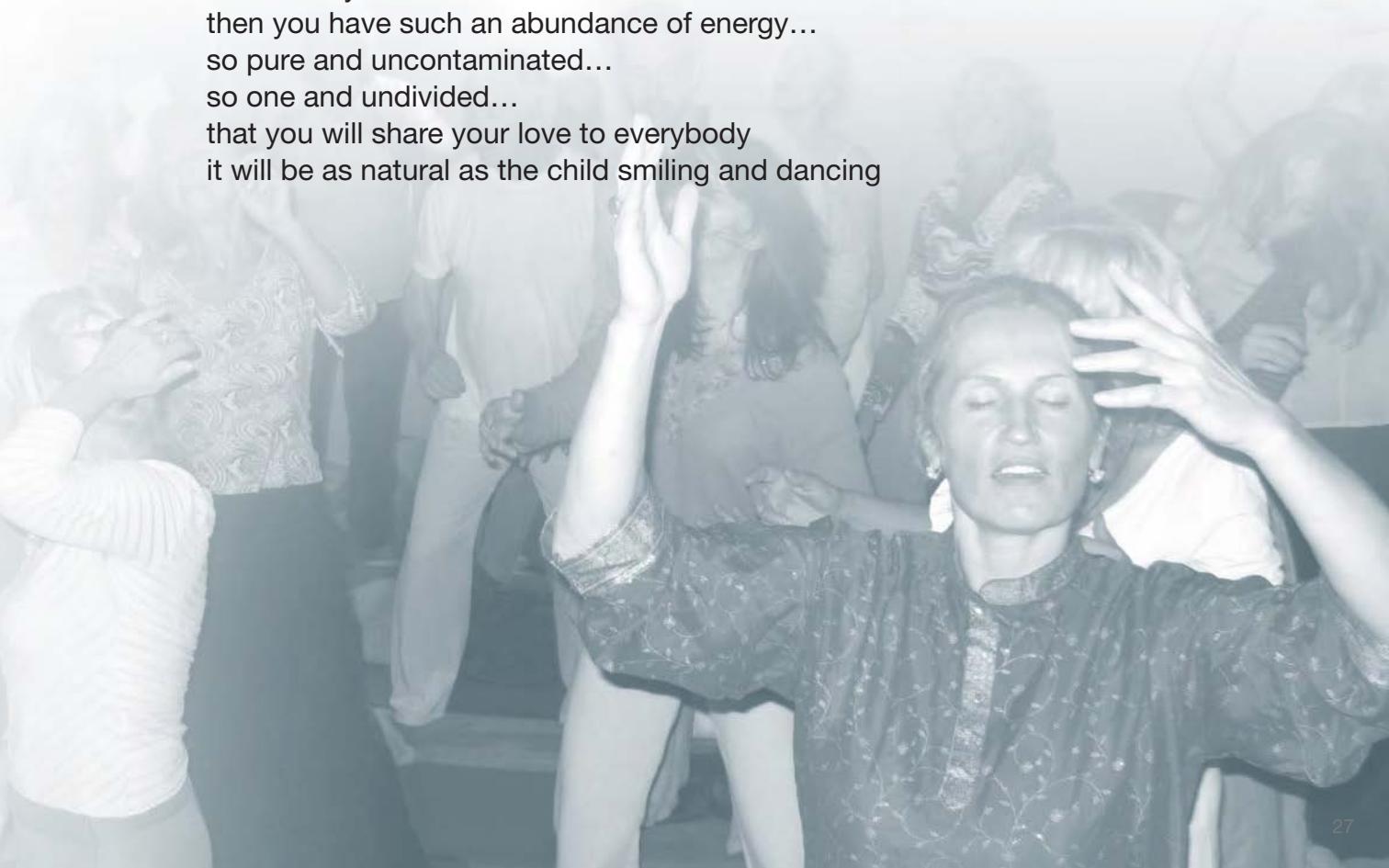
then you have such an abundance of energy...

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

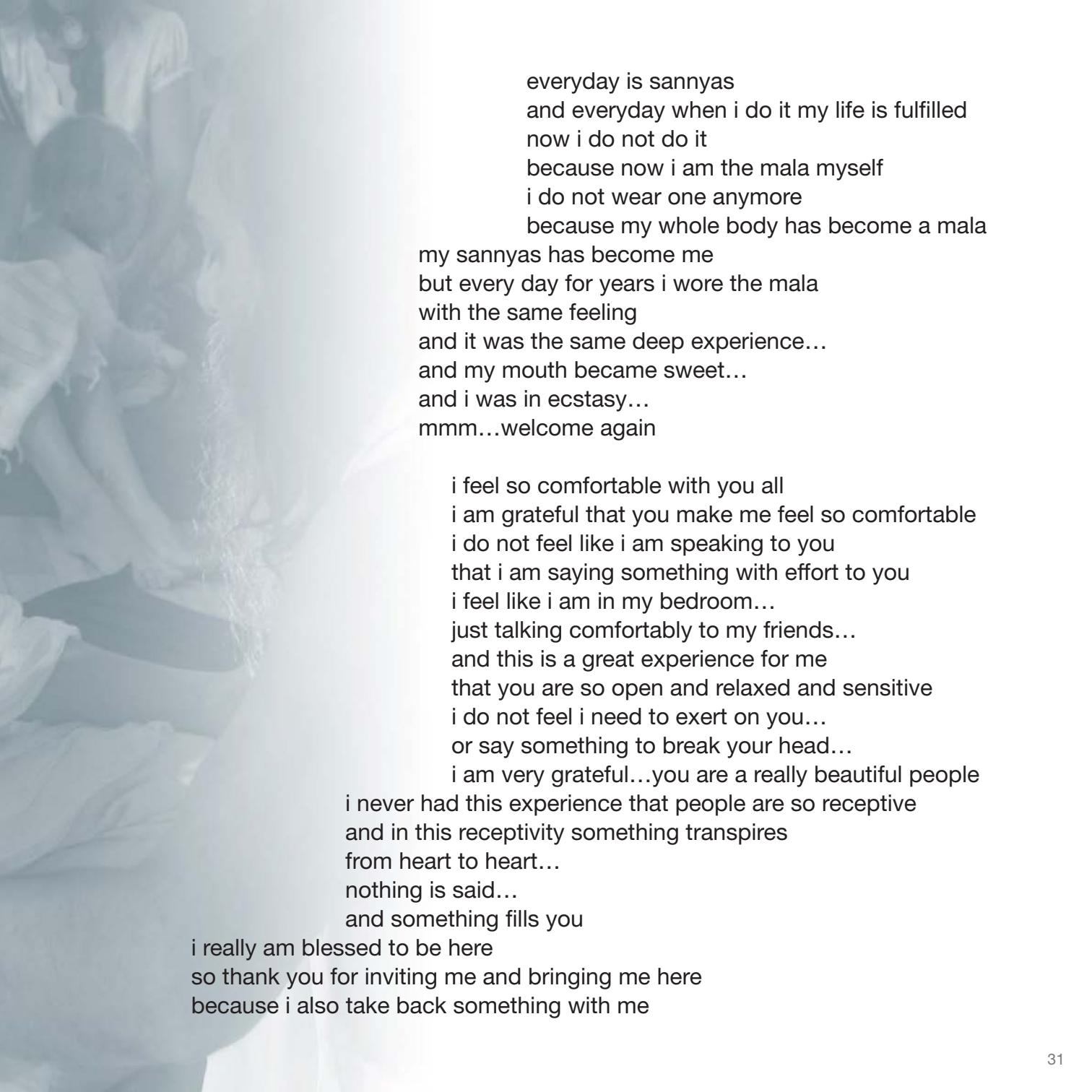
question *is there a reason to take sannyas
a second time ?*

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

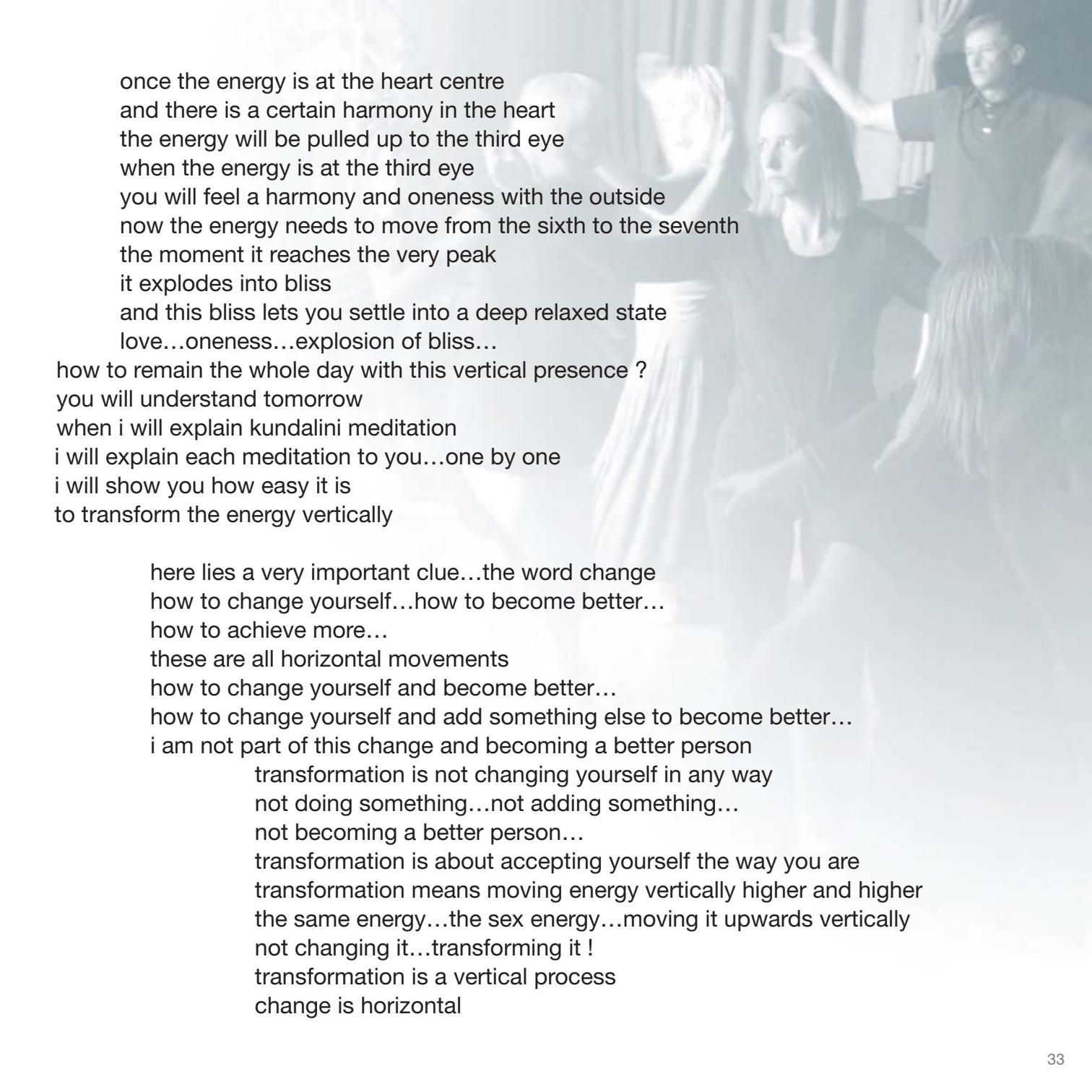
and somehow i feel you are going to give me something special
just the way you are
i feel already blessed
really !
you can ask soma and min
have you seen me so comfortable ever ?
i have never felt so welcome in a camp before
so thank you all

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

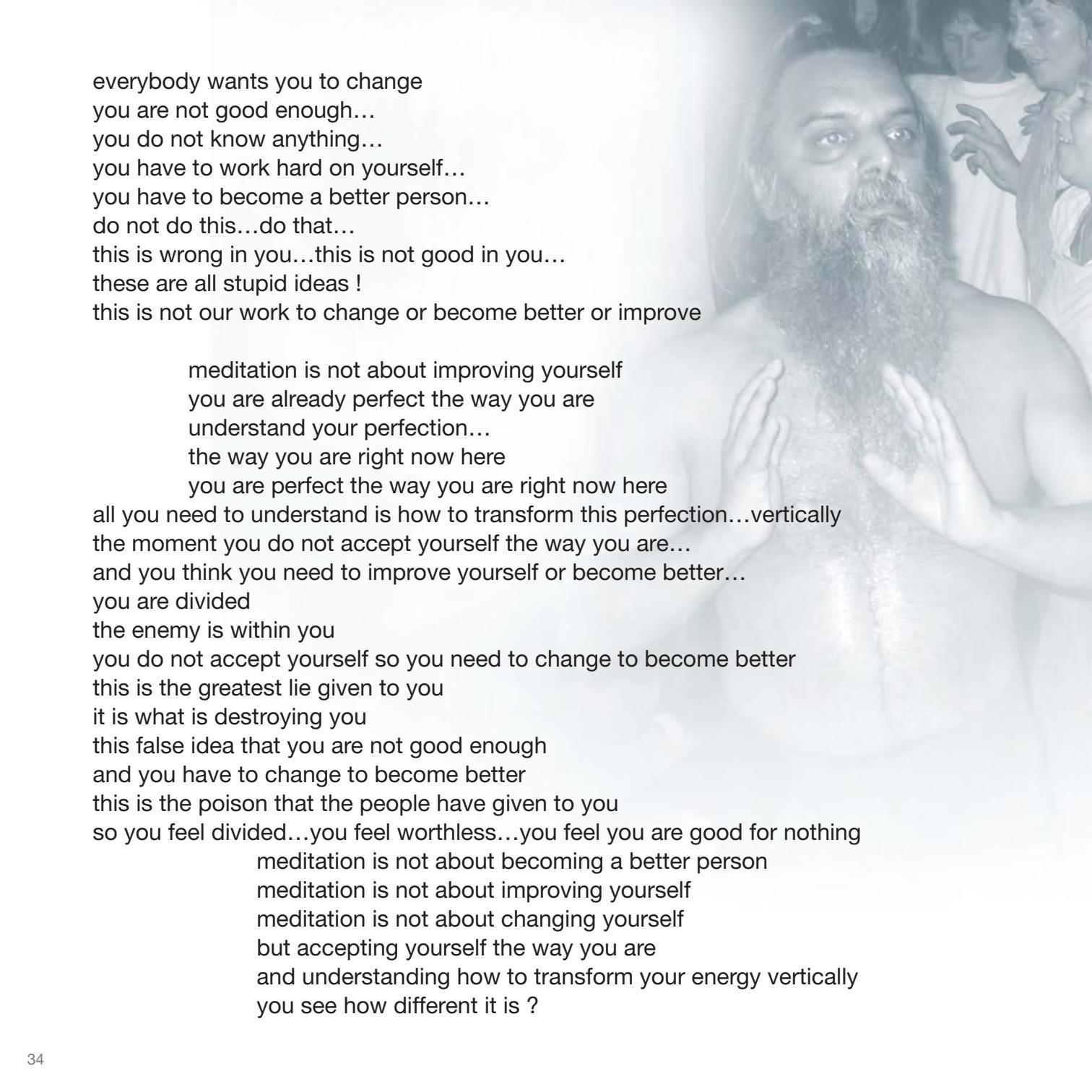
orgasm is not happening in the first centre
orgasm happens in the seventh centre
when the energy hits the crown
that is the experience of orgasm
all effort is to take the energy from first to seventh
once the energy comes to the heart centre
through its love and fire it raises the energy to the third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

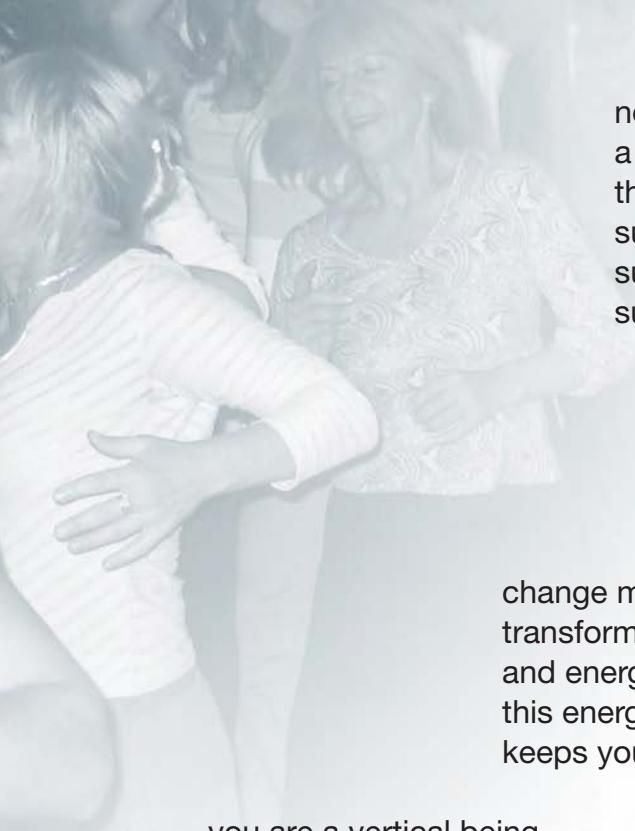
how to remain the whole day with this vertical presence ?
you will understand tomorrow
when i will explain kundalini meditation
i will explain each meditation to you...one by one
i will show you how easy it is
to transform the energy vertically

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 ?



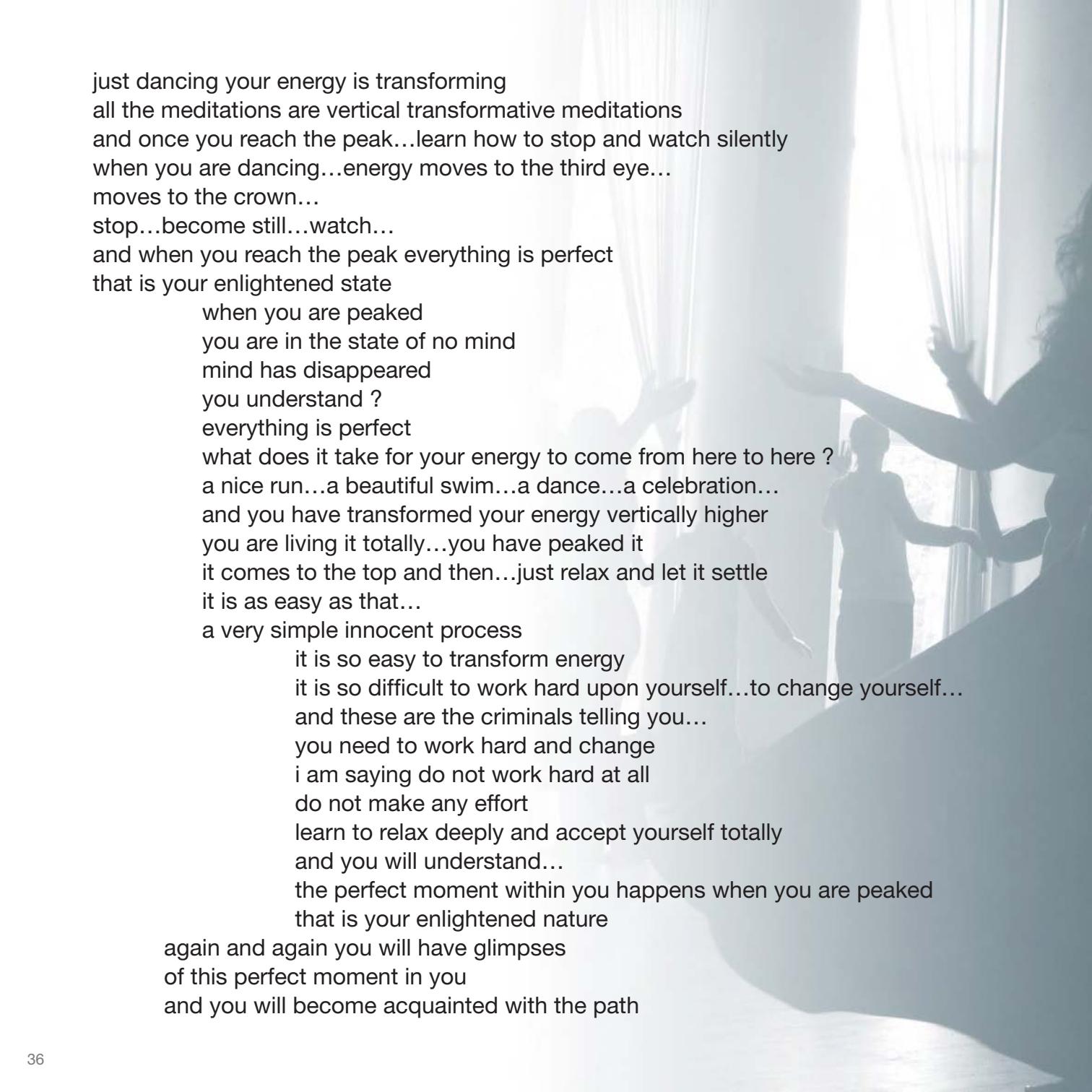
no condemnation...no rejection...
a total acceptance of your energy...every state...
the lower supports the higher...
supports the higher...
supports the higher...
supports the higher...

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



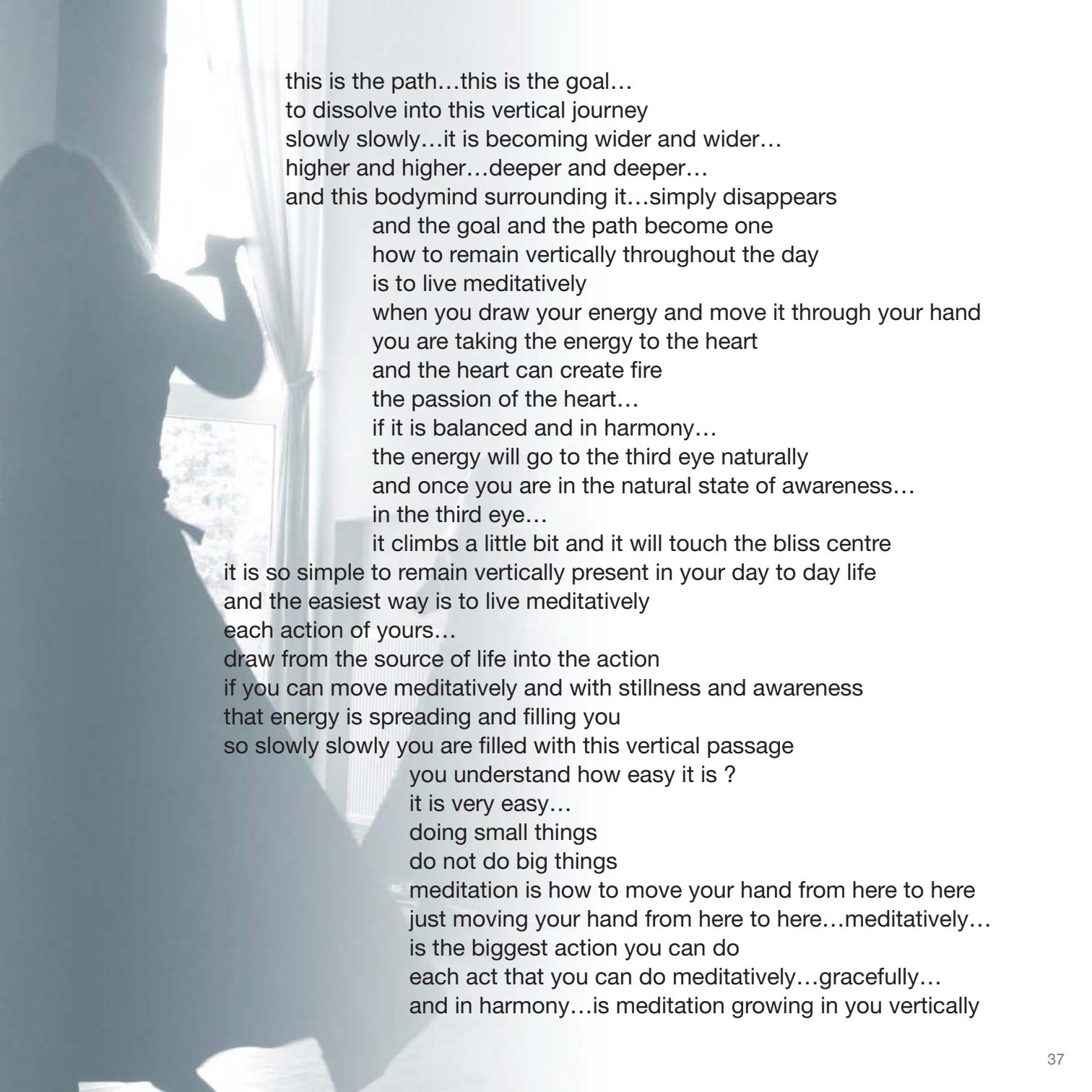
just dancing your energy is transforming
all the meditations are vertical transformative meditations
and once you reach the peak...learn how to stop and watch silently
when you are dancing...energy moves to the third eye...
moves to the crown...
stop...become still...watch...
and when you reach the peak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

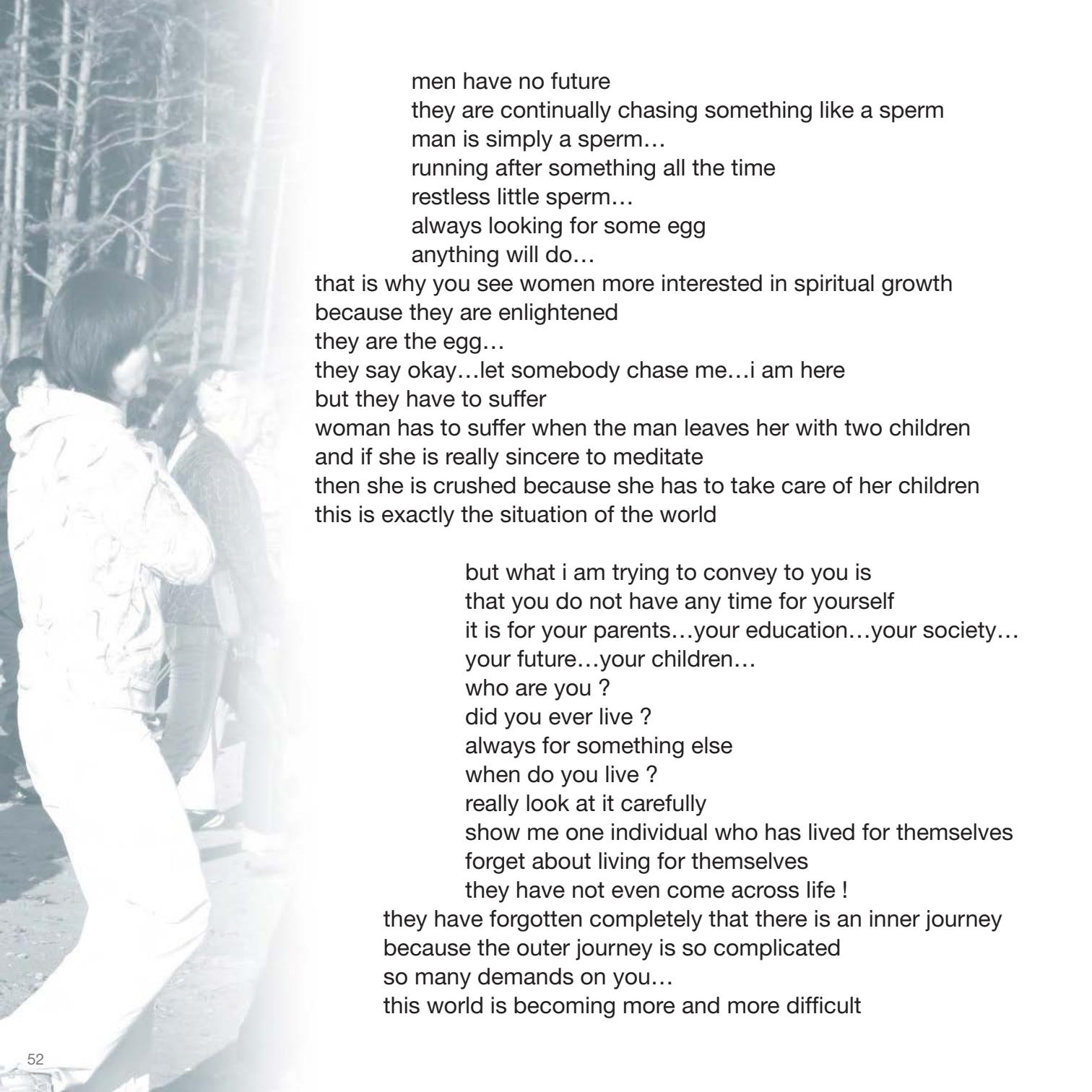
and life is no longer simple...that you just become a farmer...
one dream after another after another and nobody is content...
nobody is satisfied
you are enough unto yourself...just relax and go to sleep...
who has allowed you to have a deep sleep without telling you...
wake up...get up...brush your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

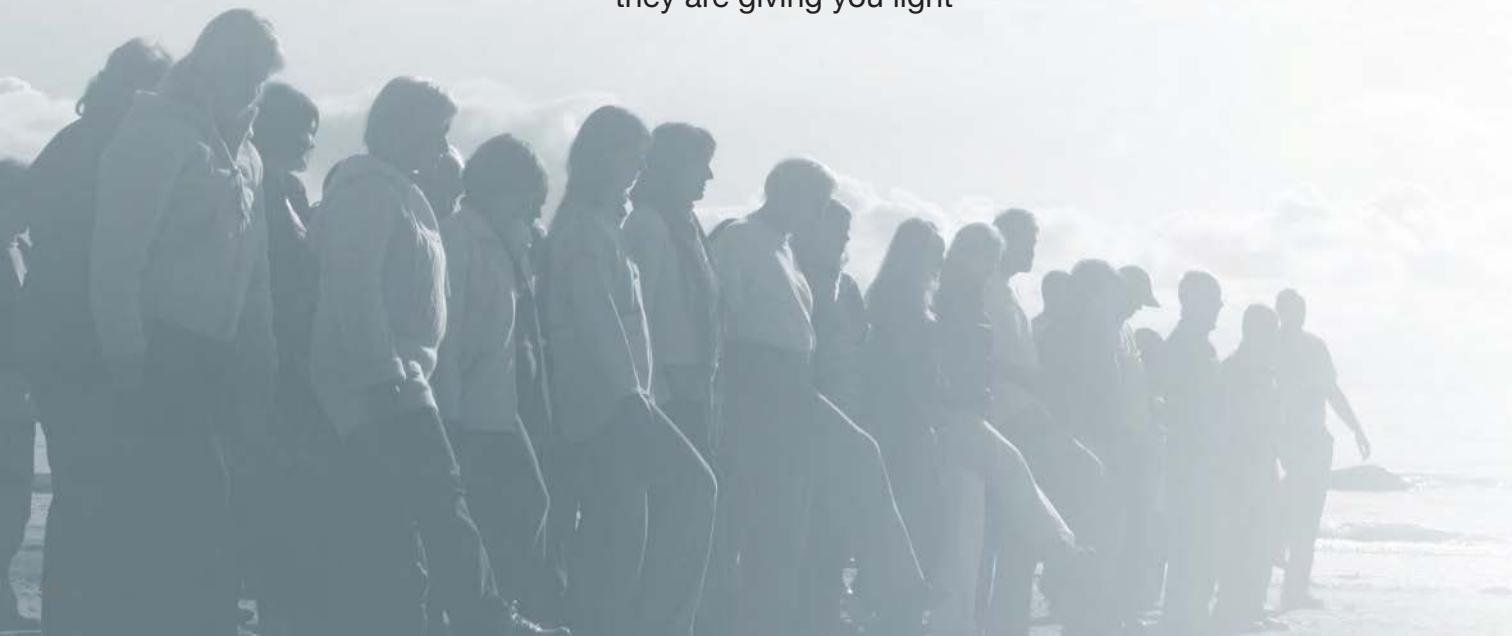
you will feel a small little ball connecting the two hands

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

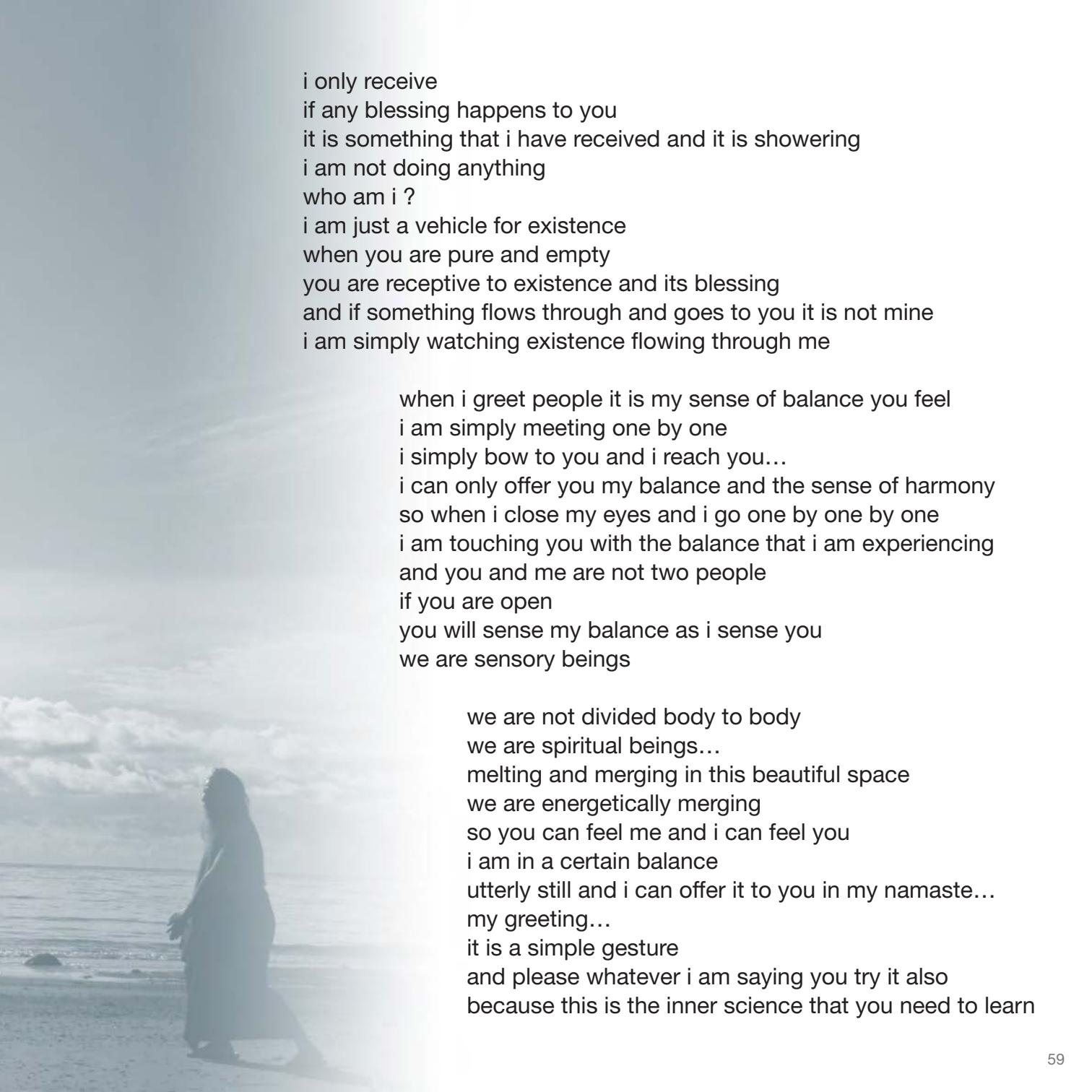
so you can do a very simple experiment
whoever you meet...just receive...
just receive the person totally in your heart
and feel you are giving peace to the person
this will open your channels and clean you out
so whenever you pass somebody just feel a yes
and receive the person totally with your left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

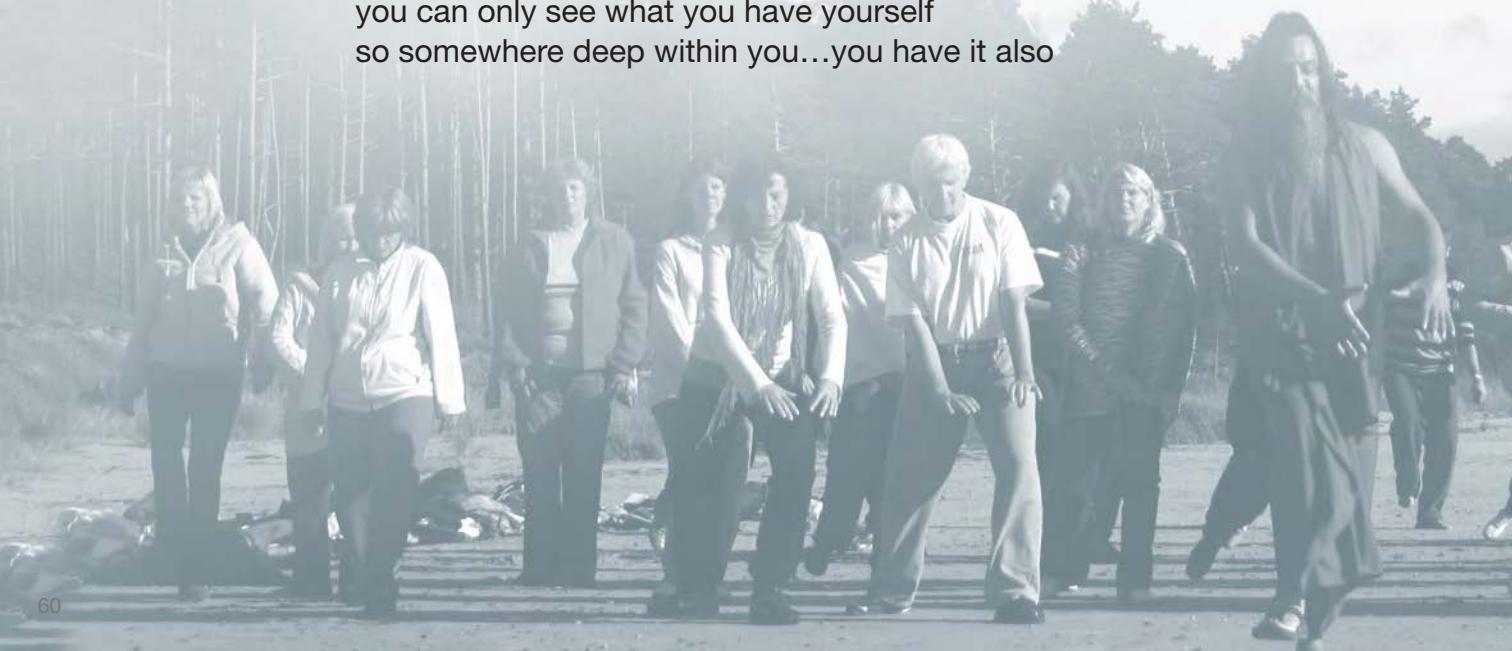
when i greet people it is my sense of balance you feel
i am simply meeting one by one
i simply bow to you and i reach you...
i can only offer you my balance and the sense of harmony
so when i close my eyes and i go one by one by one
i am touching you with the balance that i am experiencing
and you and 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



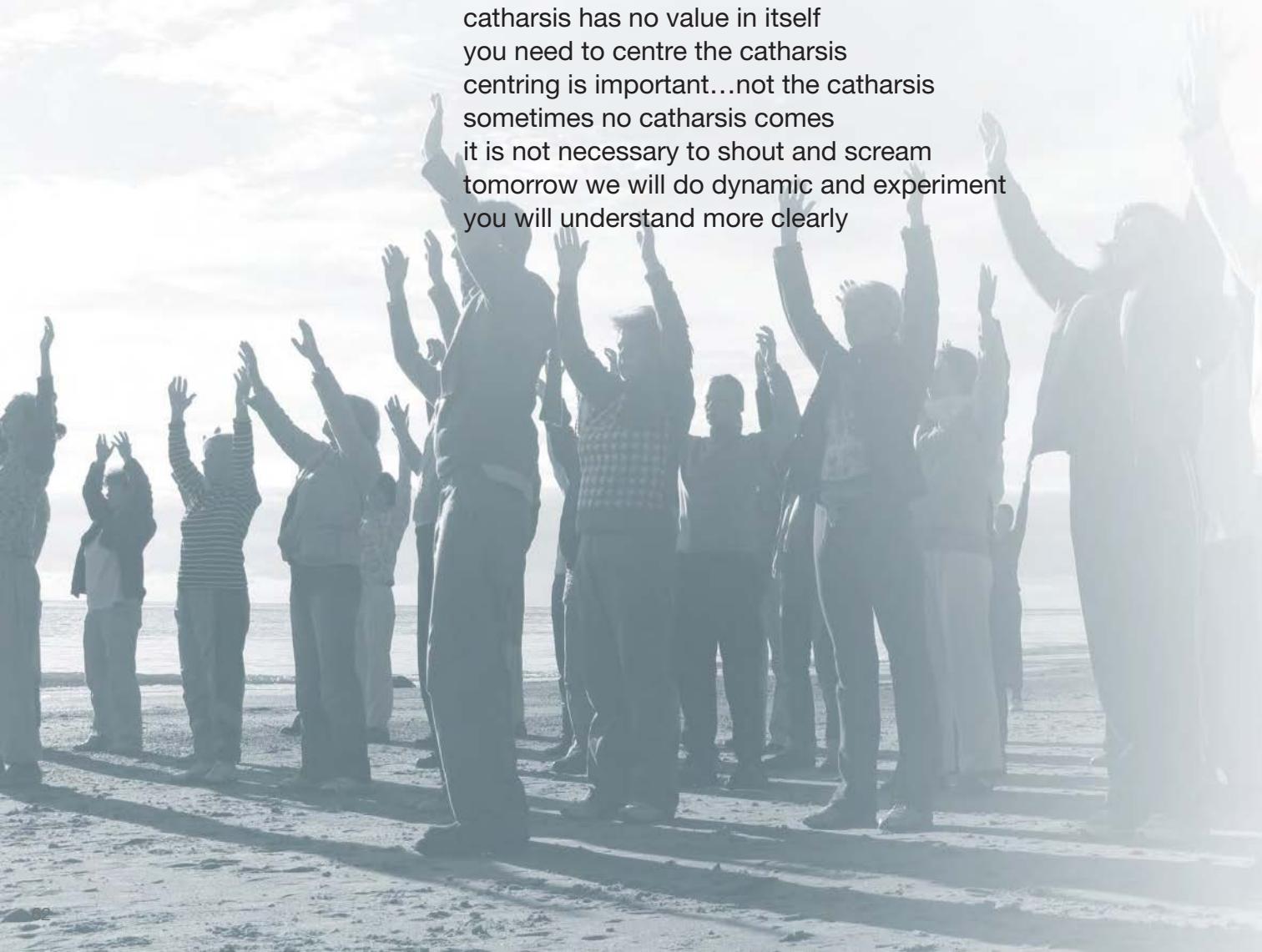
you cannot recognise a diamond if you do not know what is a diamond
and if you know what is a diamond...then you have the diamond too
i am here to remind you that you have it
even if everybody understands that swami rajneesh is enlightened
he has a diamond...what good is it to me ?
what is useful to 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

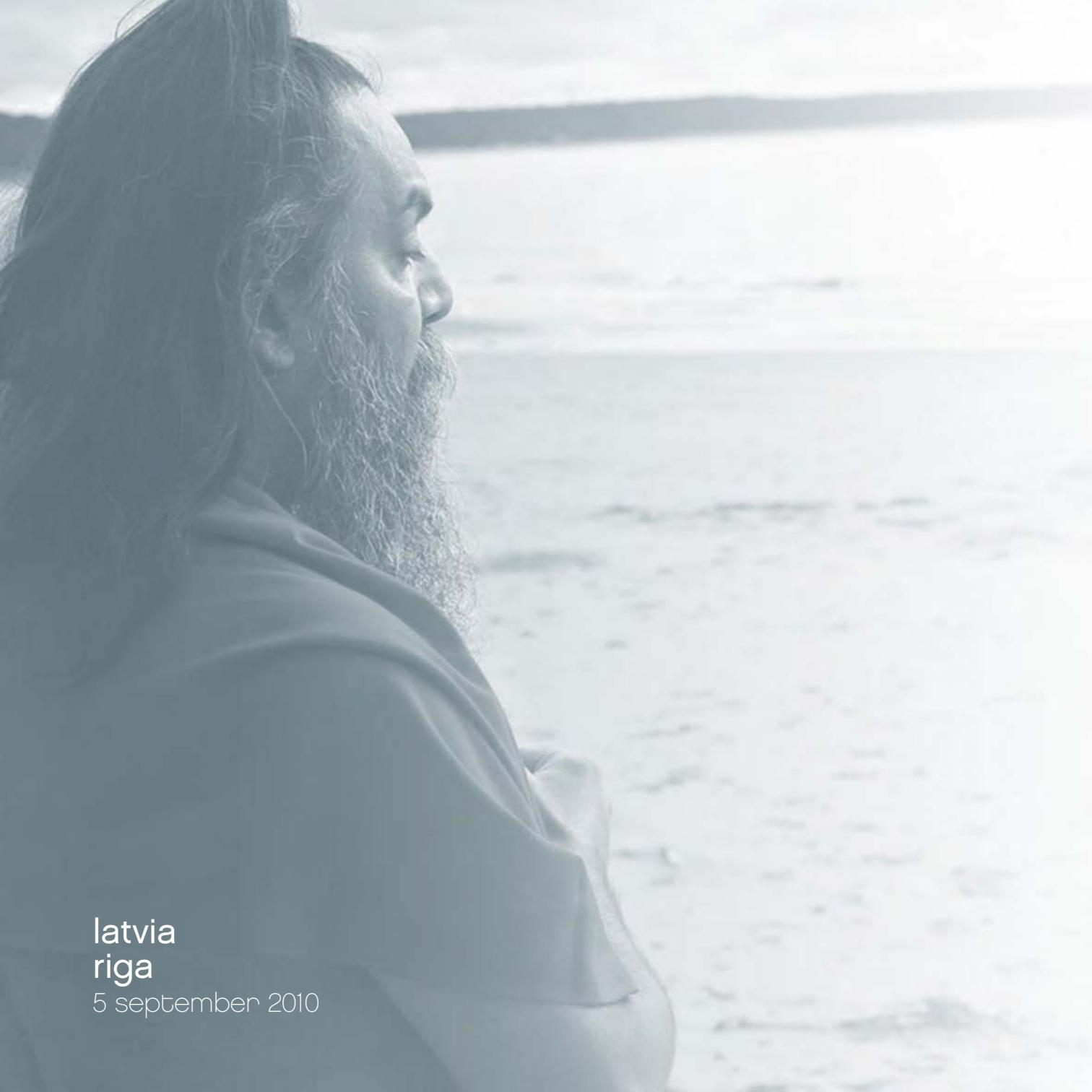
i do not hammer to destroy the person

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...

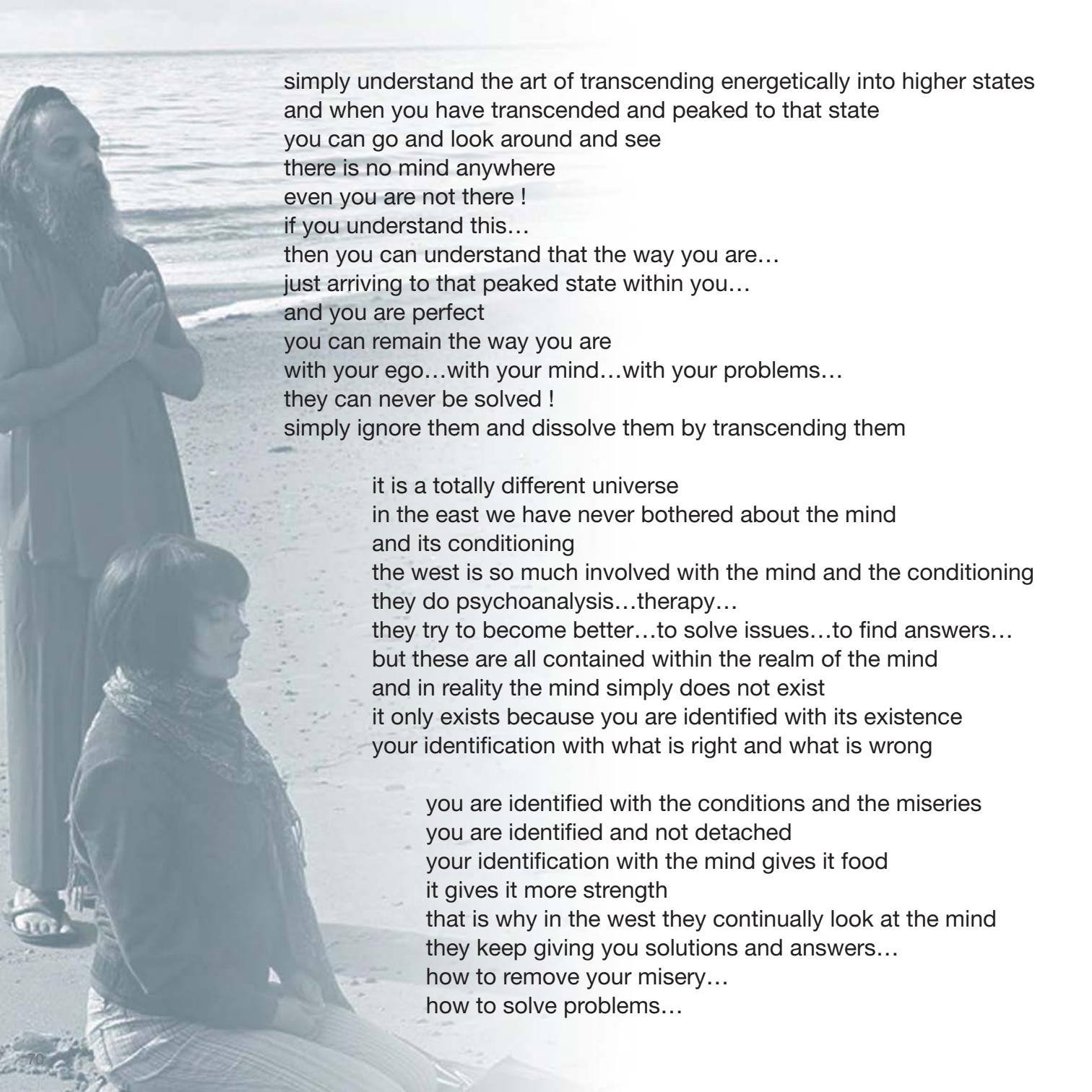
for me it is utter rubbish

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



A faded background image of a man with a long beard and a woman sitting on a beach. The man is standing on the left, looking towards the right, with his hands clasped in a prayer-like gesture. The woman is sitting on the sand in the foreground, looking towards the right. The background shows the ocean and a clear sky.

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

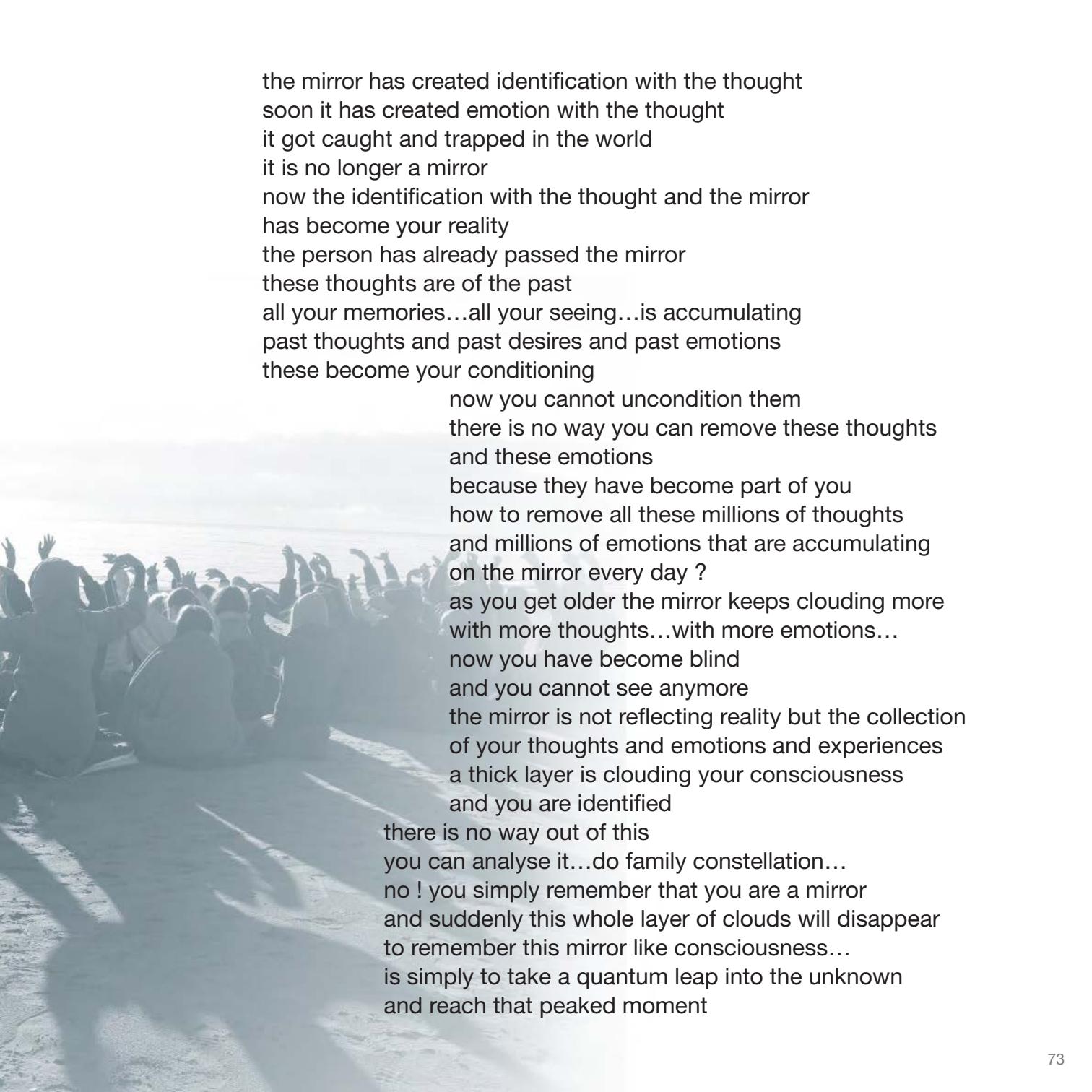
it is like the blue sky...a vast blue sky
and below all kinds of clouds are moving
and you say that is a black cloud...not so good
that is a white cloud...very holy
this cloud is trouble...that cloud is creating a shadow...
this cloud is my friend...that one is my enemy...
this is my mother...that looks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

A group of people is sitting on a beach, looking out at the ocean. Many of them have their hands raised in the air, suggesting a moment of collective celebration or a spiritual gathering. The scene is captured in a soft, slightly hazy light, possibly during sunrise or sunset, with long shadows cast on the sand.

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

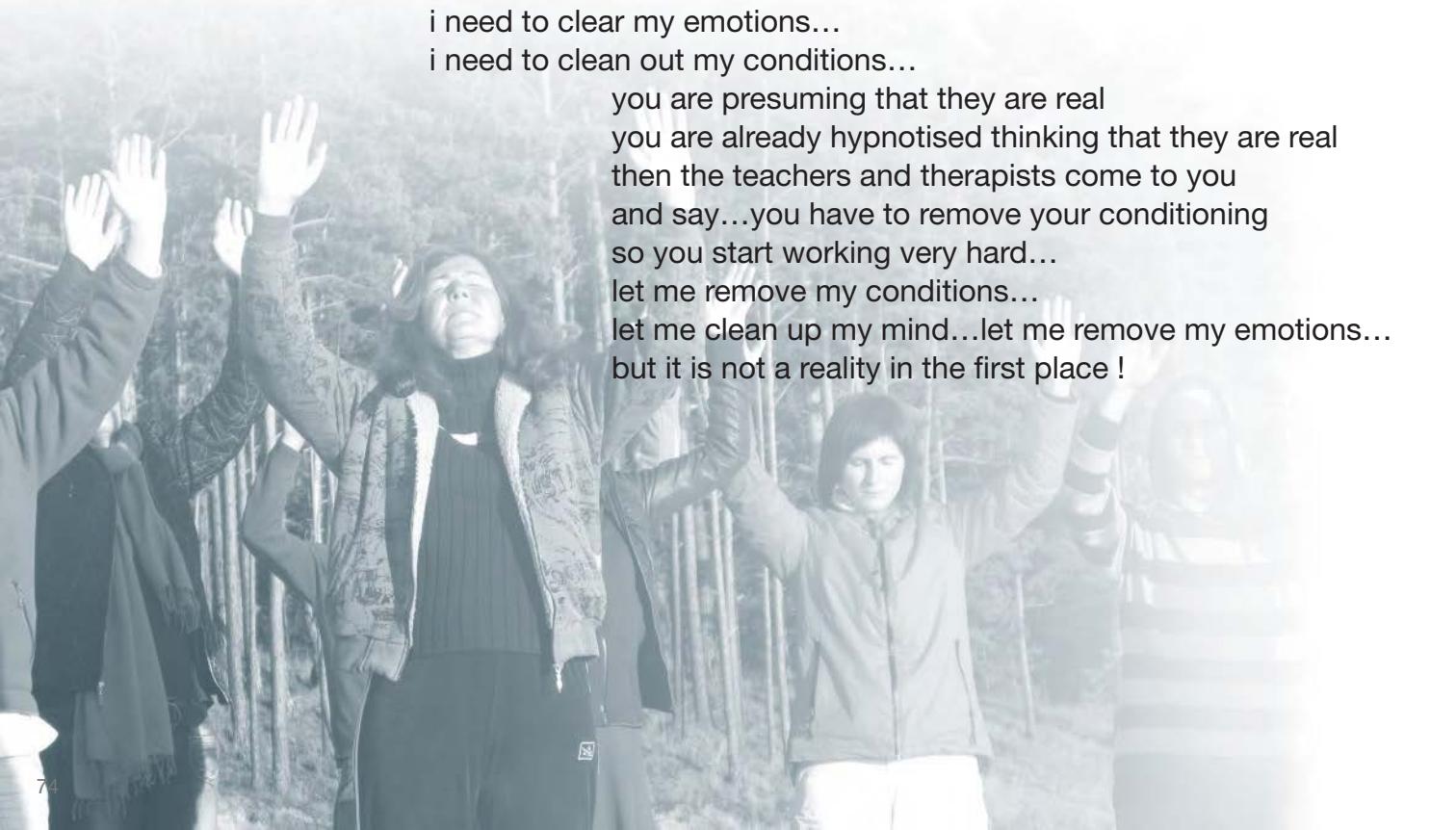
and say...you have to remove your conditioning

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

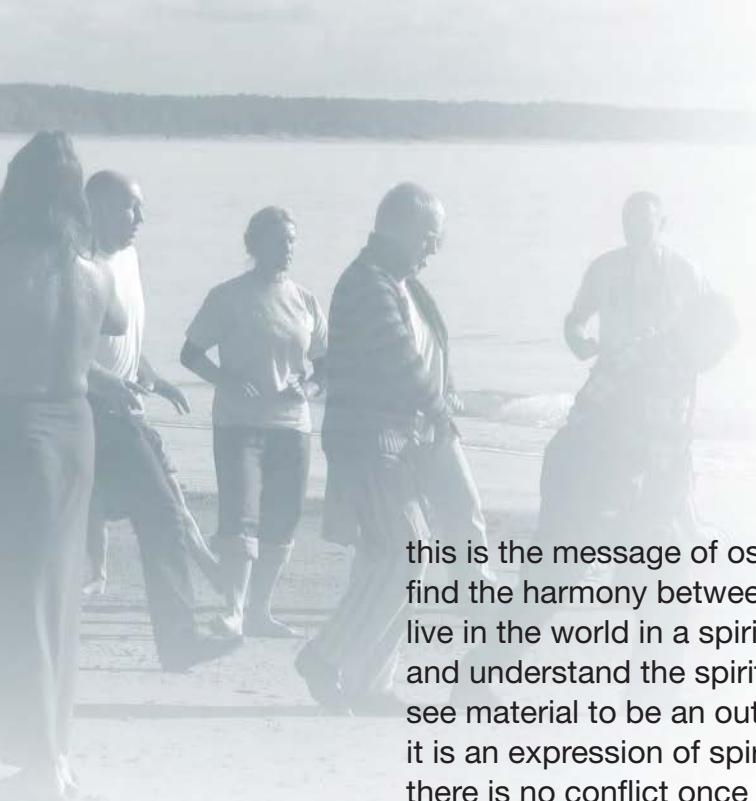
you are not a mind...you are not a mechanism

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

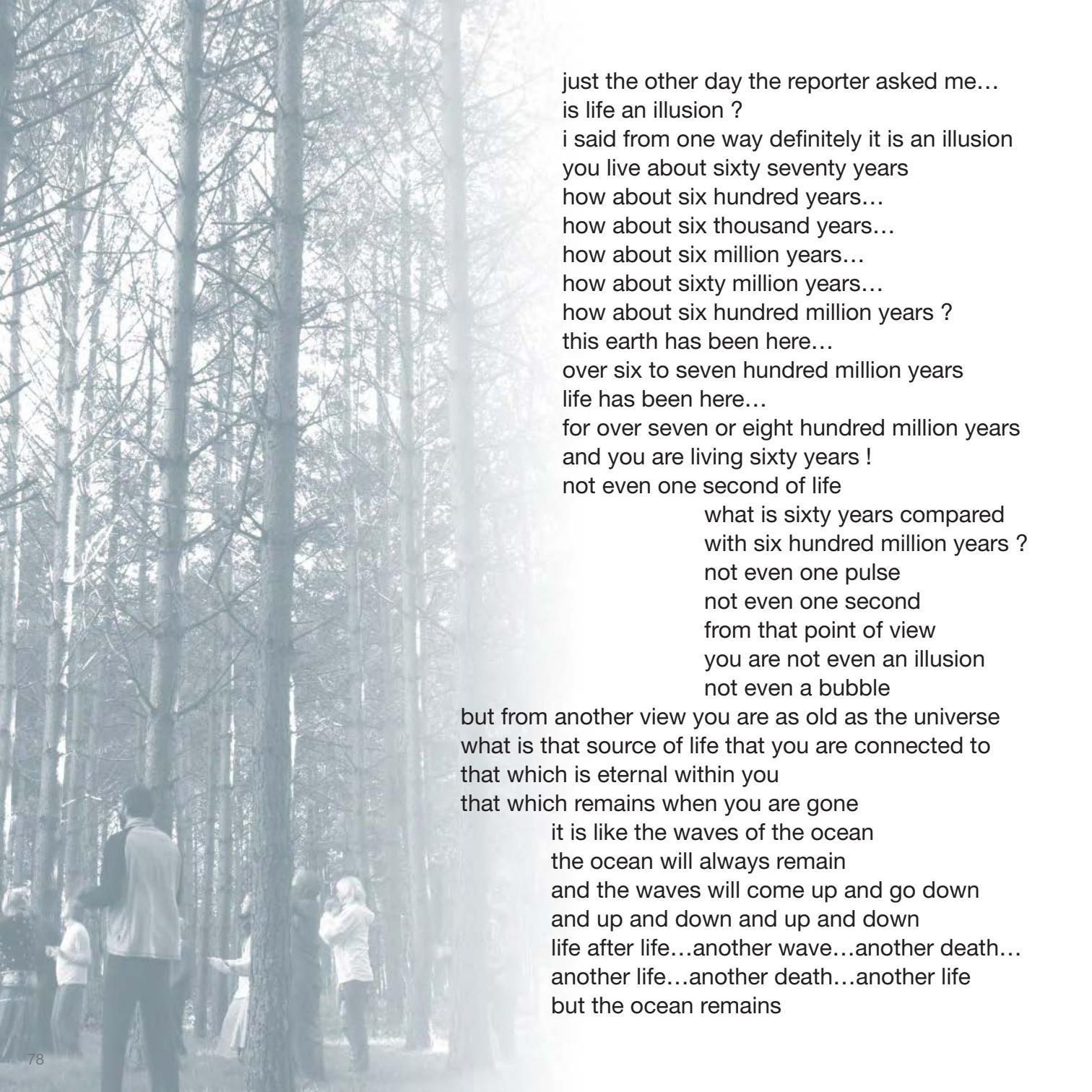
the spirit is always free...unscratched



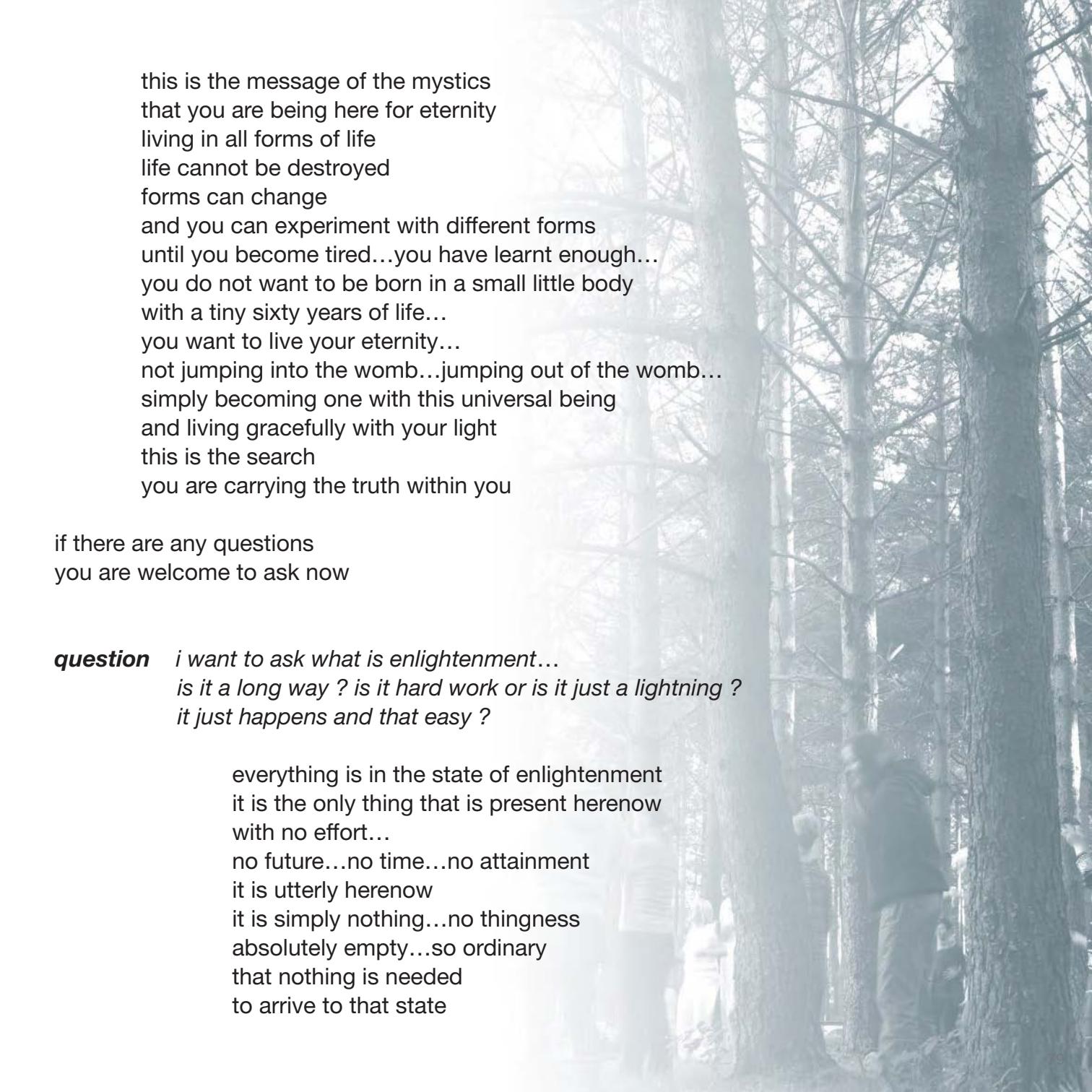
it simply gets identified to the mind
in the world and its illusion
identification is the problem
life is not a problem
if you can look at life in a detached way
then both the worlds become harmonious
then your being is perfect
and the world is perfect
there is no struggle but a great harmony
between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

A misty forest with tall, thin trees and a few people in the background. The scene is ethereal and quiet, with soft light filtering through the branches.

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

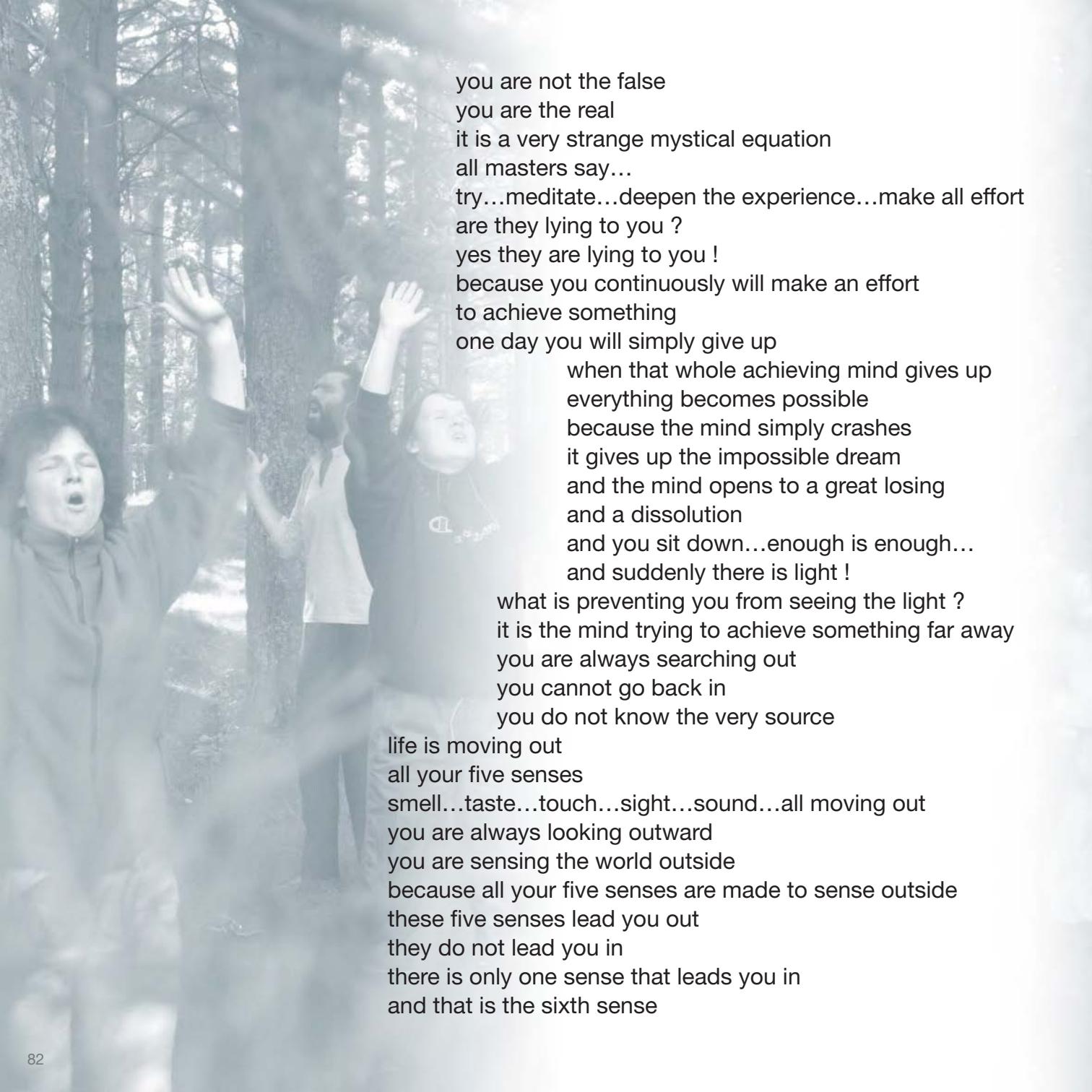
if you say enlightenment...it is your very nature



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 ?

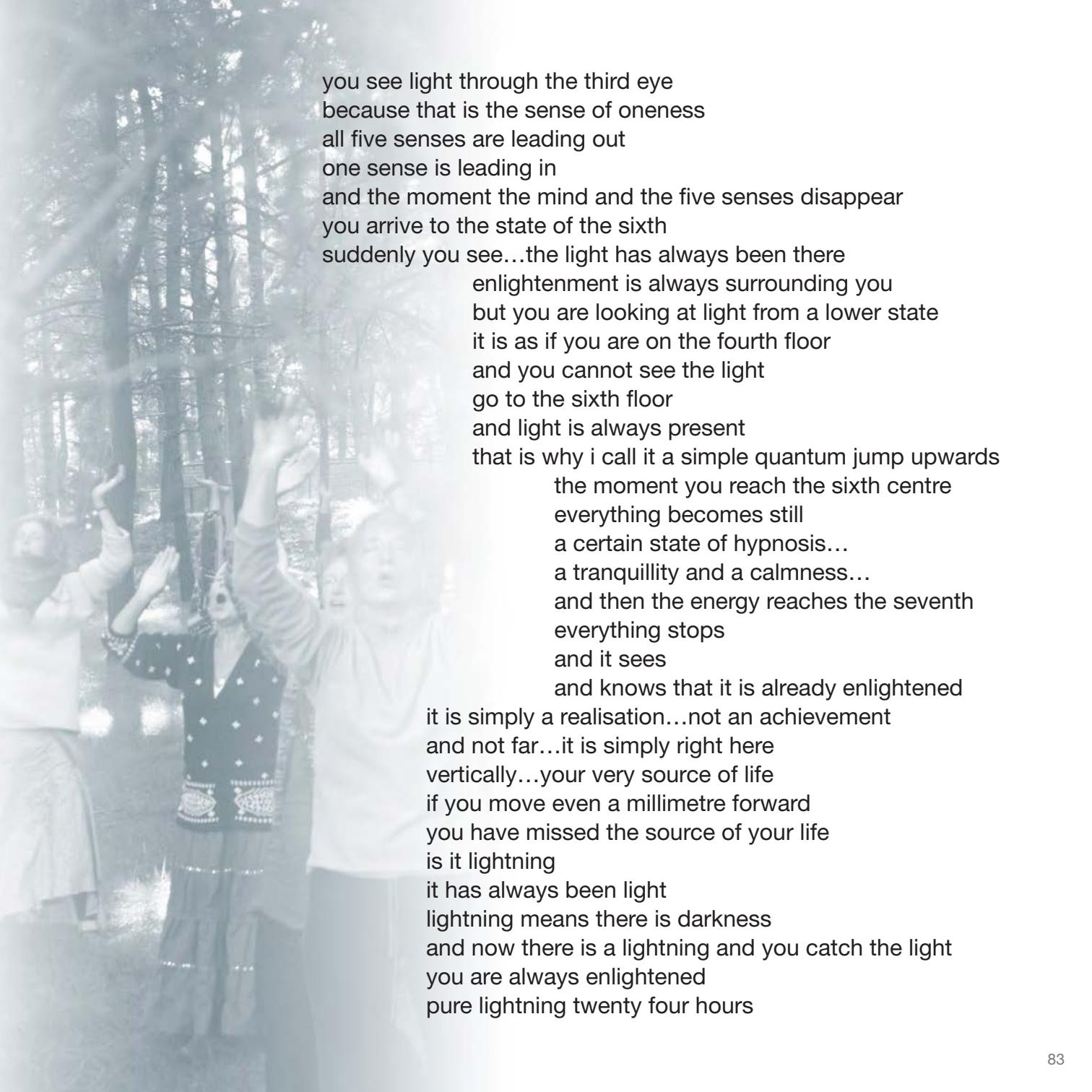


you are not the false
you are the real
it is a very strange mystical equation
all masters say...
try...meditate...deepen the experience...make all effort
are they lying to you ?
yes they are lying to you !
because you continuously will make an effort
to achieve something
one day you will simply give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

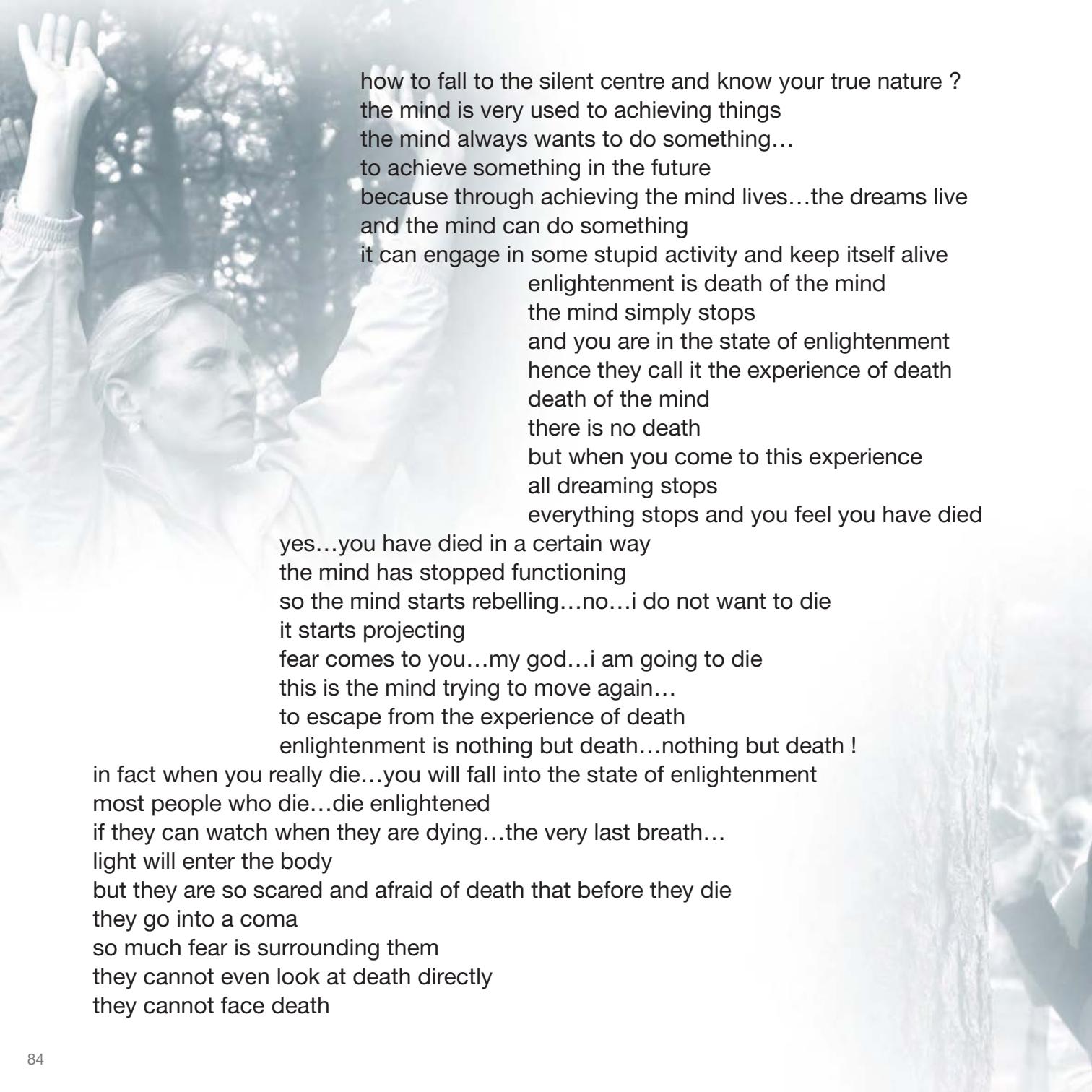
when that whole achieving mind gives up
everything becomes possible
because the mind simply crashes
it gives up the impossible dream
and the mind opens to a great losing
and a dissolution
and you sit down...enough is enough...
and suddenly there is light !

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

A woman with blonde hair, wearing a light-colored jacket, has her arms raised in the air. She is looking upwards with a contemplative expression. The background is a bright, slightly blurred outdoor setting with trees and other people in the distance.

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

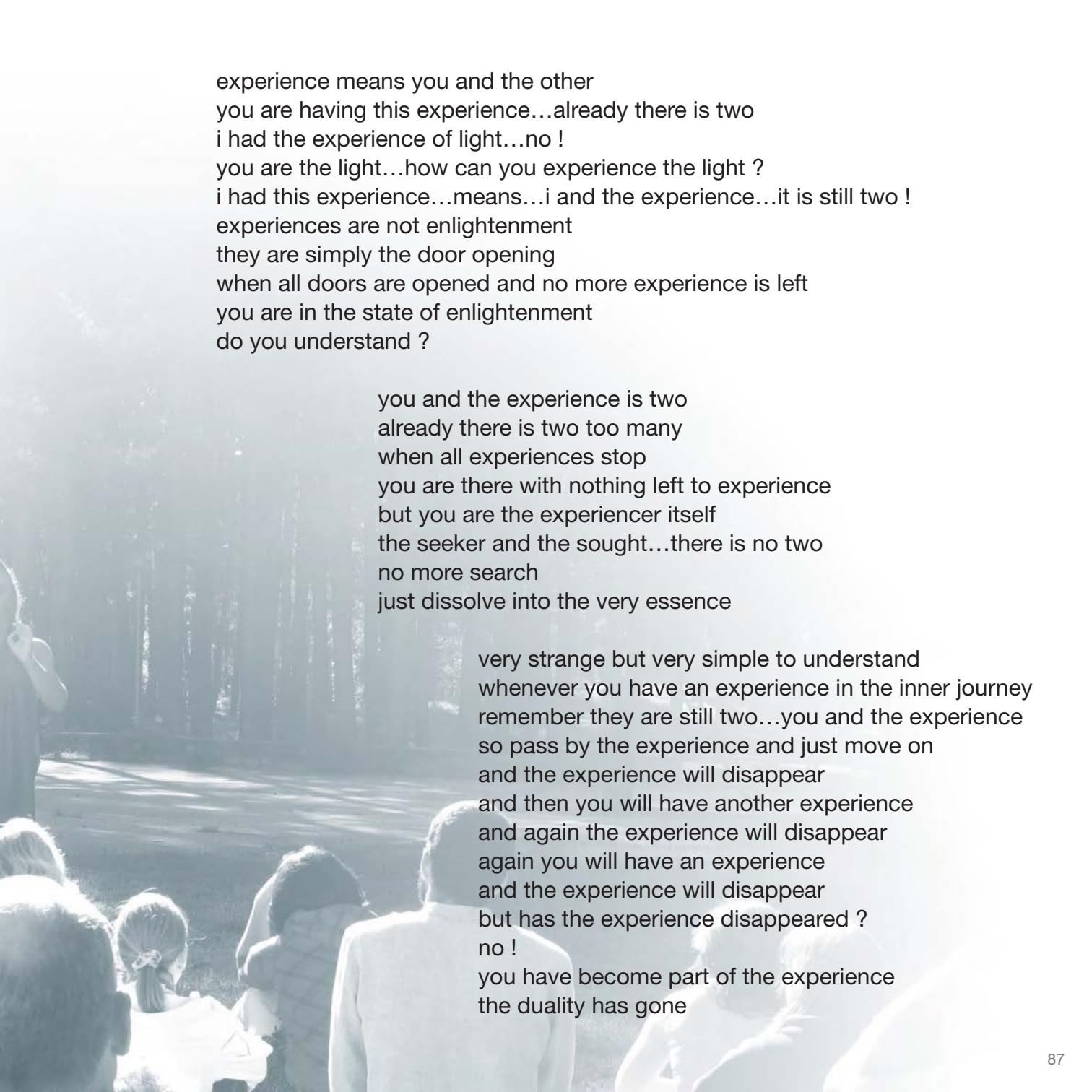
you are already carrying the truth deep within you
so before you go to search for truth
see what you have already present within you
and you do not need to go searching outside
you do not need to ask any master...any guru...
because they will simply laugh at you
they will say...you are already enlightened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

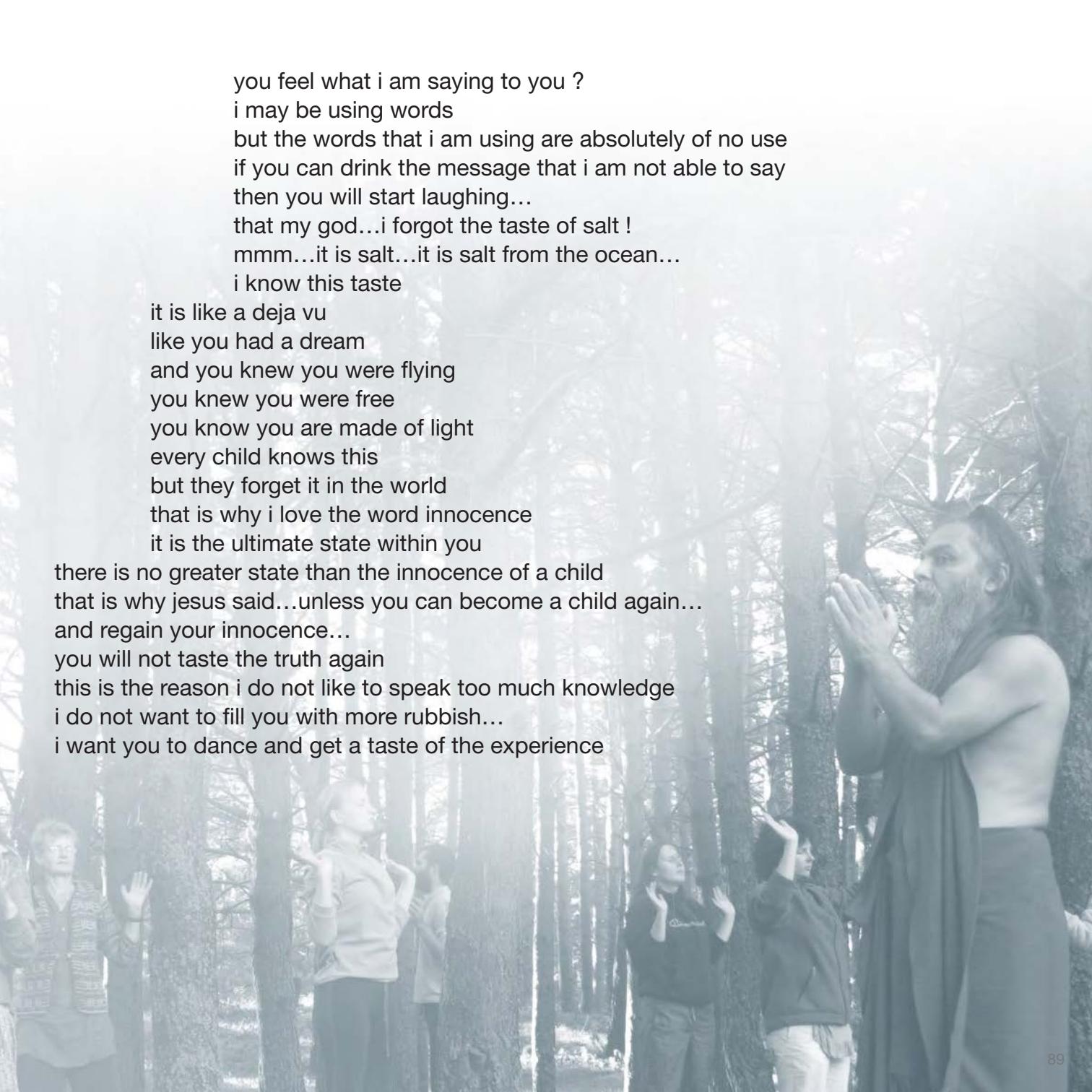
do not try to understand what i am saying
just taste what i am saying
something within you understands what i am saying
whatever i am speaking is my experience of this vacant state
just taste it...
and something will filter so deep inside you
it is your buddha understanding that yes...i had forgotten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

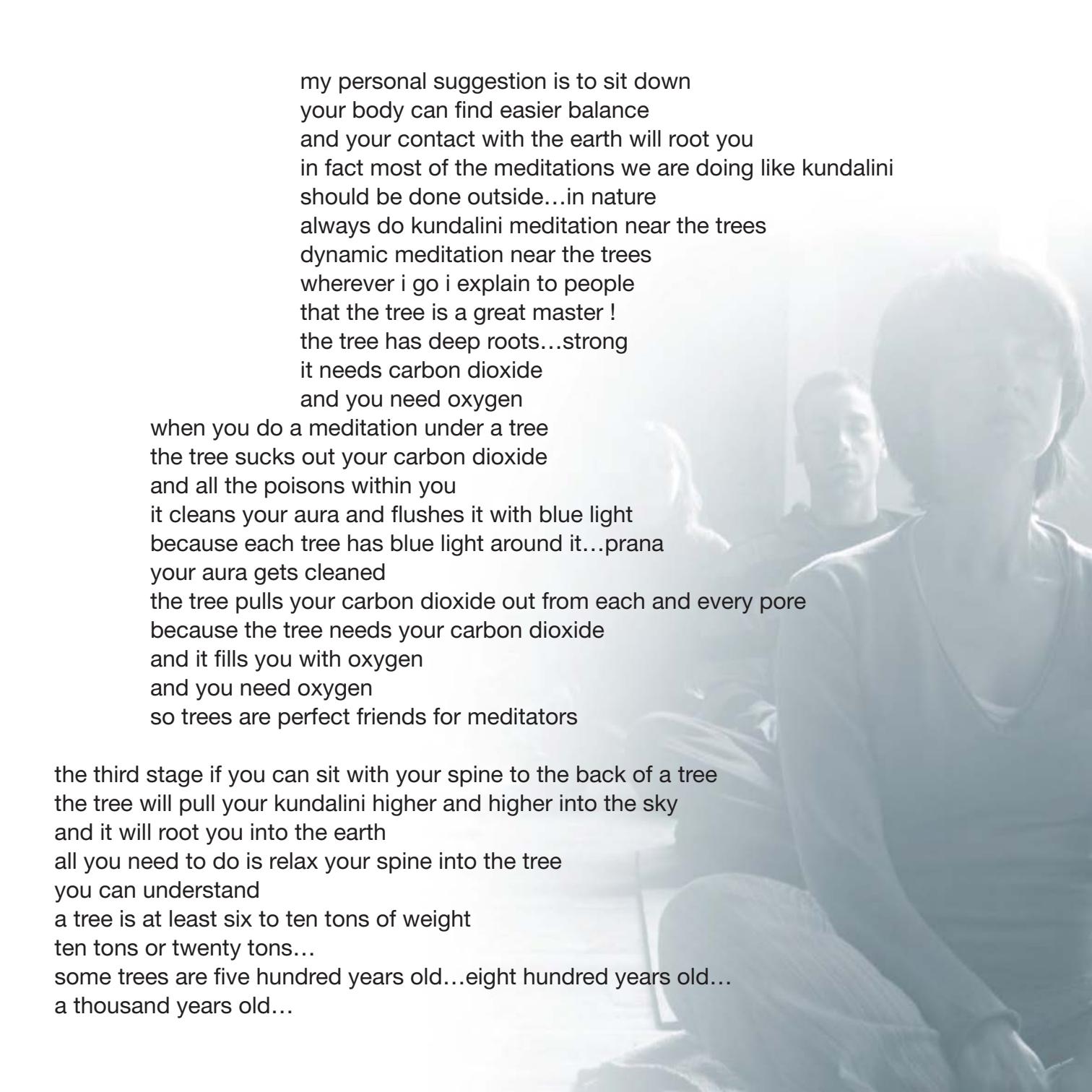




just one drop of water in the desert...
is far greater than all the theories of water in any encyclopedia
if you can get one drop of honey from me
my work is done
because one little spark in the forest
and soon the forest will be on fire
you just need one spark
 one drop of pure truth
 entering deep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

A group of people are sitting on the floor in a dimly lit room, appearing to be in a meditative state. The lighting is soft and ethereal, with a strong light source from the right side, creating a hazy, atmospheric effect. The people are mostly in silhouette or semi-silhouette, with their eyes closed and expressions of calm. The background is very bright, almost washed out, suggesting a window or a very bright light source. The overall mood is peaceful and serene.

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

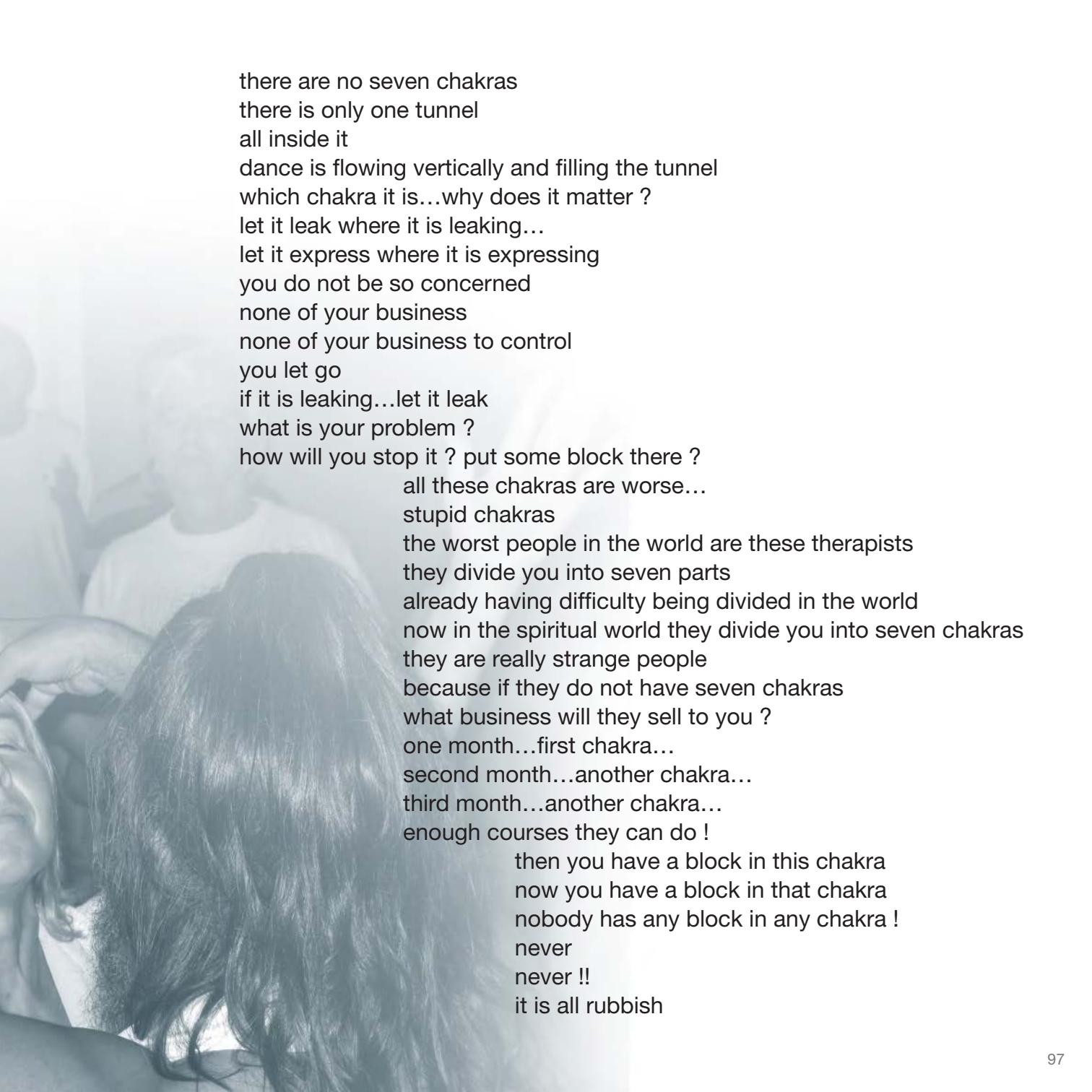
your hands are connected to heart centre
the centre of your hands are connected to the third eye
so you are bringing the heart centre energy to the third eye
so when you move slowly and sensitively
the heart energy is getting time to pour through the hands
it needs that time to move
you understand ?

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

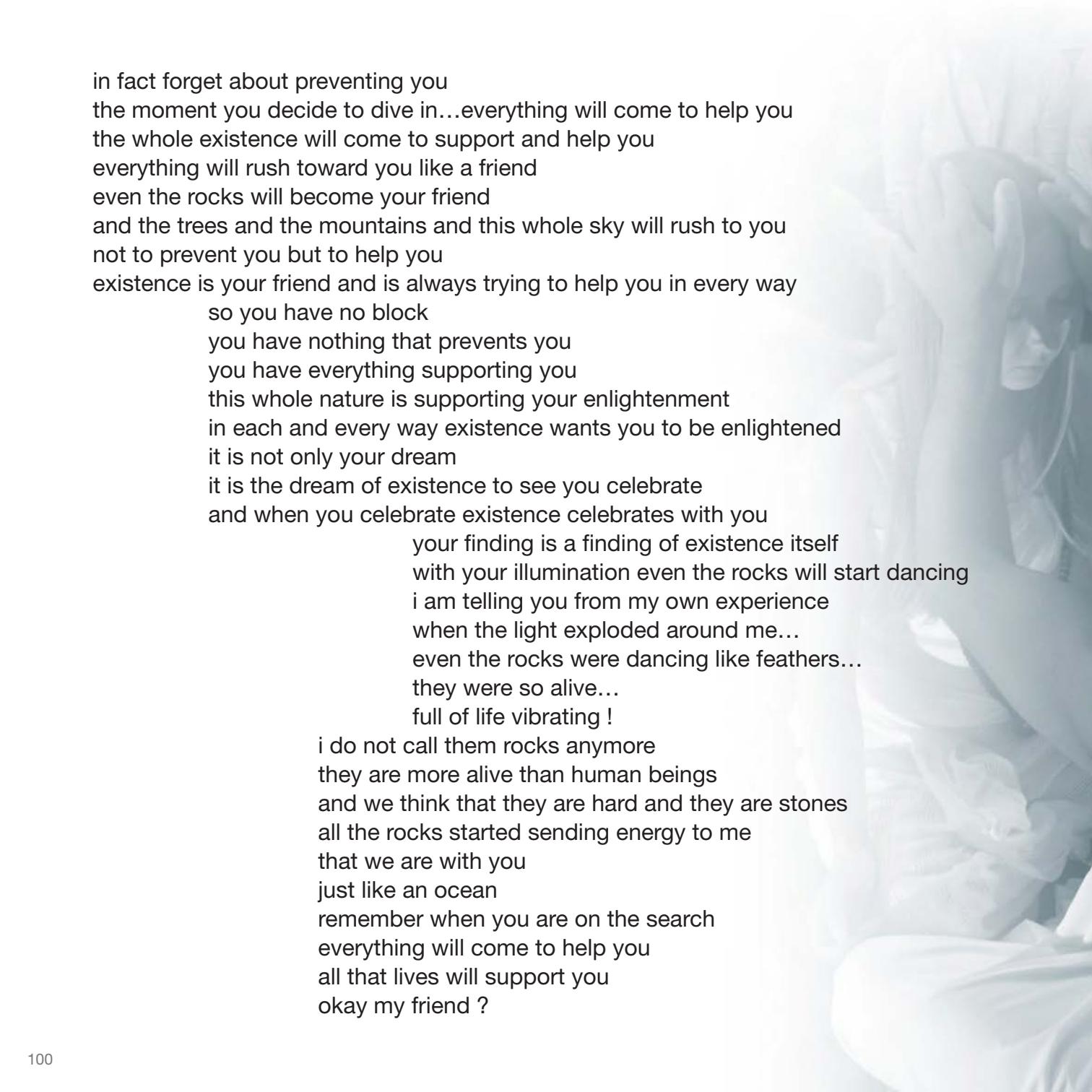
you are living on the first floor
the door is open
now you say...i have a block in my second chakra
no...there is no block !
you are simply not living on the second floor !!
you go to the second floor you will see the door is open
there is no block
then they say there is a block in the third chakra
you 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

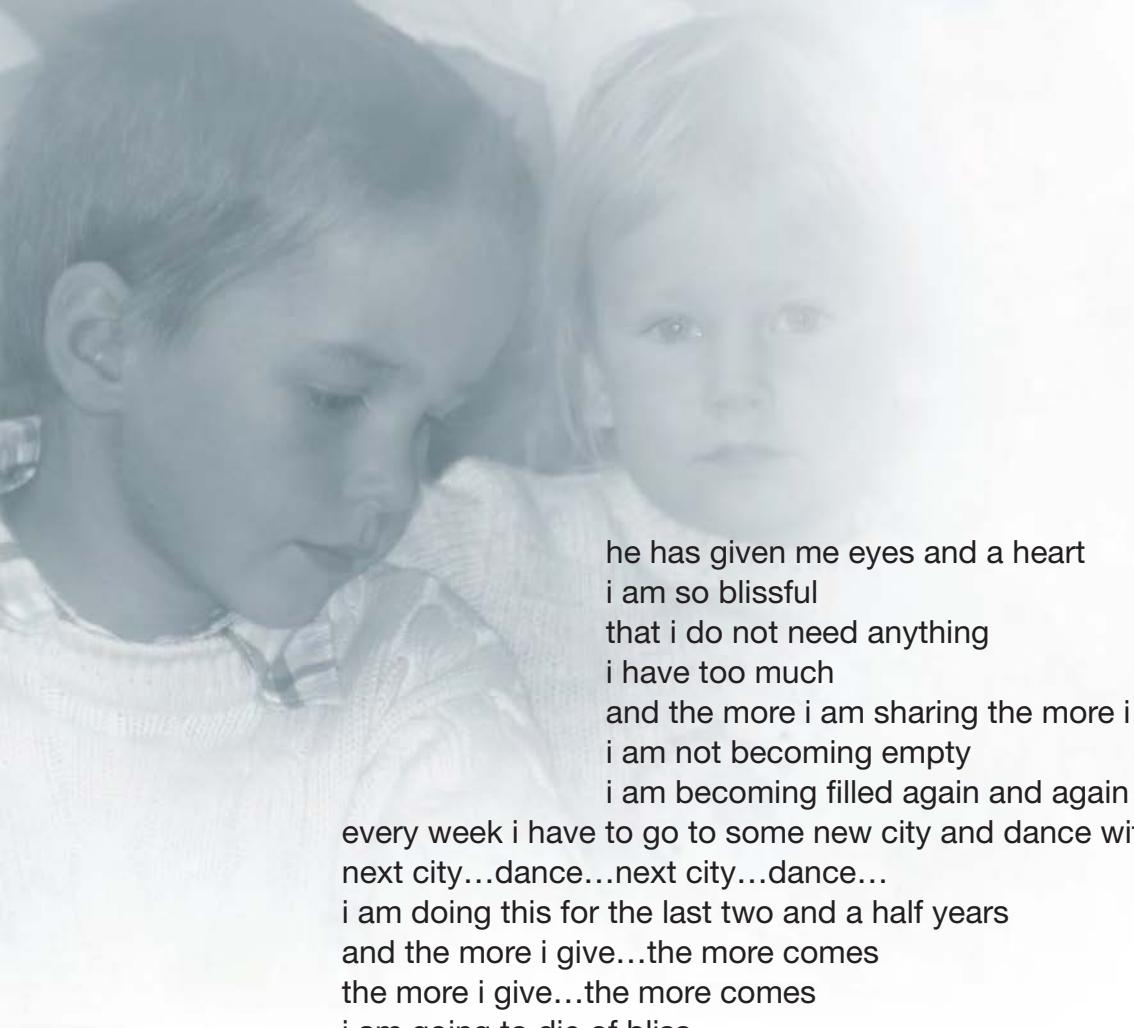
and these ugly therapists who are charging huge sums of money...
are the worst people and they know nothing !
the moment you have experienced meditation
and a certain flowering and a grace has descended on you
and the love of your master has come to you as a blessing
can you charge your friend anything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

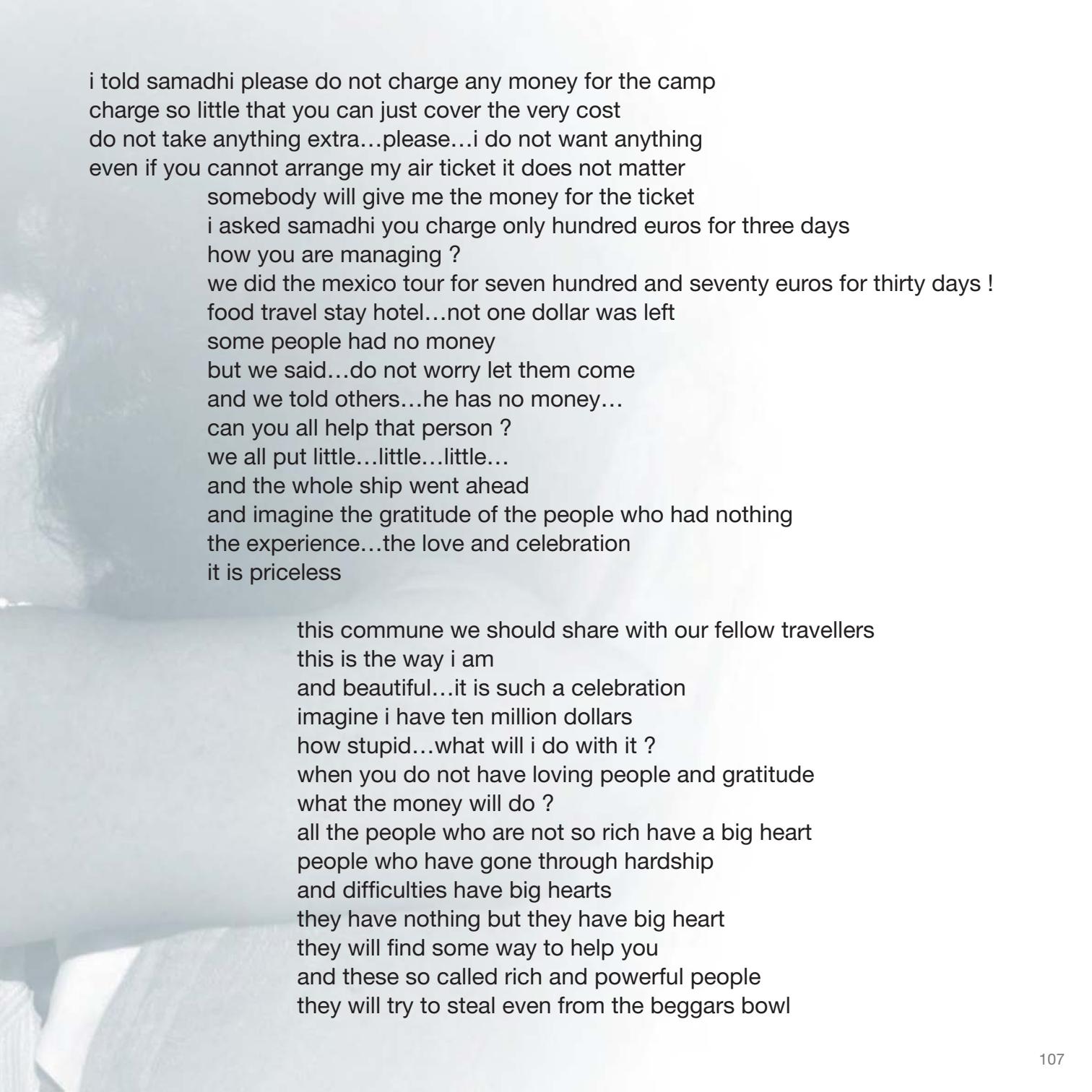
we are moving with absolutely nothing
i started three years ago
i sold everything
i had to put it into the air tickets and the movement
i did not even have one euro
but i did not bother about money
and i am living three years like an emperor
with absolutely nothing

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

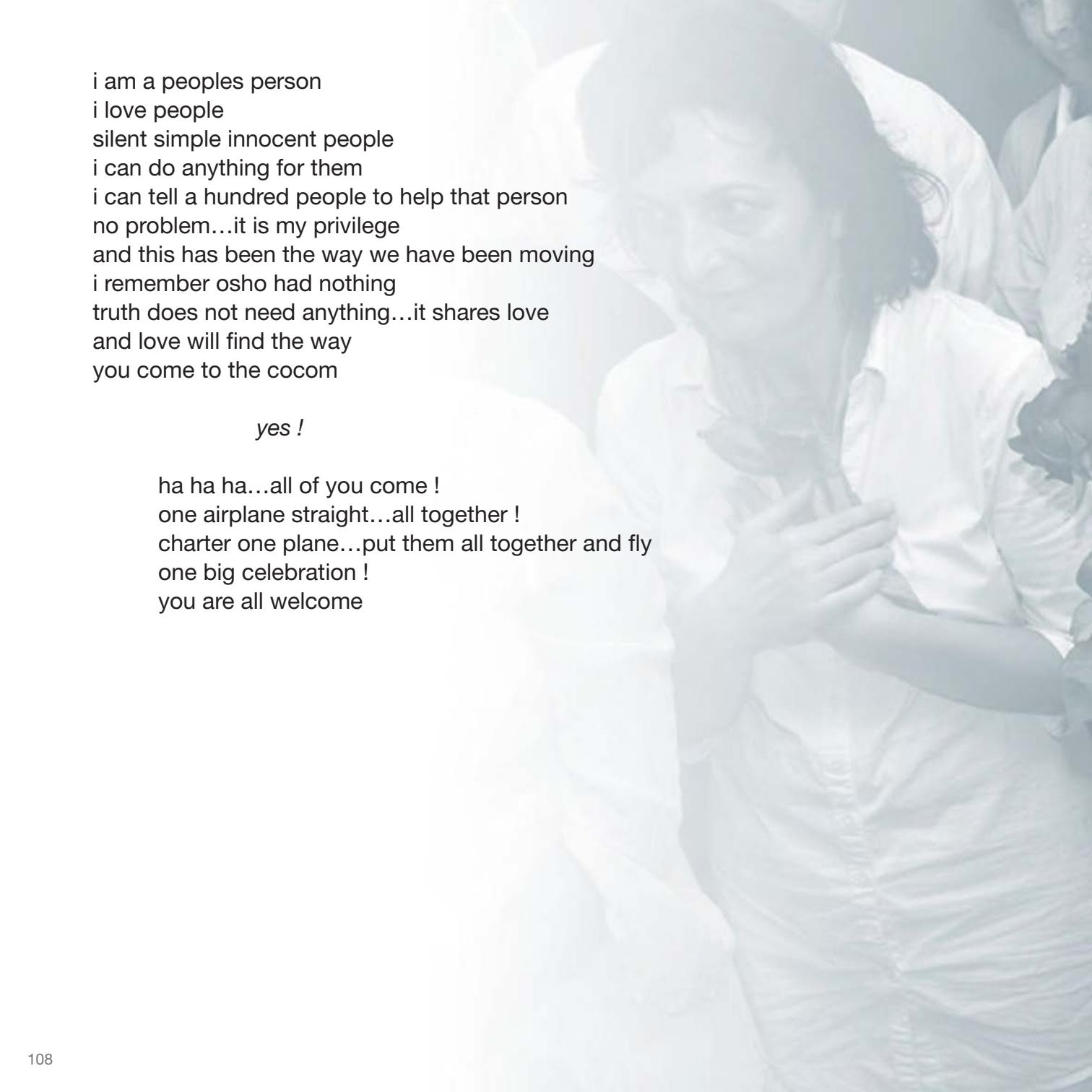
the commune is coming up from the people
you cannot buy a commune
people have to start from the earth upwards
the movement has to be based on love and compassion
it is people who make the world...not money...
and individuals are priceless
it is not something i am telling you
it is how i feel and what 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

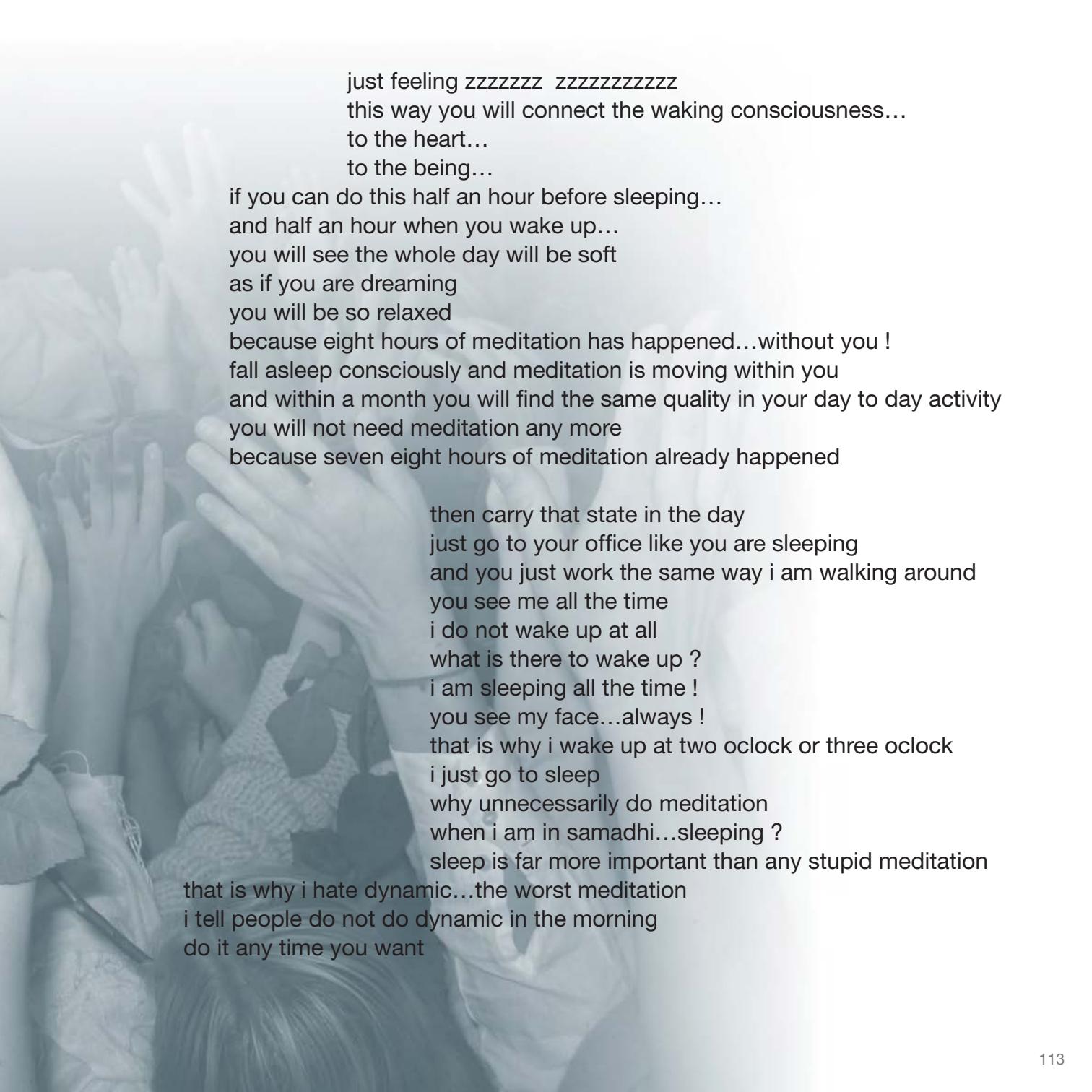
in sleep you never fall into the hara
you exit from the navel
and you are free

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

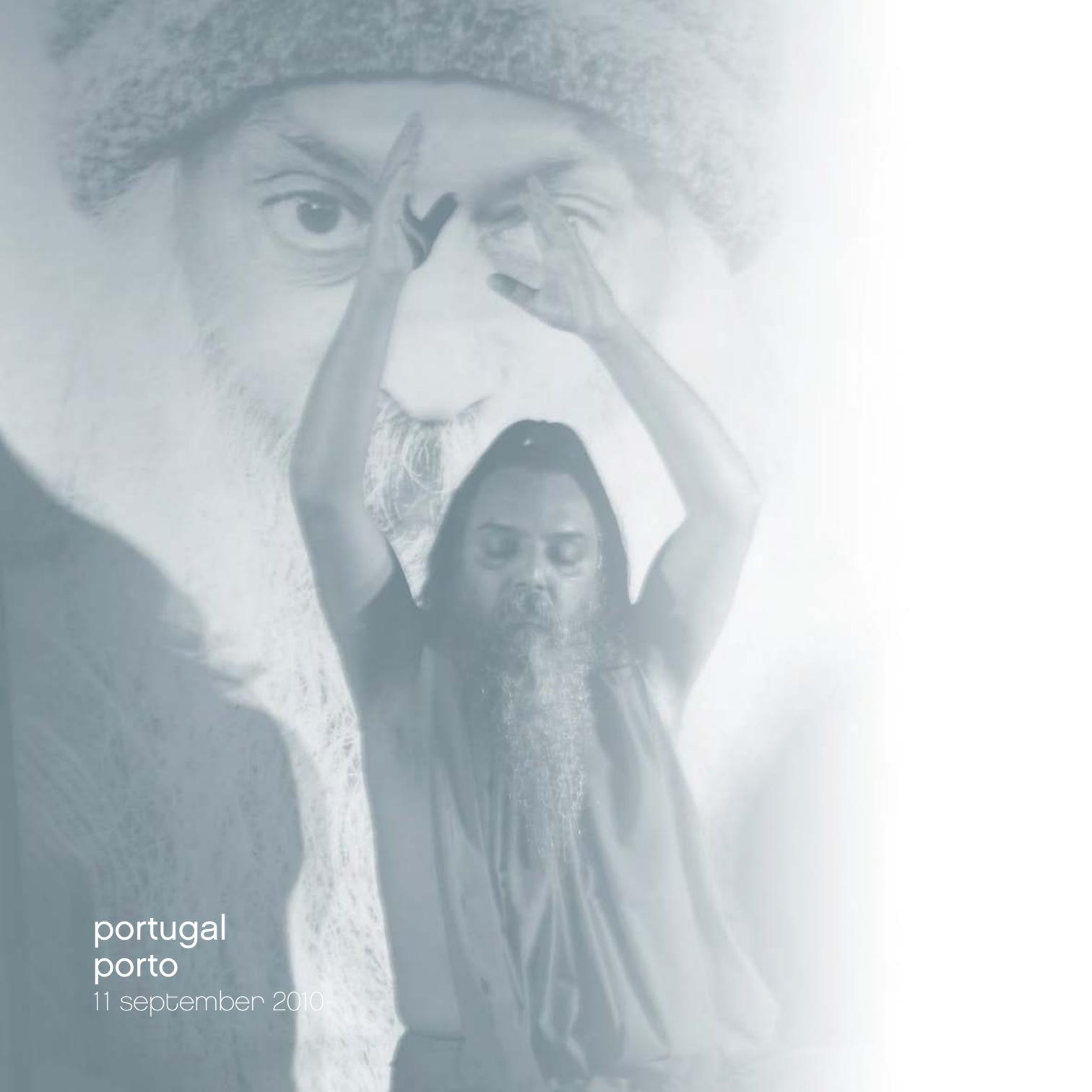
today is first day i came to the camp at three oclock
i had to lose one hour of sleep...too much for me
i need sixteen hours of sleep
i can sleep three days
sleep is so important

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

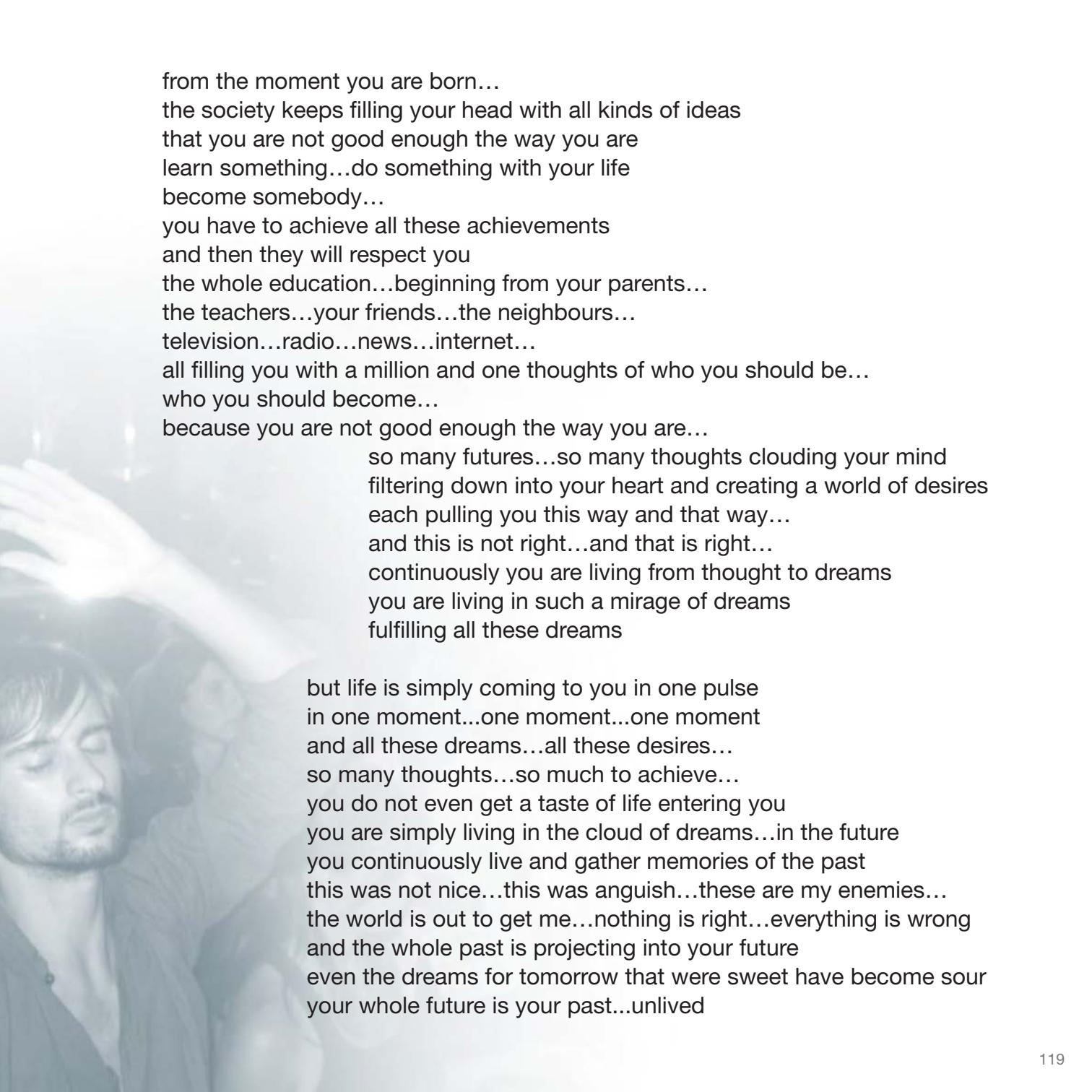
this is the vertical reality of the present moment
pulsating in its totality
suddenly you are present herenow
mind has completely evaporated
this totality evaporates the mind...the dreams...the desires...
and the window opens to this reality

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 here now
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

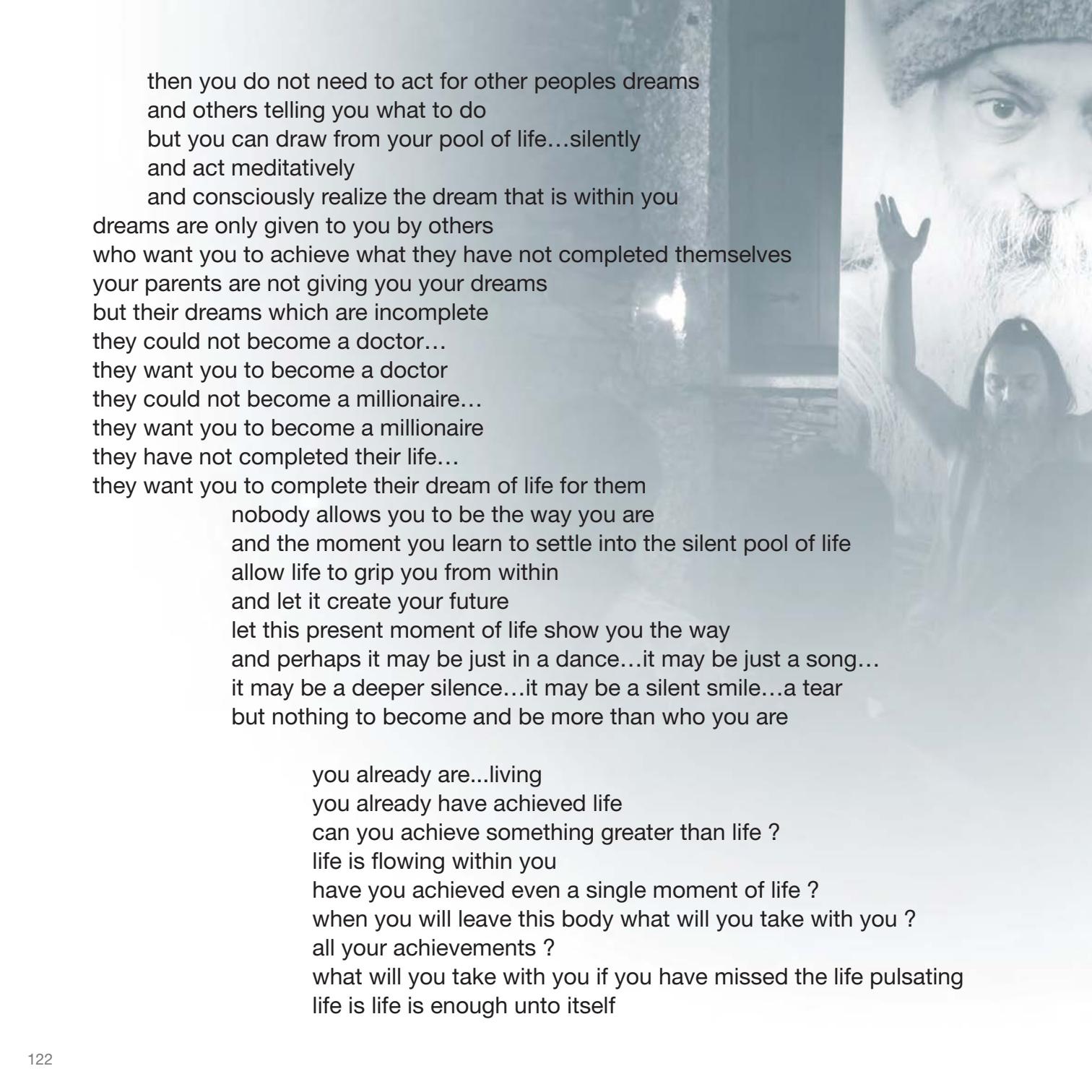
just being at the very source of this pulse of life

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

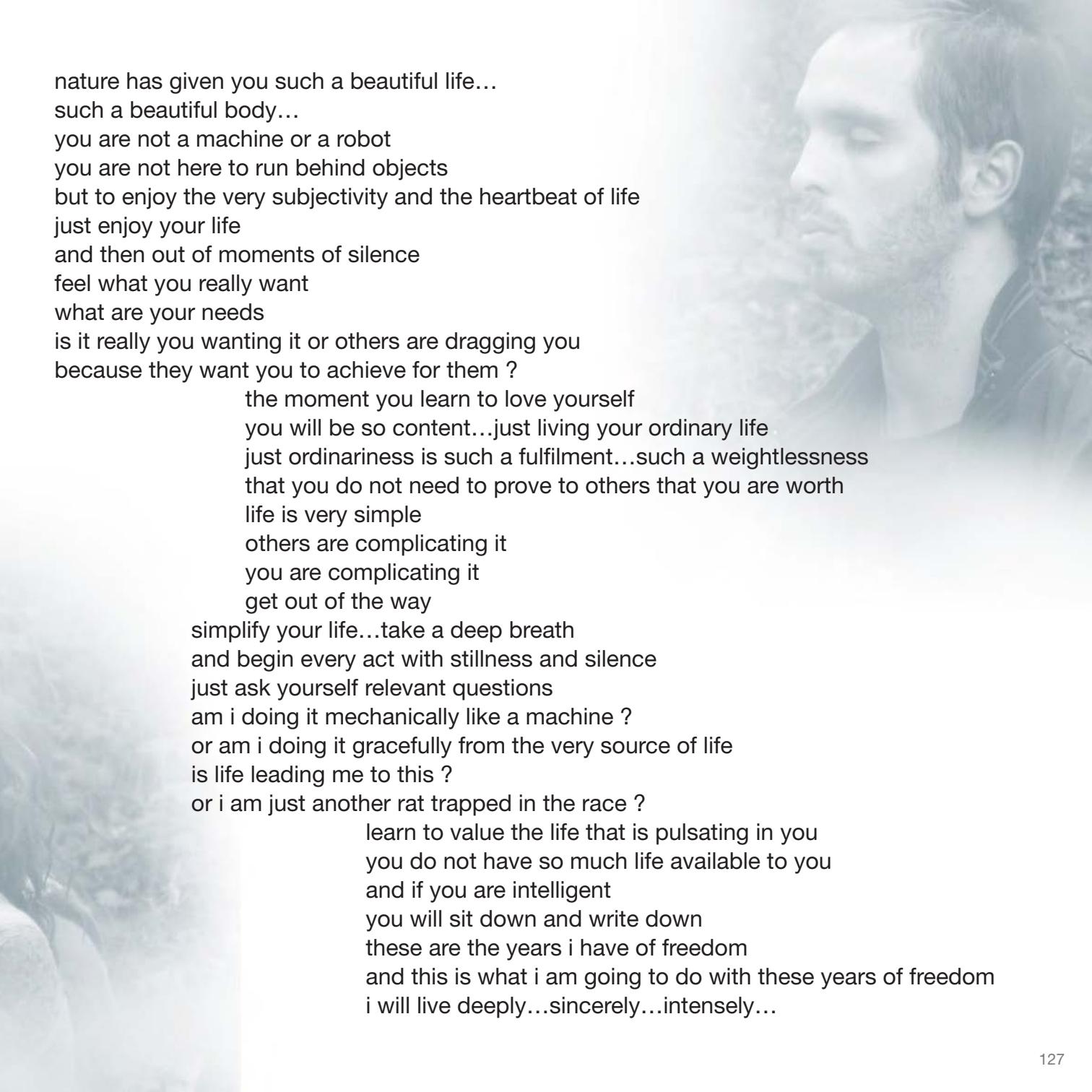
sixty years of meaningless existence
living in dreams and thoughts and desires...
that others have been given to you
what will you do for seventy years...seven hundred years...
seven thousand years...seven million years...
when you leave the body
how much of the future are you securing ?
the future for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

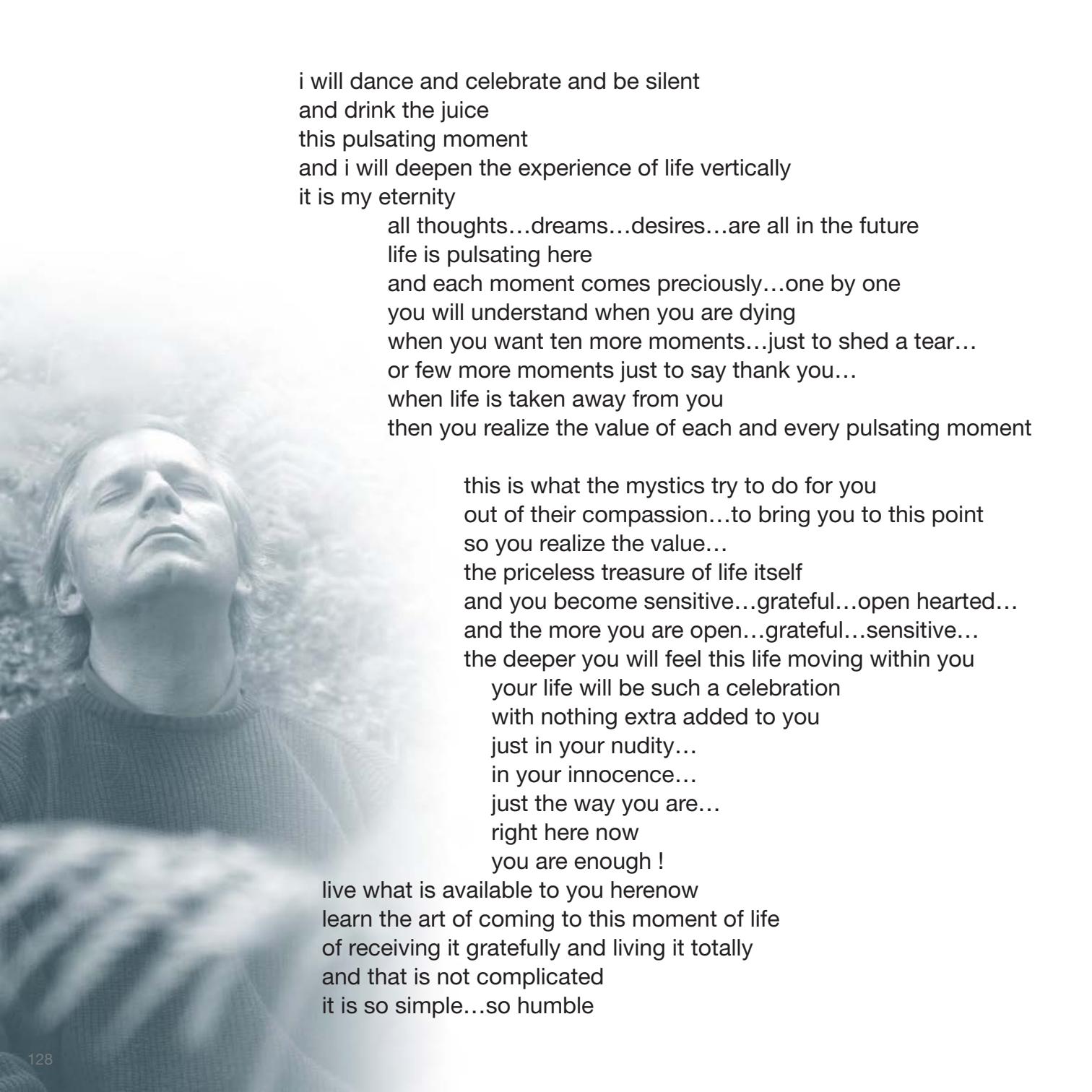


nature has given you such a beautiful life...
such a beautiful body...
you are not a machine or a robot
you are not here to run behind objects
but to enjoy the very subjectivity and the heartbeat of life
just enjoy your life
and then out of moments of silence
feel what you really want
what are your needs
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

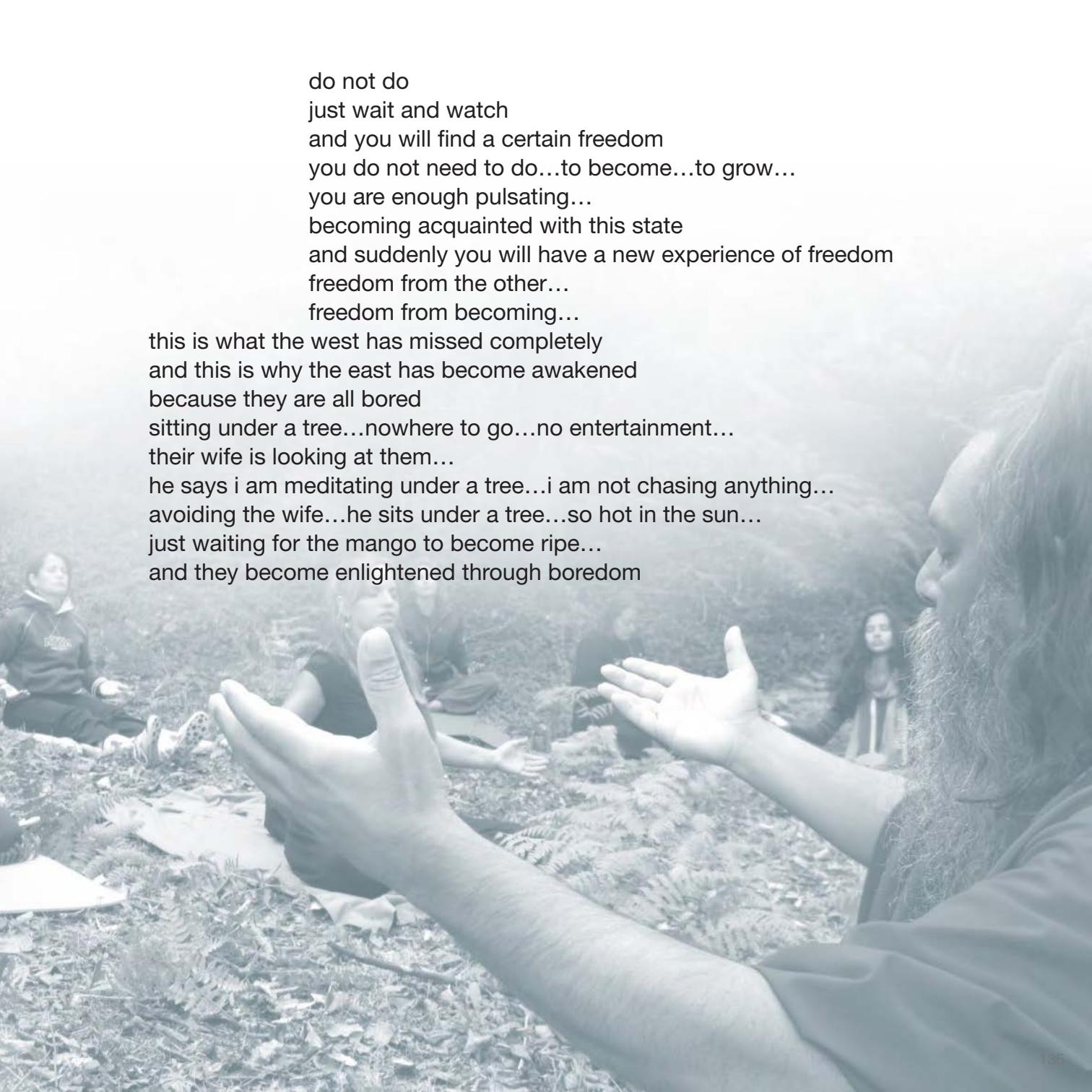
it will make you feel a little agitated...nervous...anxious...
because you are not used to listen to the vibration of your stillness
you will suddenly feel...i am alone...i need to go and meet a friend
i need to go to the pub...drink something...talk to somebody...
get on the mobile phone...call somebody
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...

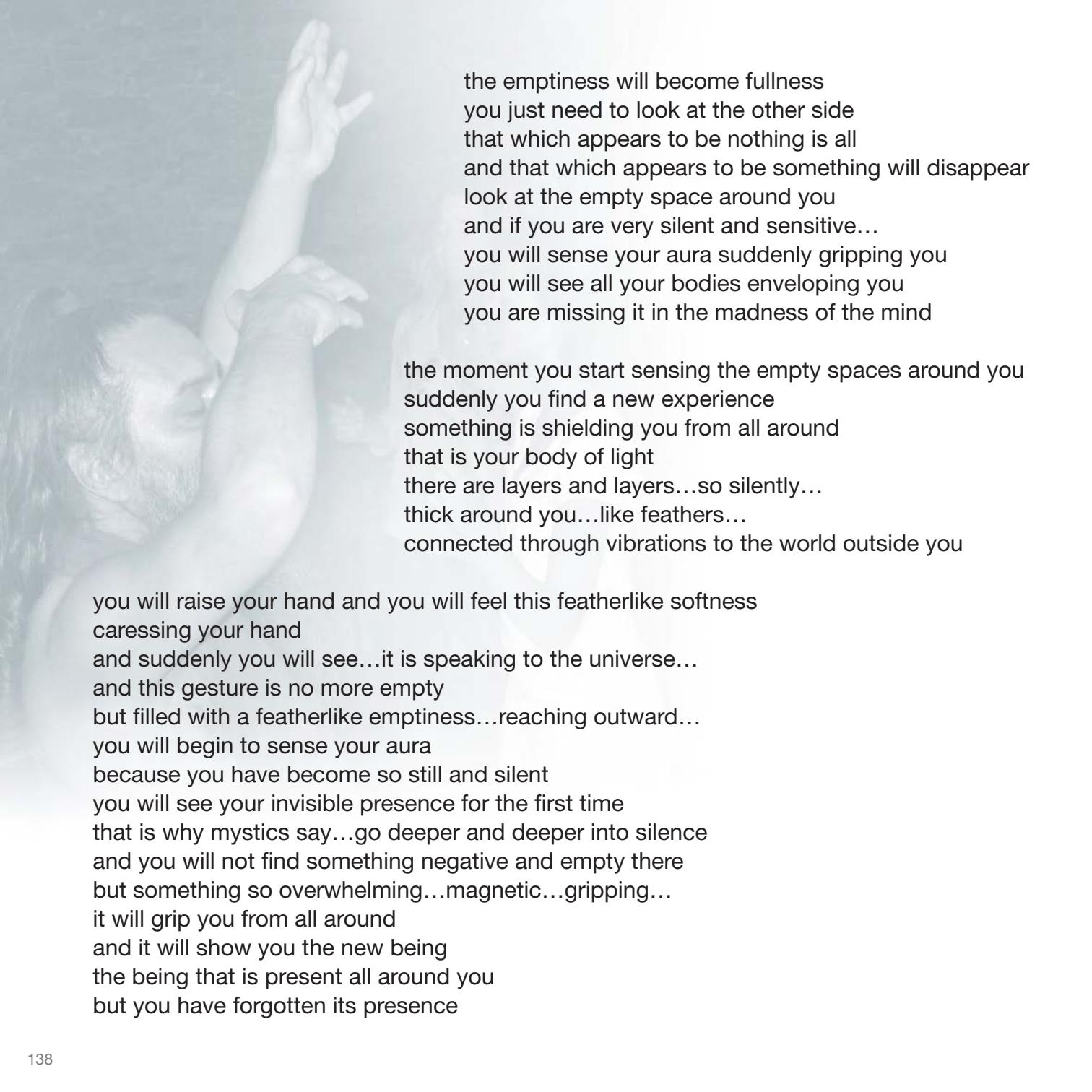
i love the word boredom
it is so juicy...it reminds me of a ripe mango...so nice !
do you see the freedom of that word ?
nowhere to go...nothing to do...

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

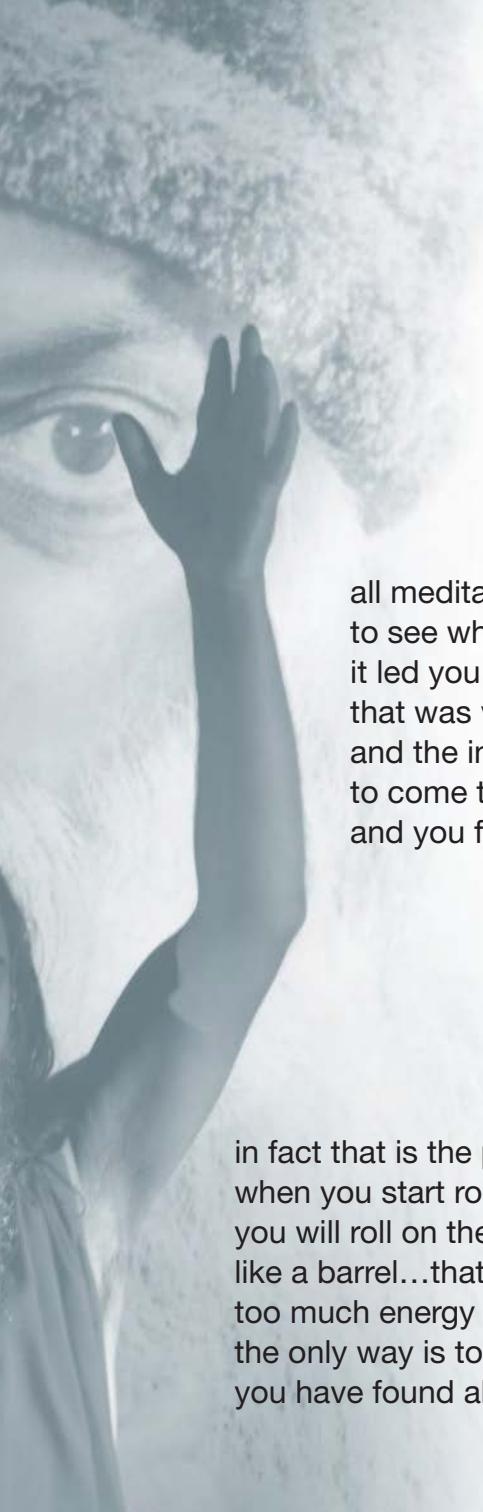
and it moves out and out...never ending...

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

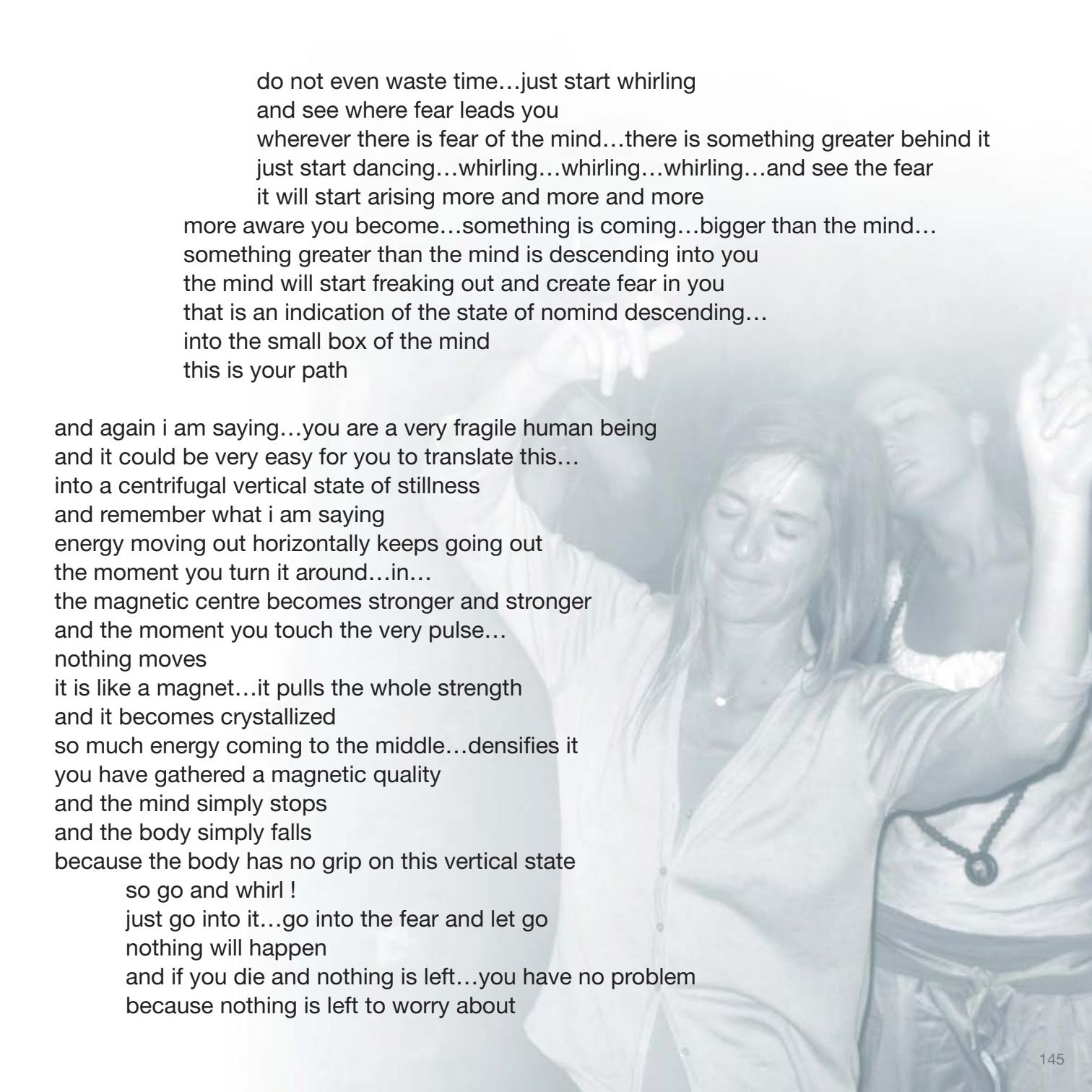
the mind does not relate to the state of nomind

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 no mind 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

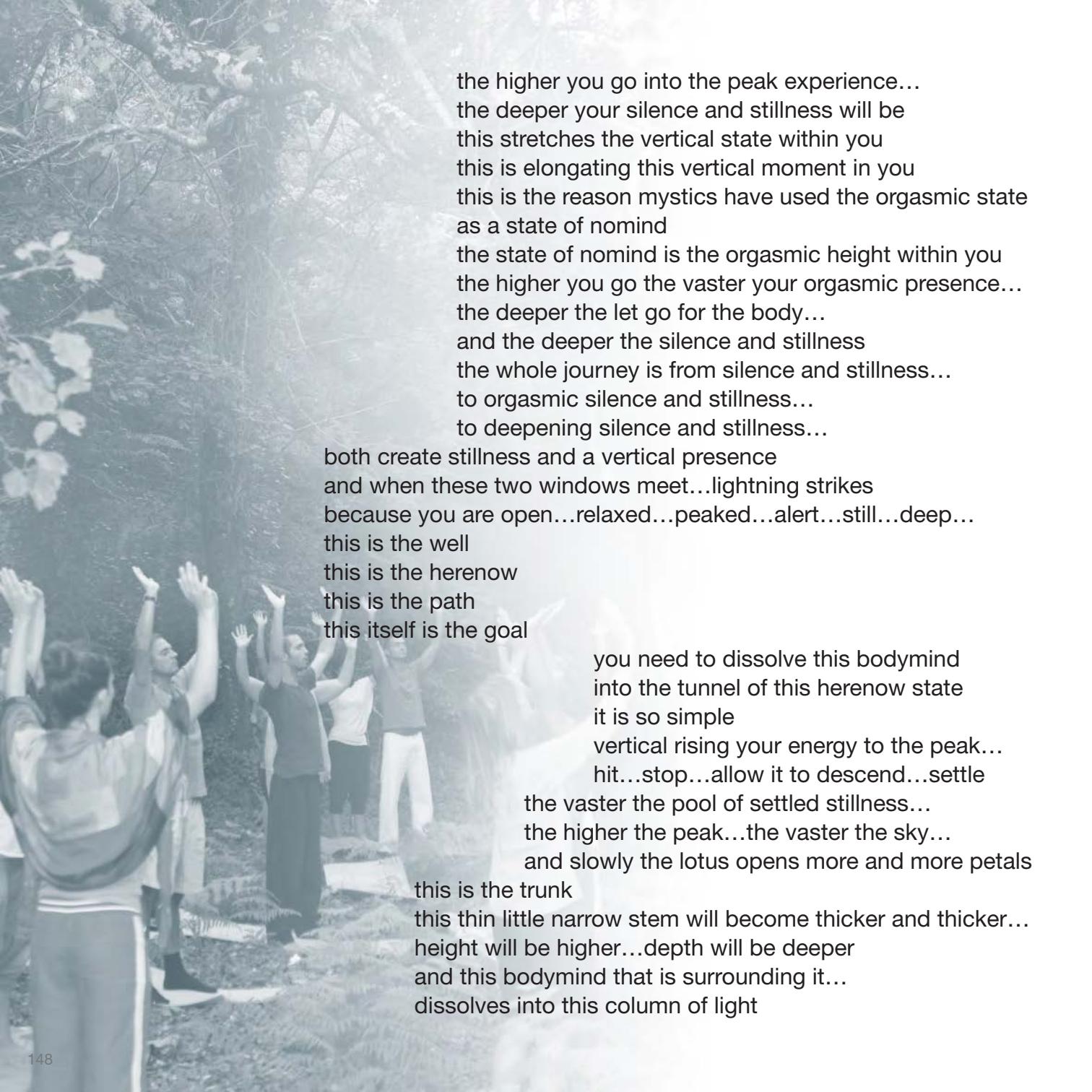
and if you die and you are still there...no need to worry
because i am still here...watching...i am dying
so either way you cannot lose
if you die and nothing is left...you are solved
because no one to worry
if you die...you leave the body and you see you are still there...
again nothing to worry because 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...

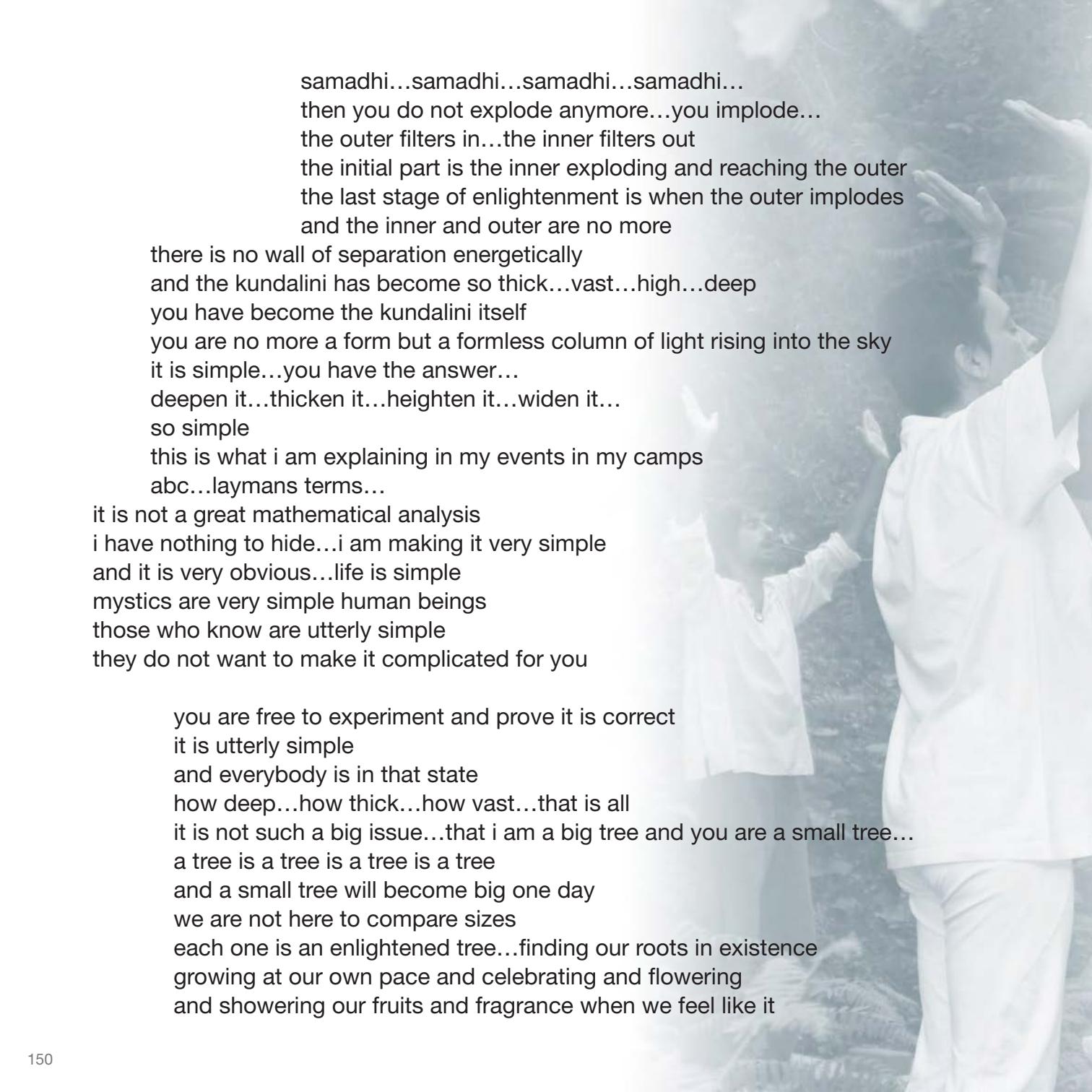
both create stillness and a vertical presence
and when these two windows meet...lightning strikes
because you are open...relaxed...peaked...alert...still...deep...
this is the well
this is the herenow
this is the path
this itself is the goal

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

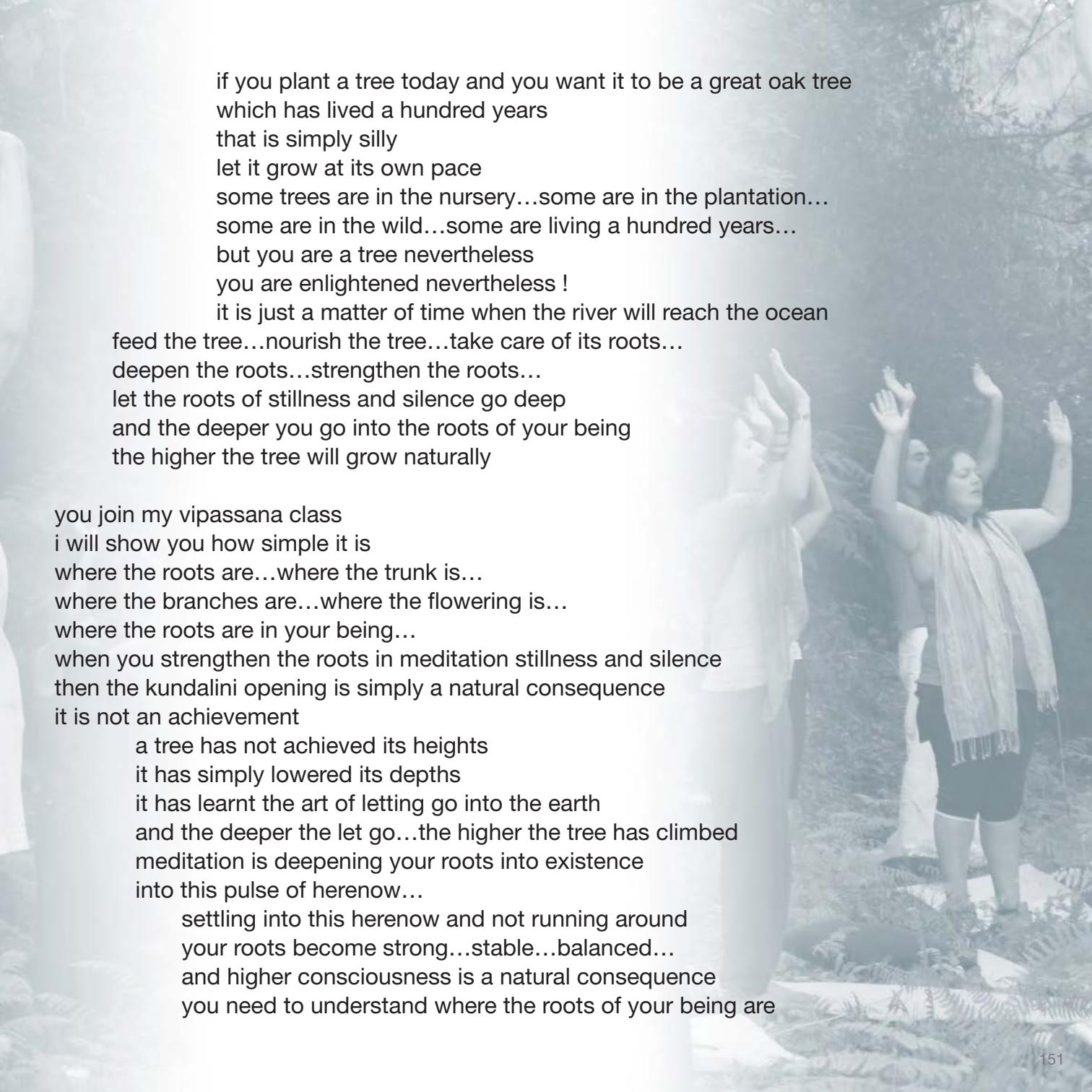


samadhi...samadhi...samadhi...samadhi...
then you do not explode anymore...you implode...
the outer filters in...the inner filters out
the initial part is the inner exploding and reaching the outer
the last stage of enlightenment is when the outer implodes
and the inner and outer are no more

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 no 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

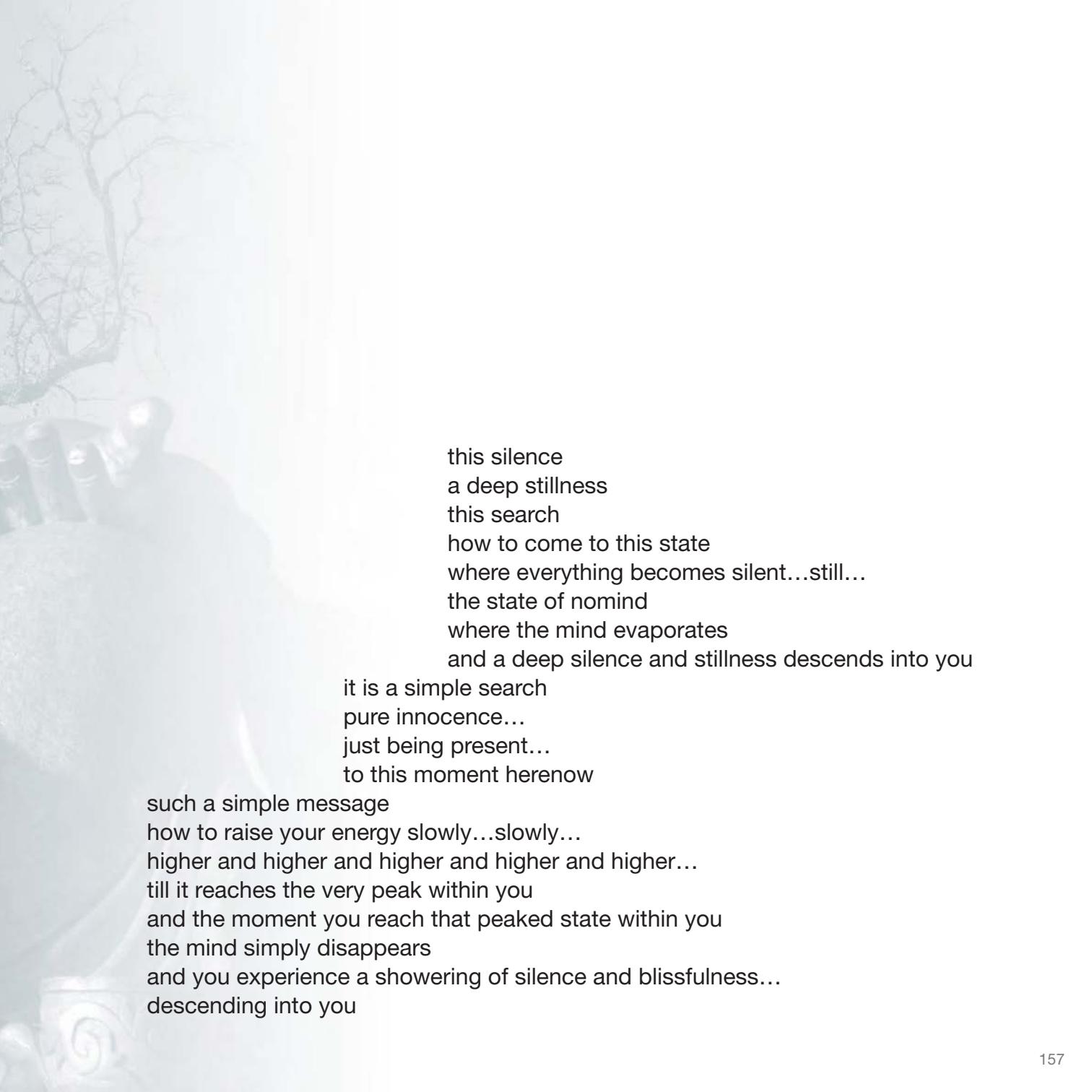
god must be in agony
these angels do not stop singing
why do they not shut up ??
this is torture !
better go to hell !!
just imagine somebody has been there for eternity
angels are not singing halleluya for him
they are singing for the newcomers
who just arrived into the gates of heaven
haaleluya they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

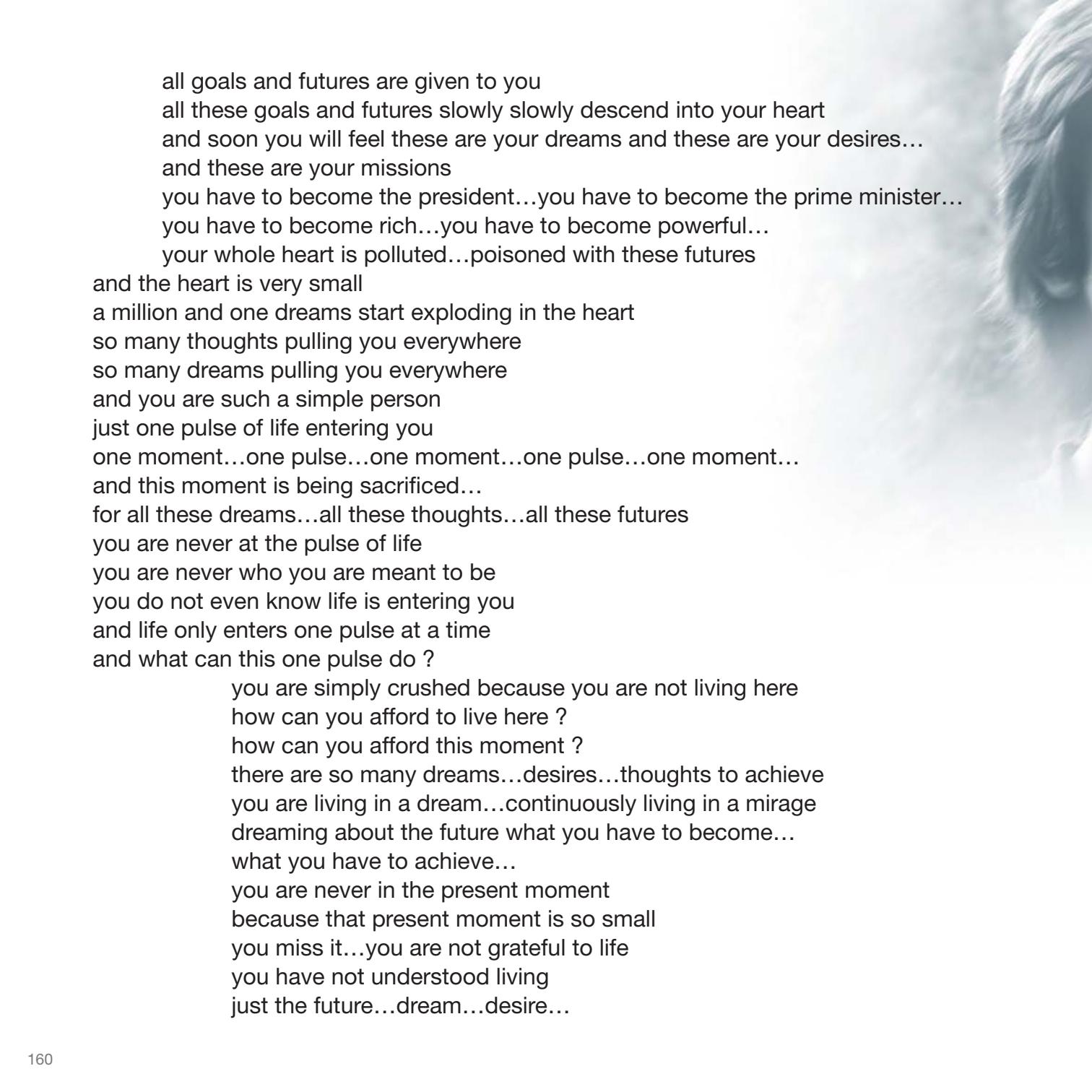
meditation rooted in the earth...touching the sky...

and the sky rooted in the earth

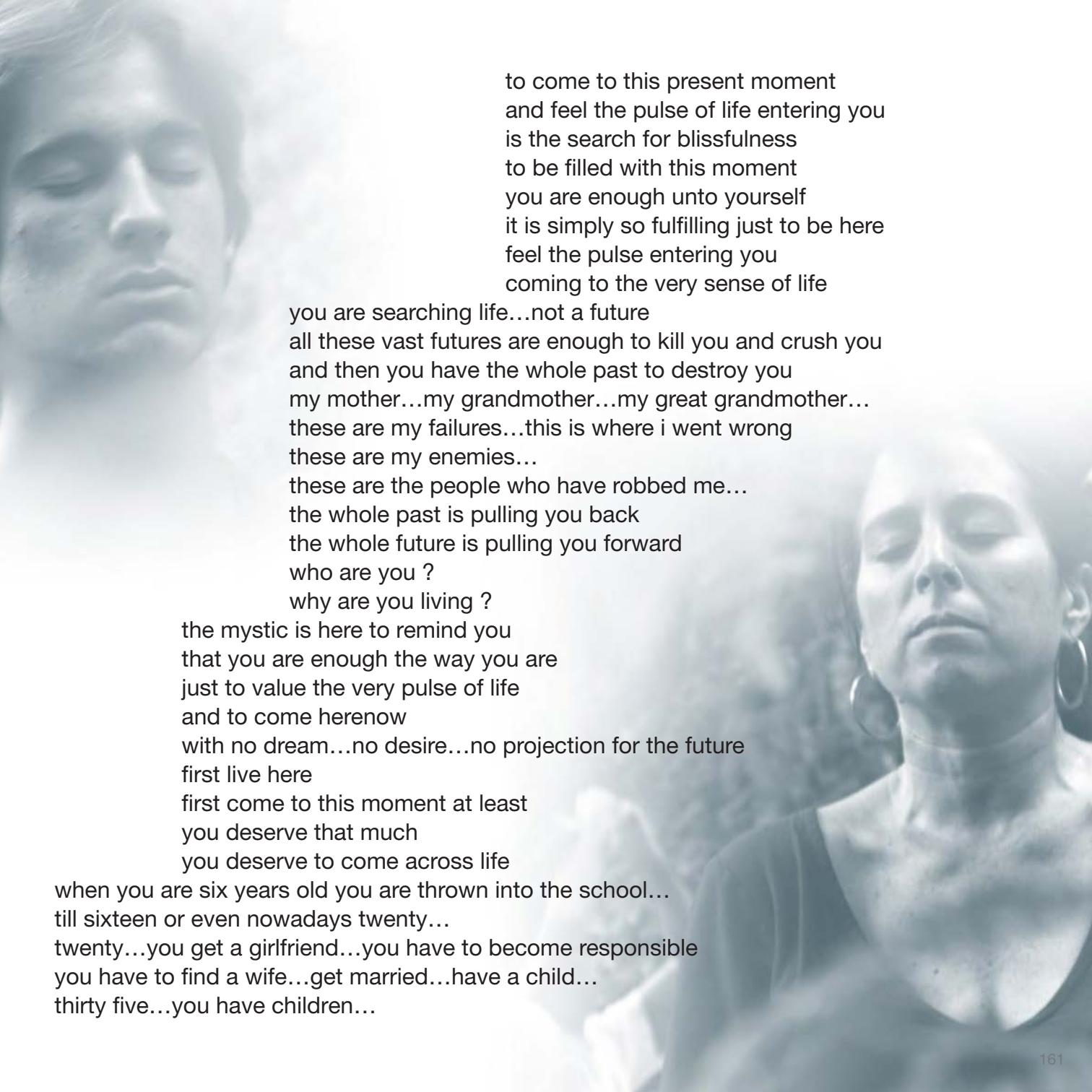


this is the vertical moment where you are present
not moving into the future of dream and desire and thought...
not living in the past...
just coming to this vertical moment
and you arrive to a new experience of the beyond
your mind is a doer...left and right
you are born pure vertical silence
with no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

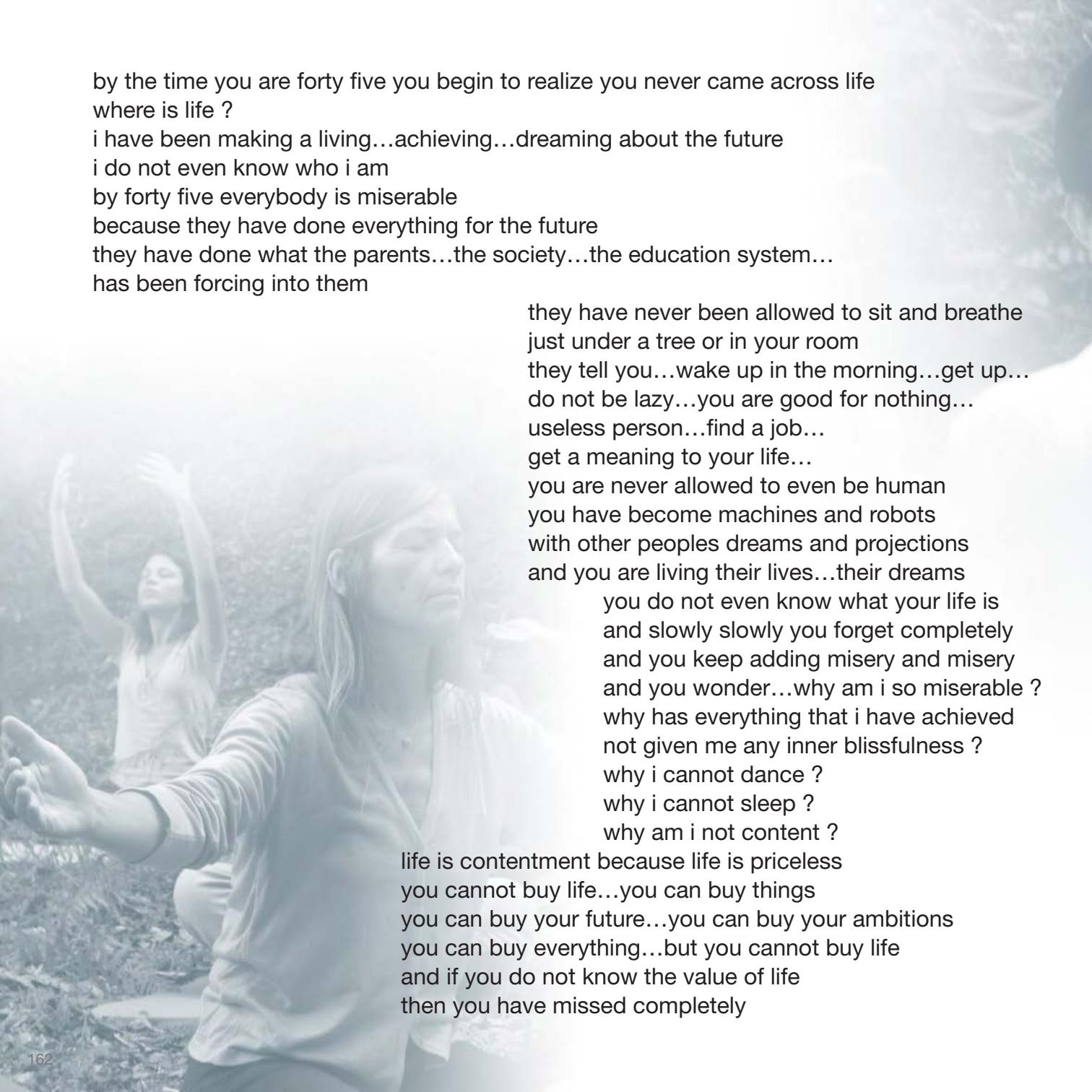


to come to this present moment
and feel the pulse of life entering you
is the search for blissfulness
to be filled with this moment
you are enough unto yourself
it is simply so fulfilling just to be here
feel the pulse entering you
coming to the very sense of life

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

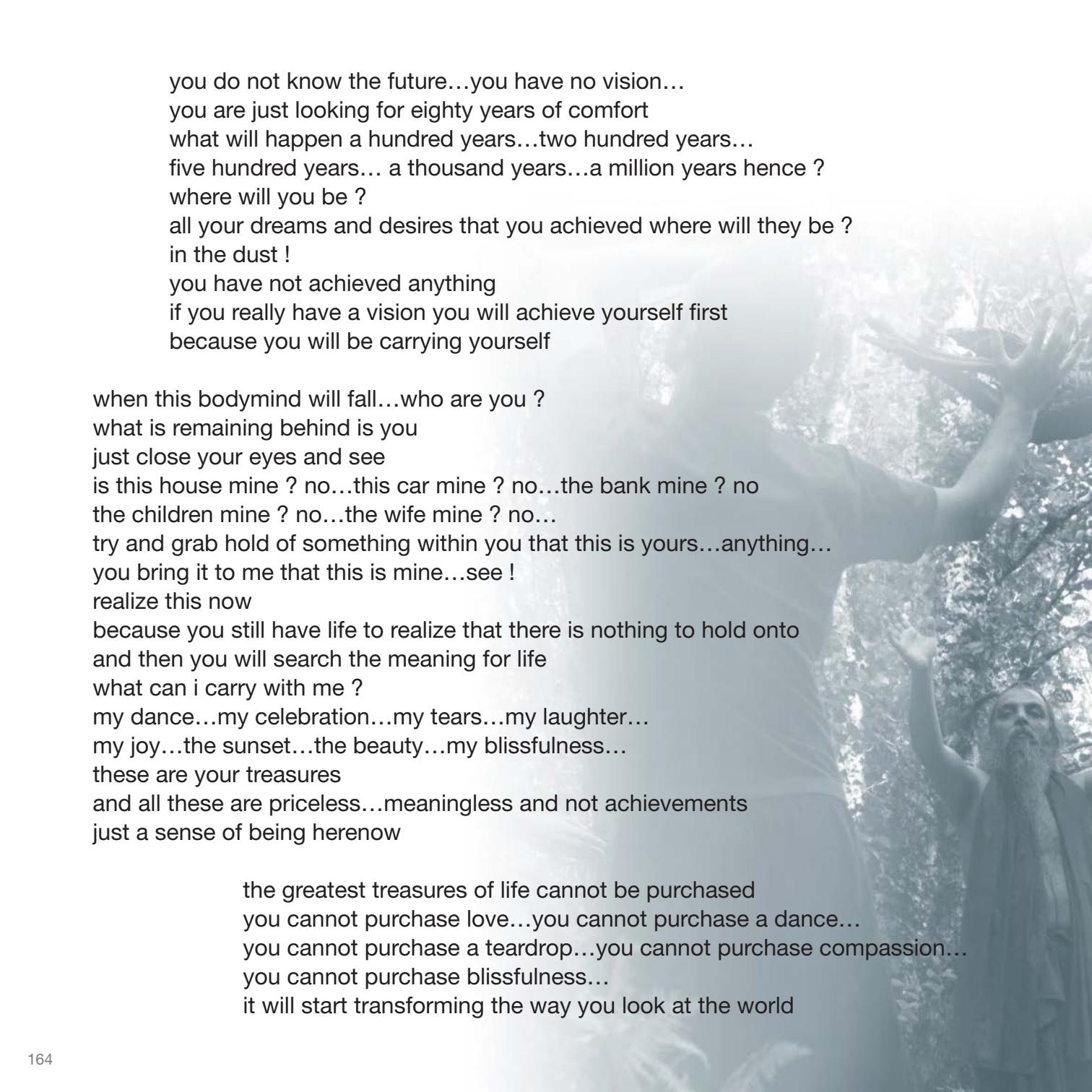
let us say you have achieved a hundred and ten years...

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

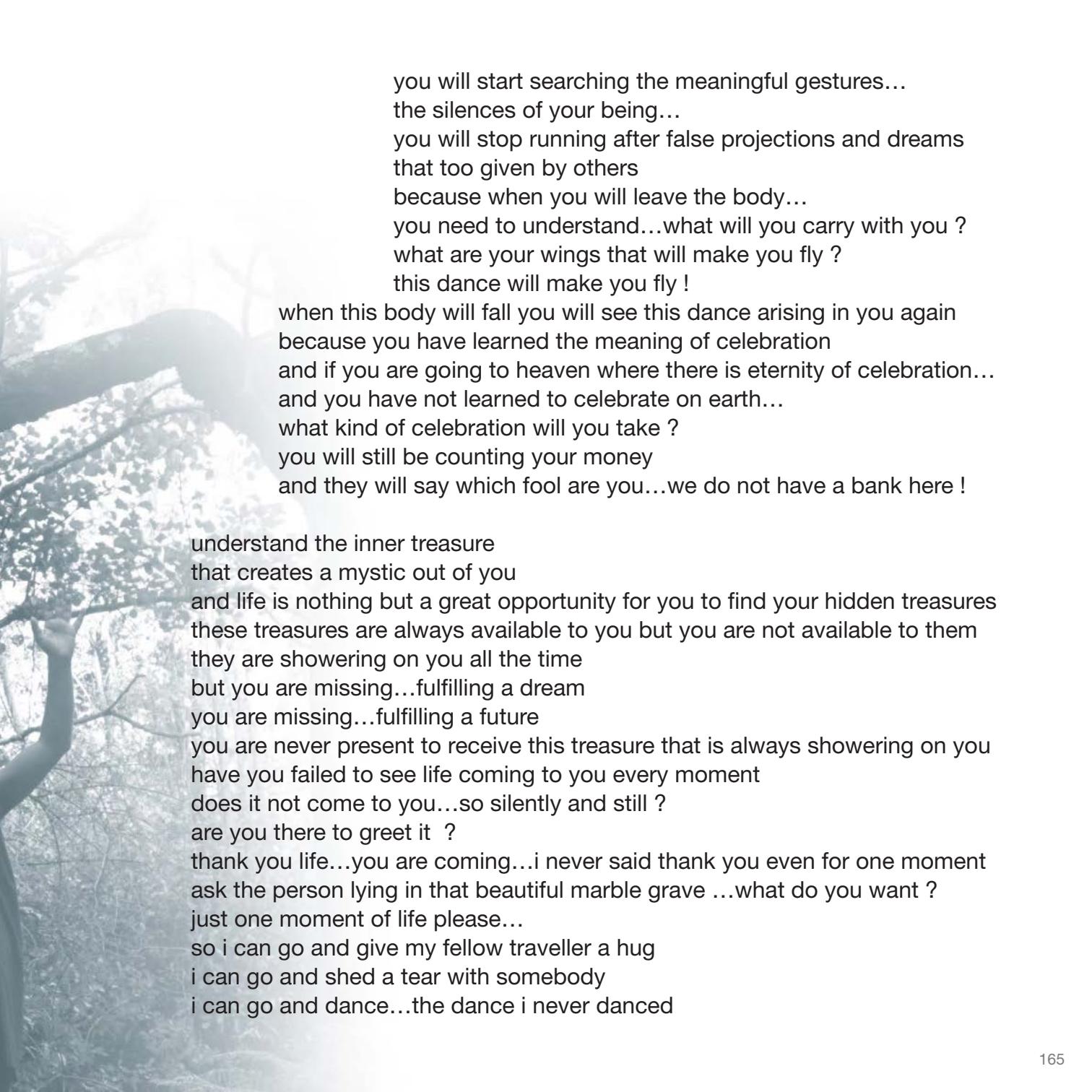
investing in no future



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 !

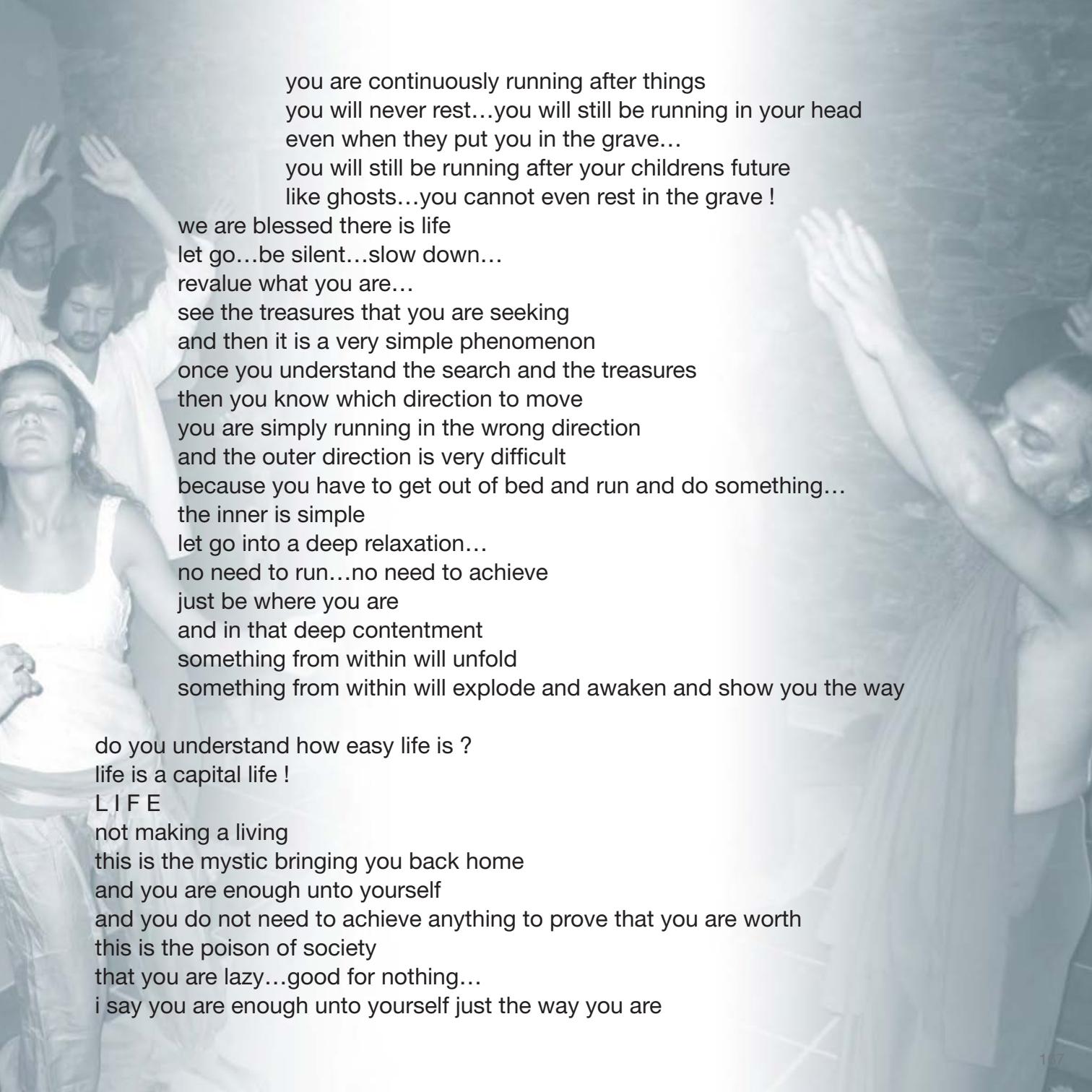
when this body will fall you will see this dance arising in you again
because you have learned the meaning of celebration
and if you are going to heaven where there is eternity of celebration...
and you have not learned to celebrate on earth...
what kind of celebration will you take ?
you will still 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



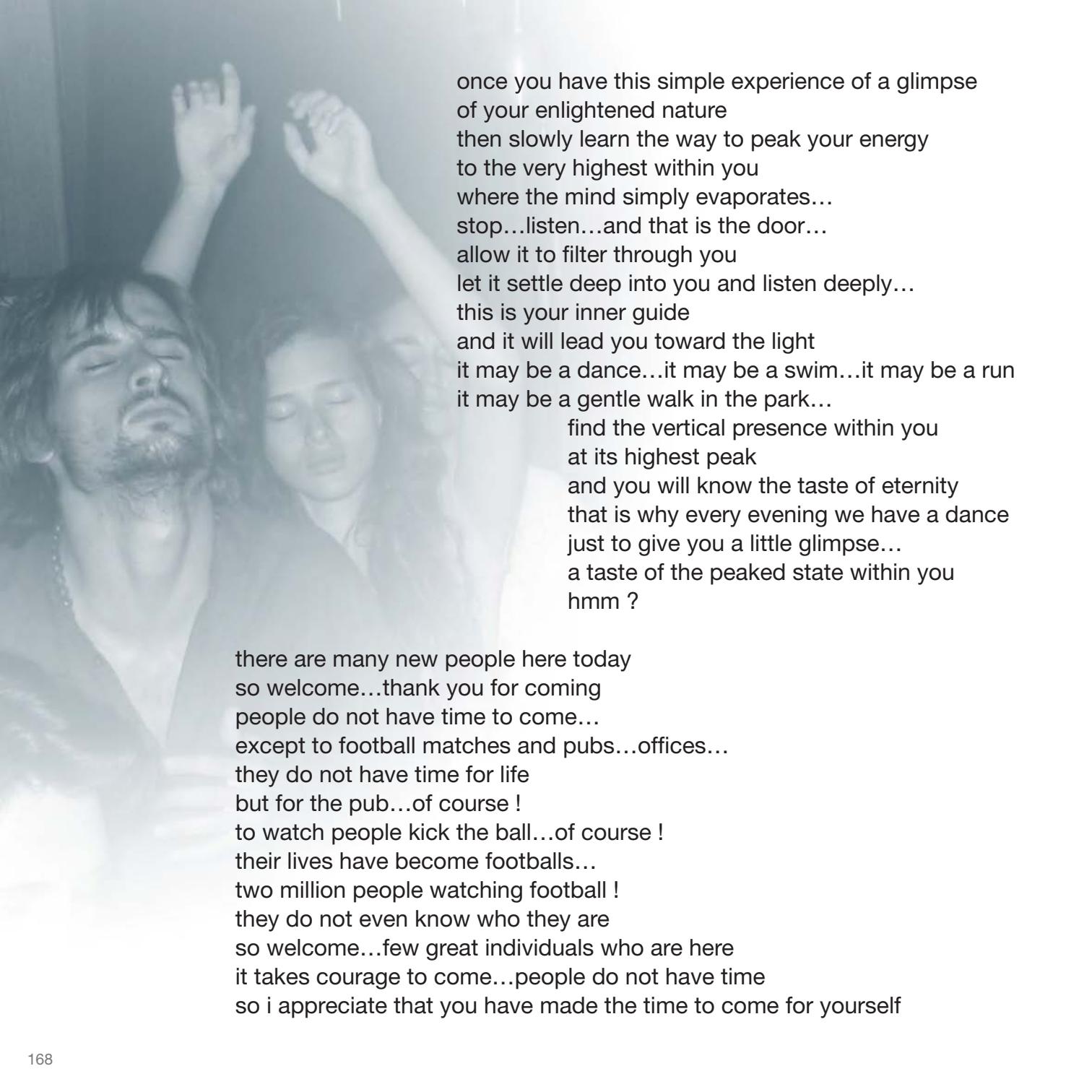
you are continuously running after things
you will never rest...you will still be running in your head
even when they put you in the grave...
you will still be running after your childrens future
like ghosts...you cannot even rest in the grave !

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

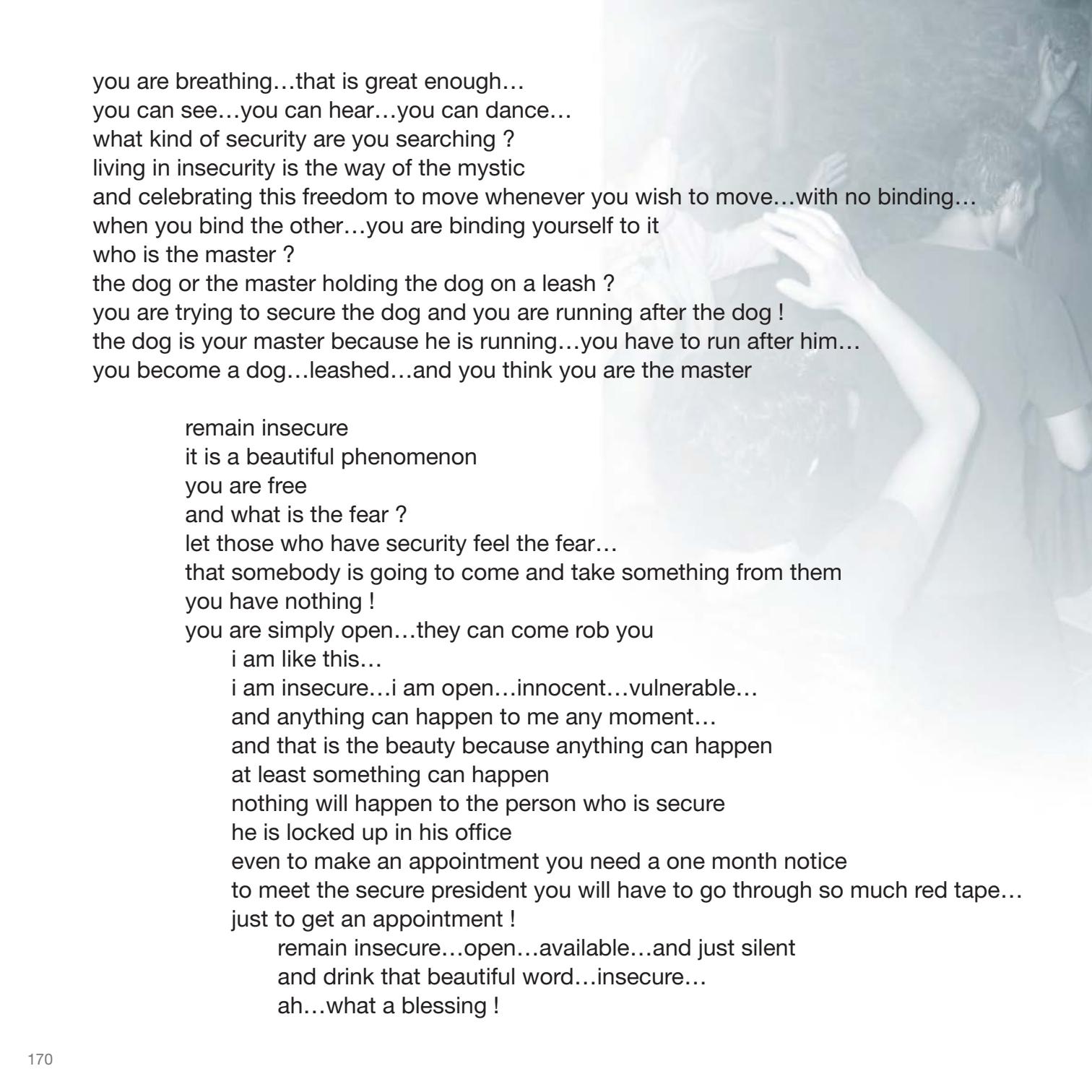
any questions you are welcome to ask
i will try to give you some stupid answer
hmm ?

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

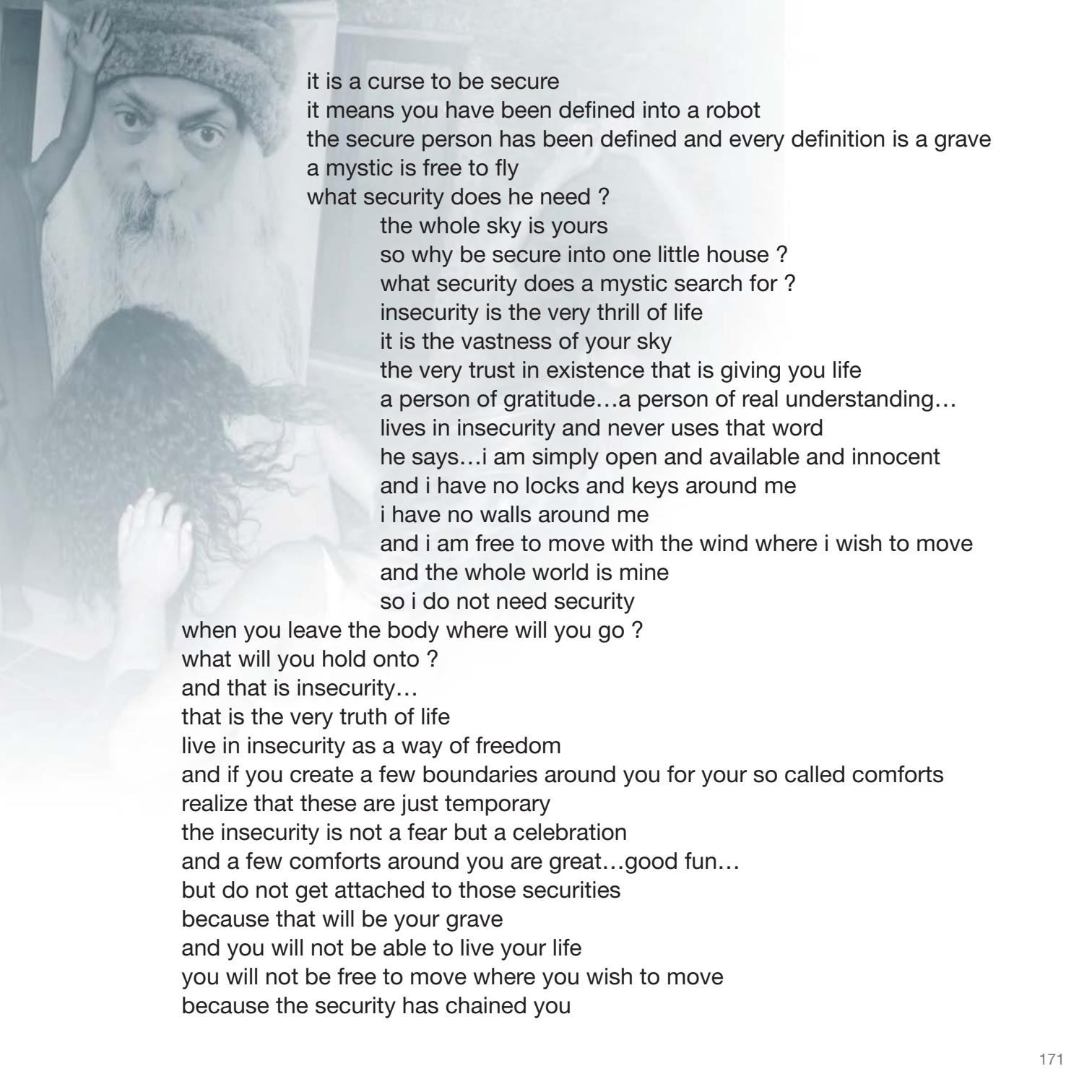
it means you are available to the next moment
and you have no sense of security around you
it is actually a very beautiful word
your doors are open...so there is no security
you are not locked up in a house with a nice padlock
security means grave
you can be really secure in the grave
insecurity is a 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

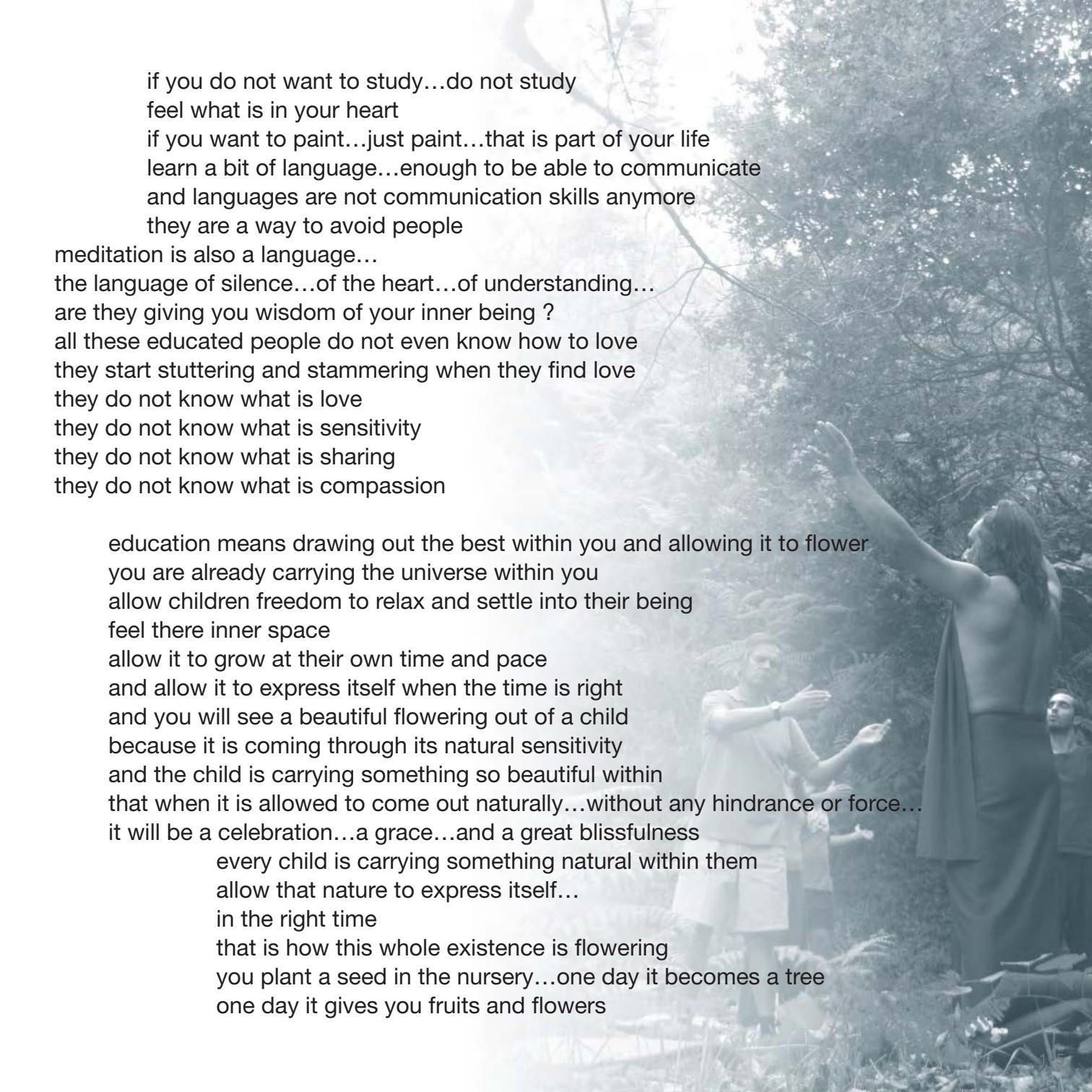
your education system is living in the dead past

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

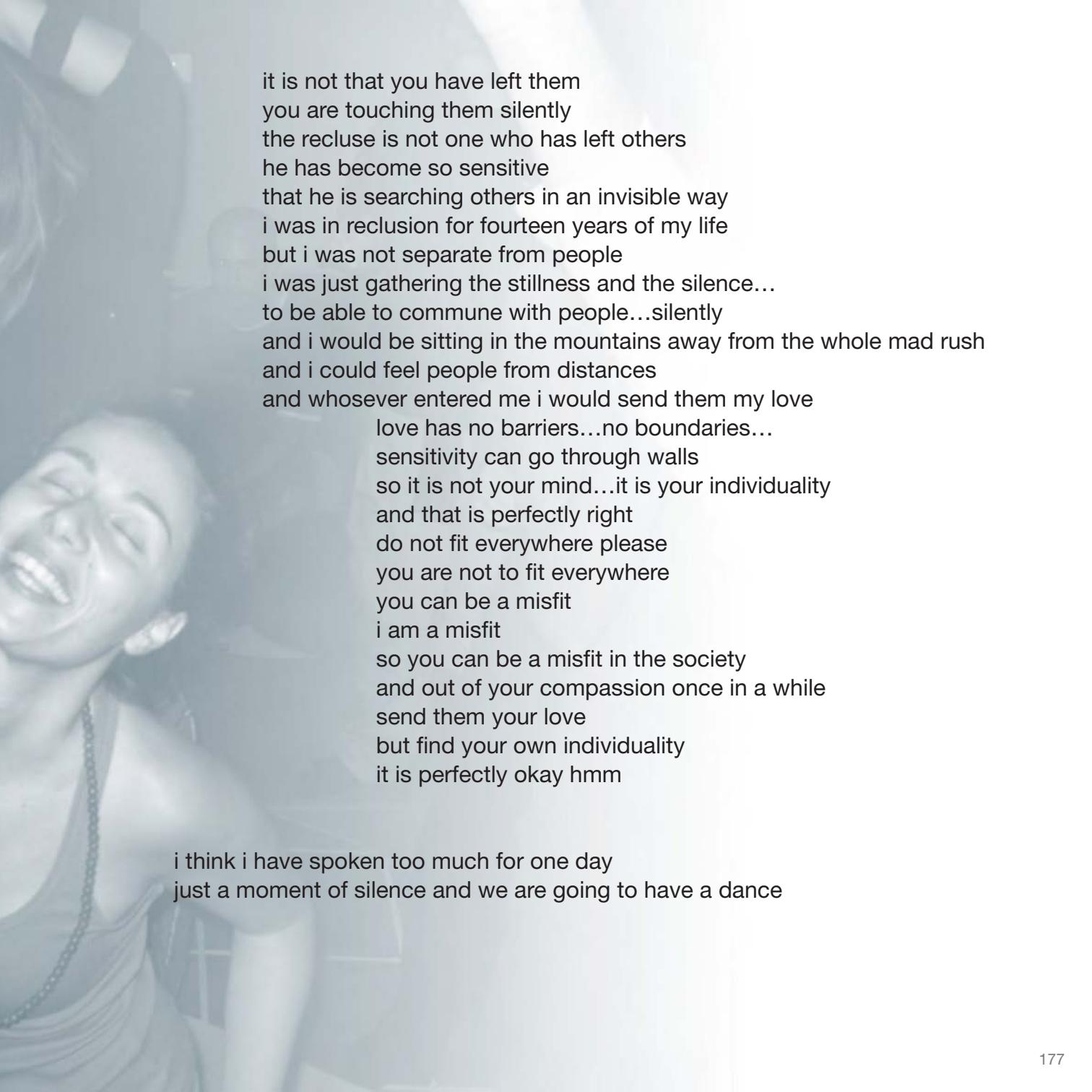
meditation is also a language...
the language of silence...of the heart...of understanding...
are they giving you wisdom of your inner being ?
all these educated people do not even know how to love
they start stuttering and stammering when they find love
they do not know what is love
they do not know 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 their 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

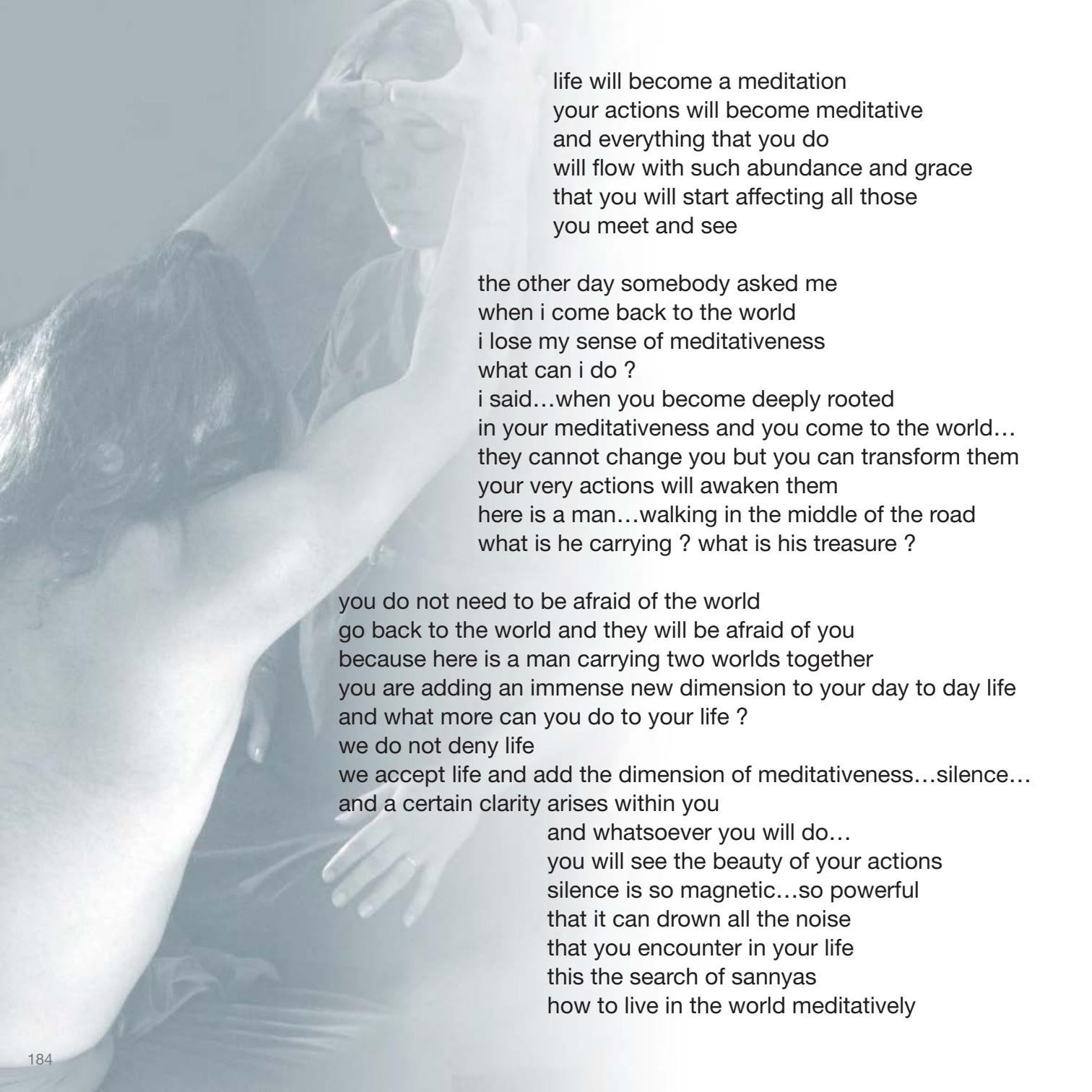


be silent in your office...in the marketplace...at your work...at home...
draw from the stillness within you...into each and every act of yours
cooking your food...taking a walk...having a bath...
taking care of your children...going to the office...
then everything can be bridged
then the inner and 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

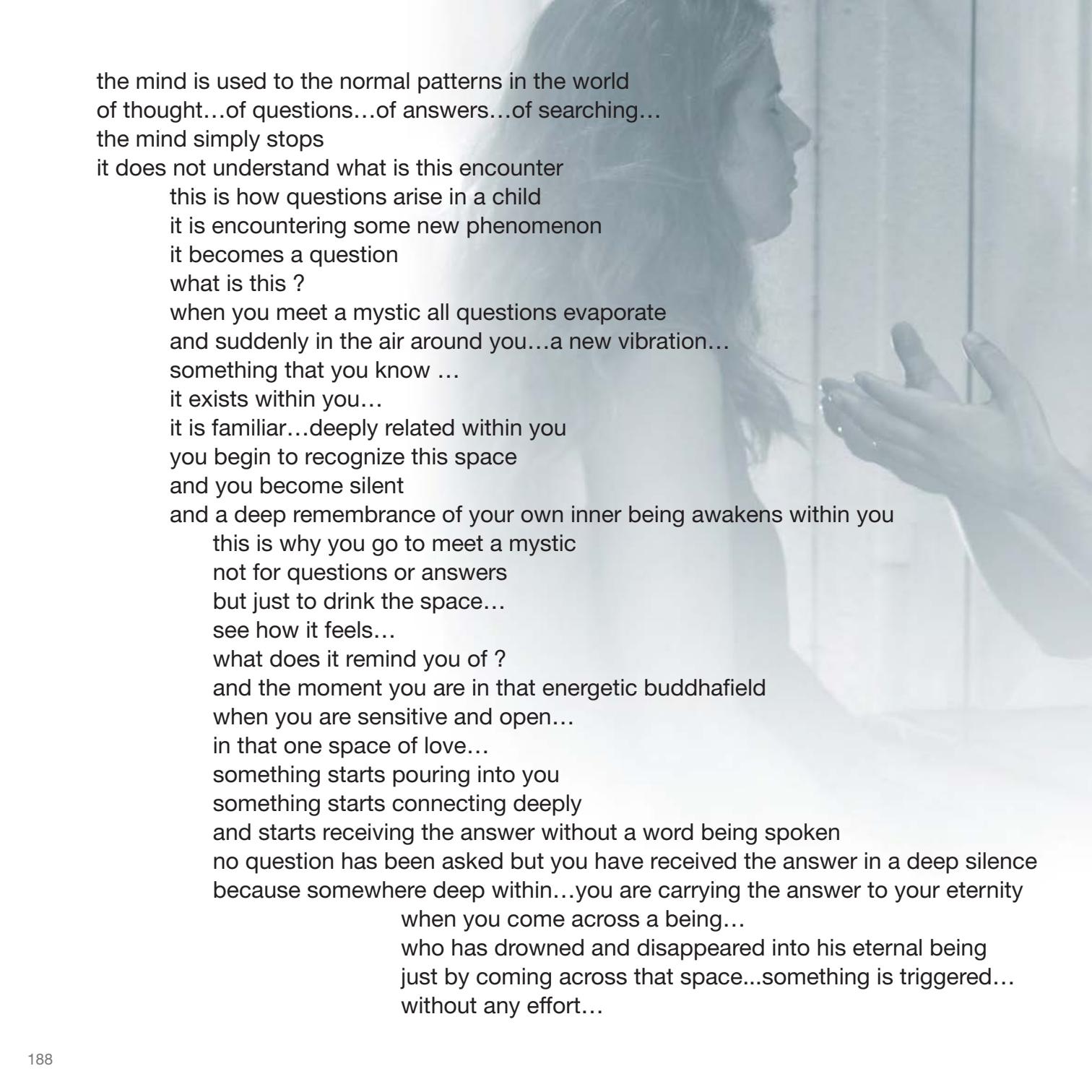
if each one of us does this
slowly slowly this message will spread around the world
the world needs this message...not the himalayas
disciples of osho do not escape from the world
there is no escape...you have to live in the world
and there is no need to escape anywhere...
escape within...
bring out 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

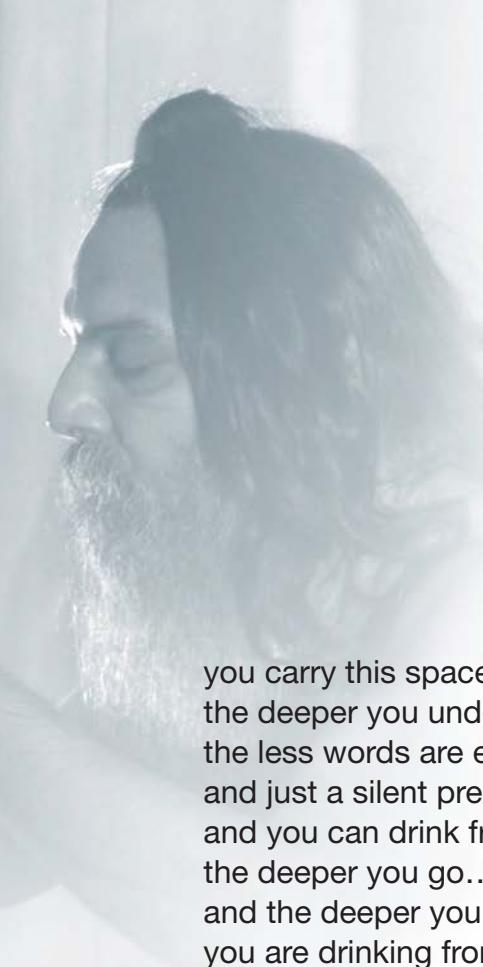
i was telling her the other day...escape !
now i say...no need to escape...
she is confused...now what to do ?
shall i escape or not escape ?
ha ha...new confusion for her...
yesterday i said...run away...escape...
today i say...no need to escape...
no need to rob the bank...you are the bank
you own 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

A woman with long hair is shown in profile, looking out a window. Her hands are held out in a prayerful or receptive gesture. The background is a bright, slightly blurred view of the outdoors.

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 buddhfield
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

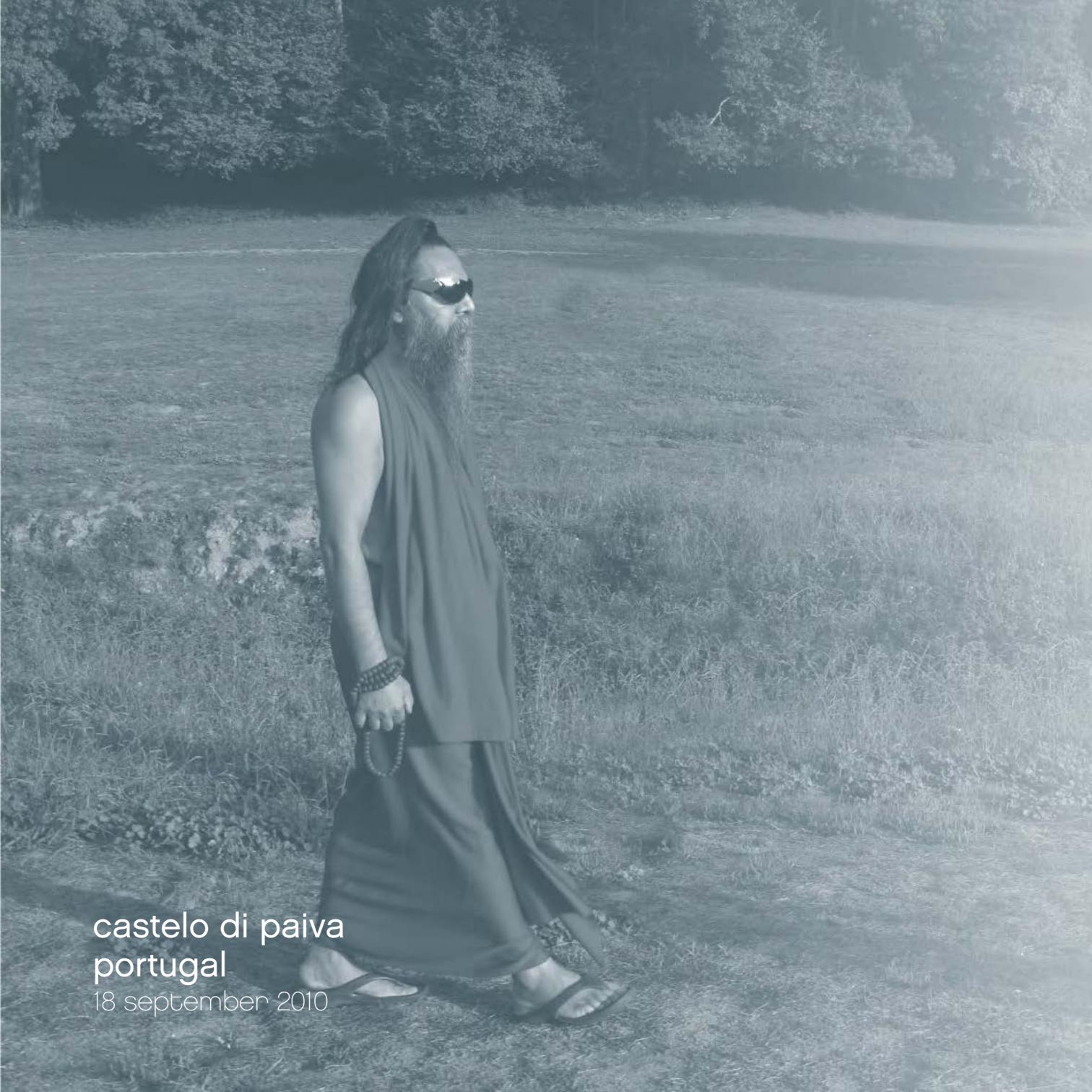
the moment your heart receives an answer it becomes silent
this is the answer...silence...
when love is happening your heart becomes calm and still and silent
and something begins to flow from within you
this is the device...to create a dance and a peak
and to bring you to that moment so that your mind 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

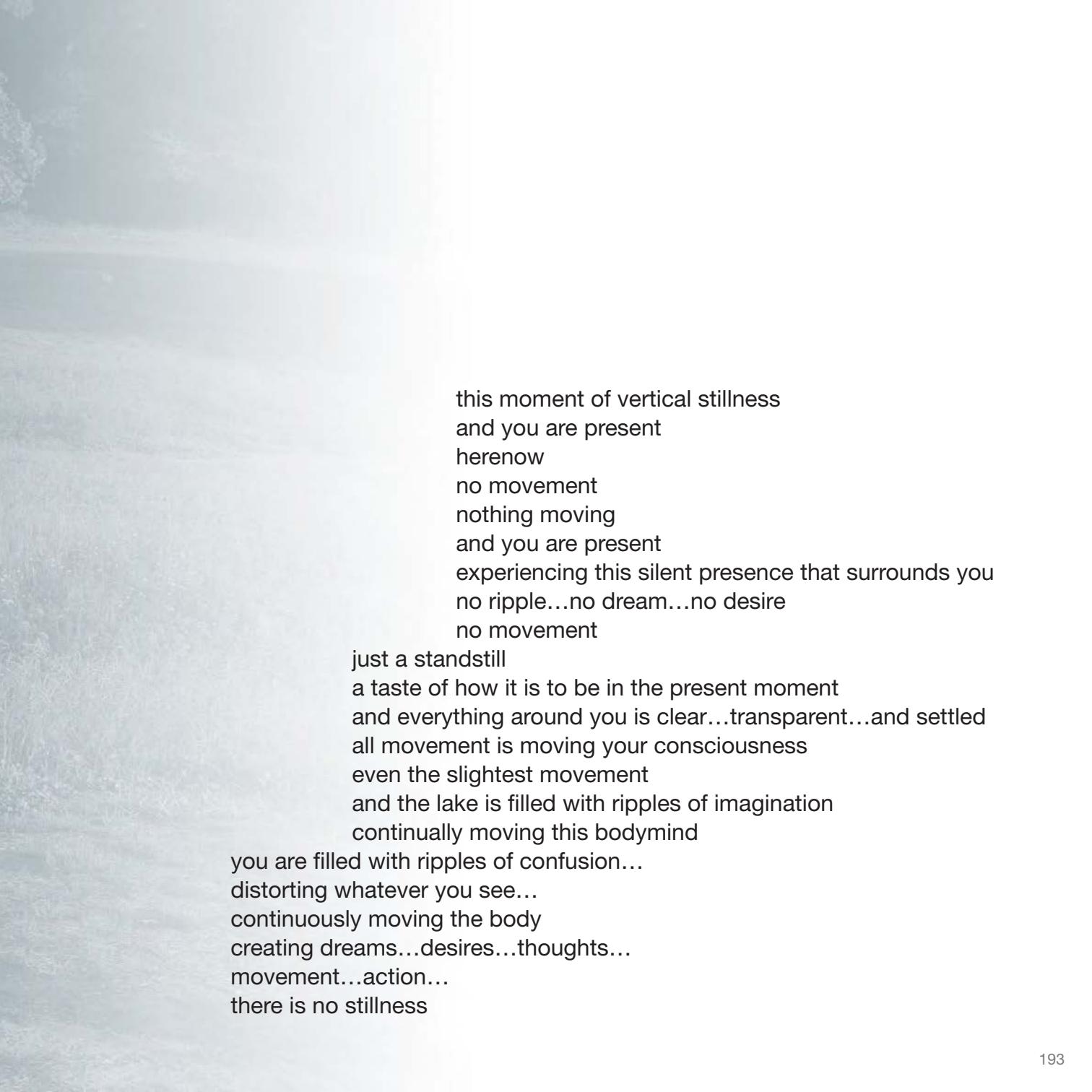
teachers cannot give it to you
therapists cannot give it to you
you need to come across somebody
who has experienced that explosion of vertical states
just be near that person...open and silent...
and one simple device...a little dance...a little opening...
perhaps a little laughter...and something evaporates
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

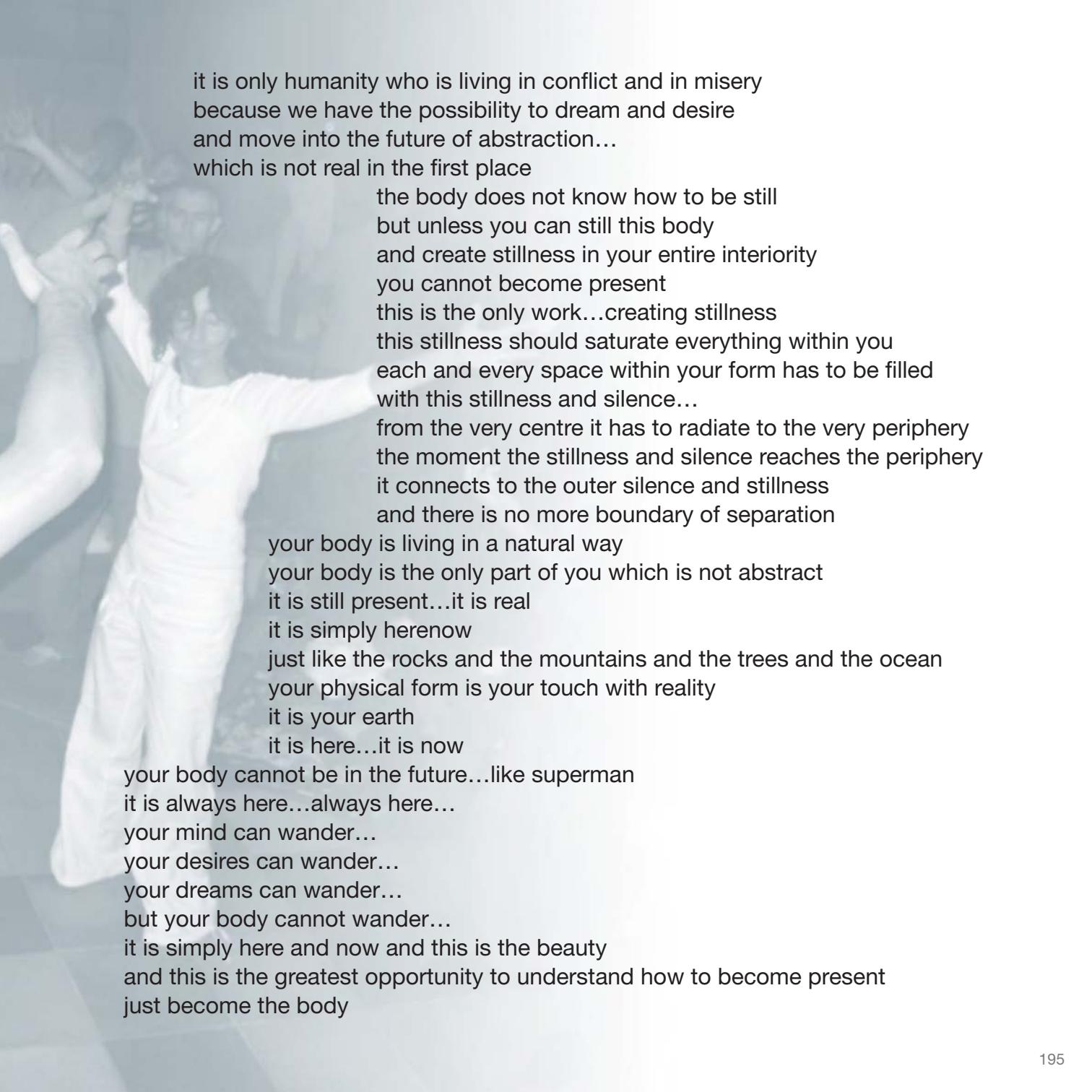
just a standstill
a taste of how it is to be in the present moment
and everything around you is clear...transparent...and settled
all movement is moving your consciousness
even the slightest movement
and the lake is filled with ripples of imagination
continually moving this bodymind

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

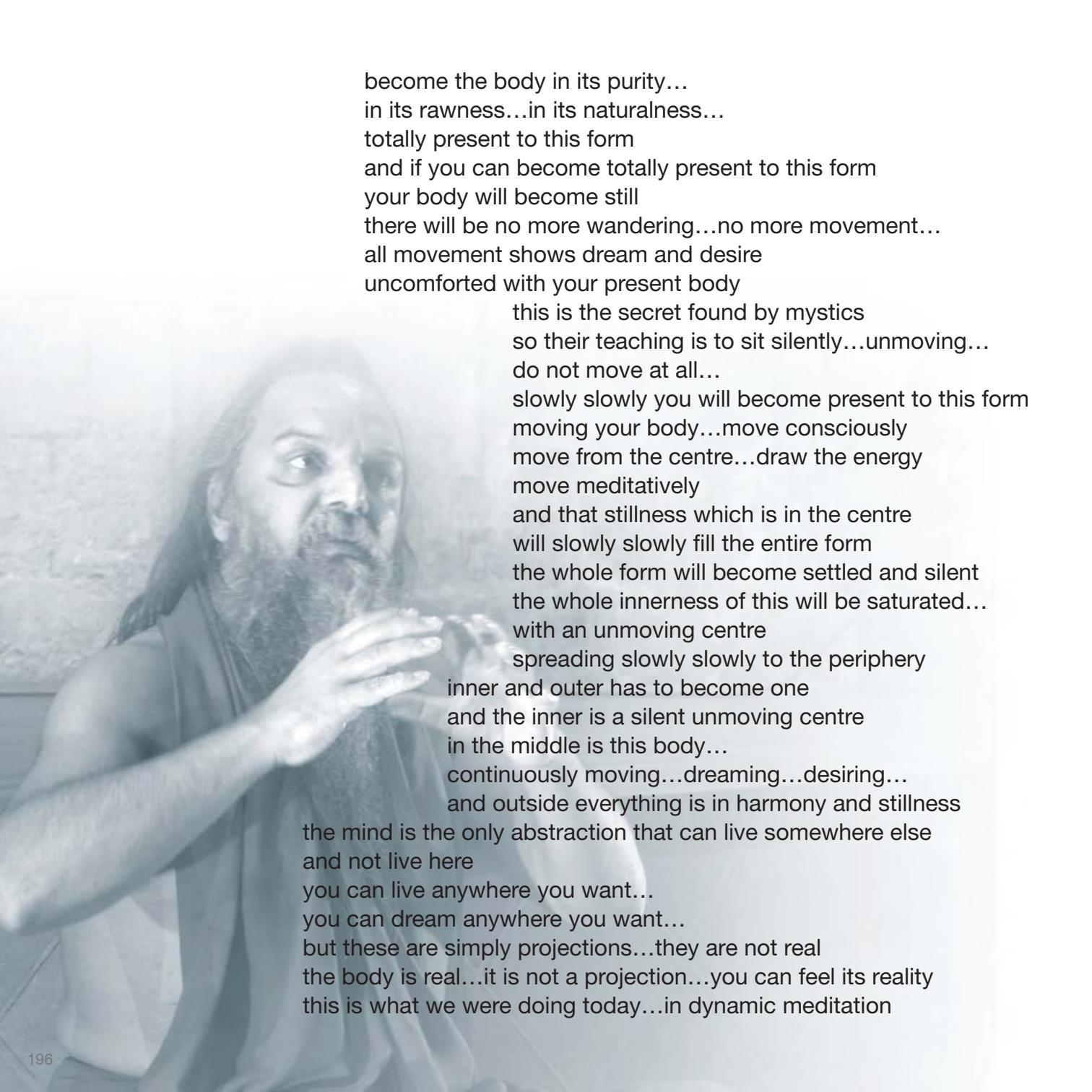


it is only humanity who is living in conflict and in misery
because we have the possibility to dream and desire
and move into the future of abstraction...
which is not real in the first place

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...
whatsoever 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...

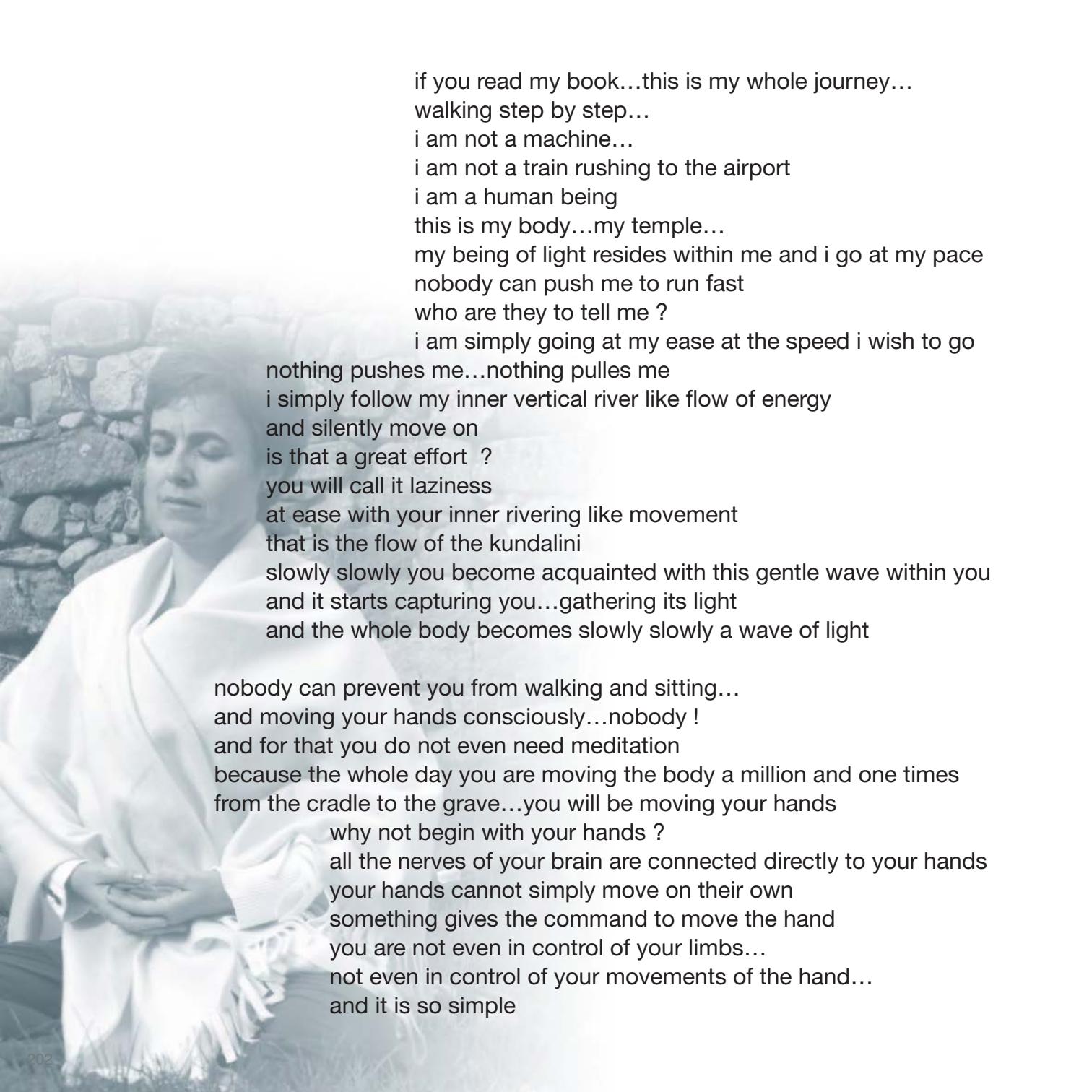
the left hand moving moves the right...

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

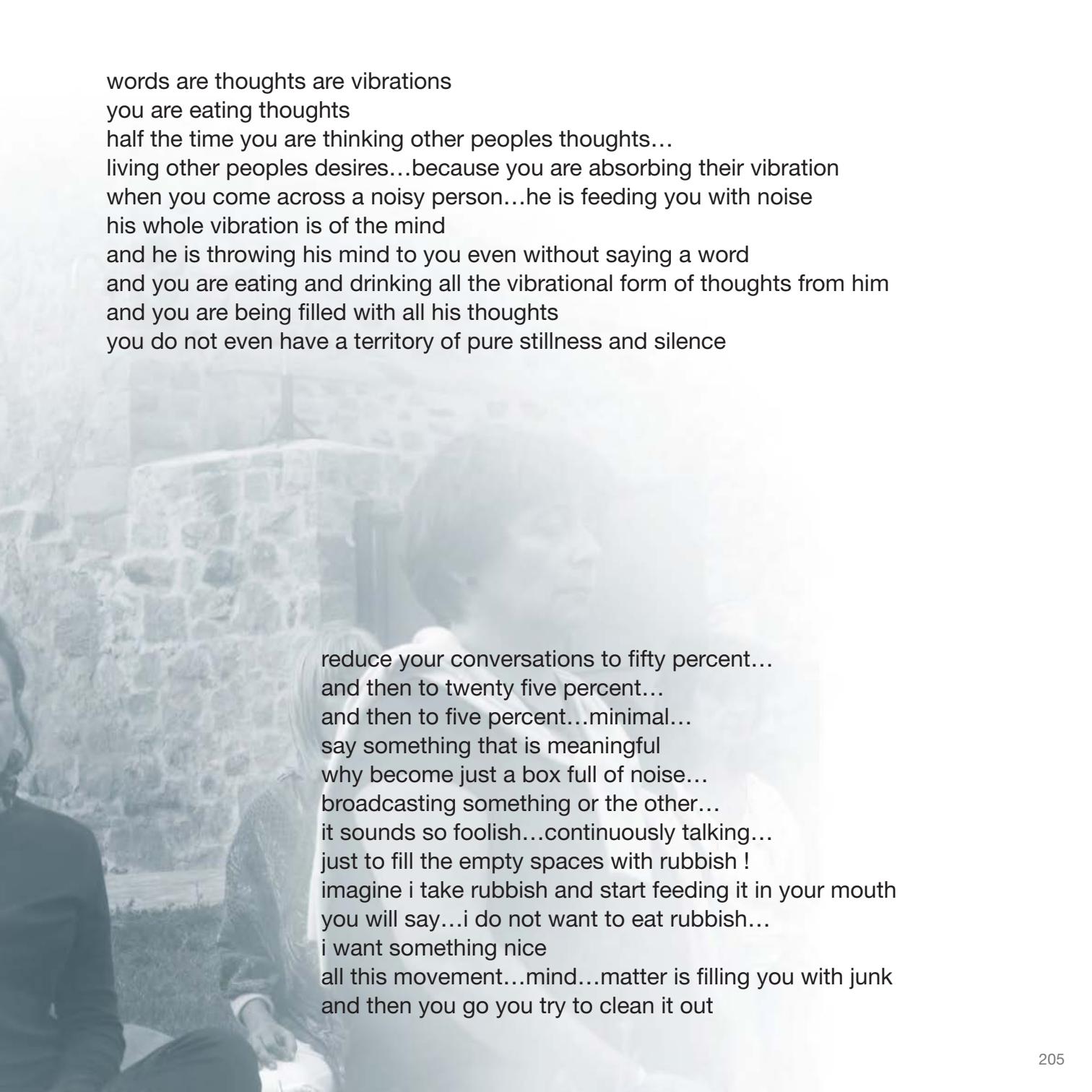
understand the word meditativeness...awareness...
and the sense of being herenow in this body
you have to live herenow
and this body is your temple

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...

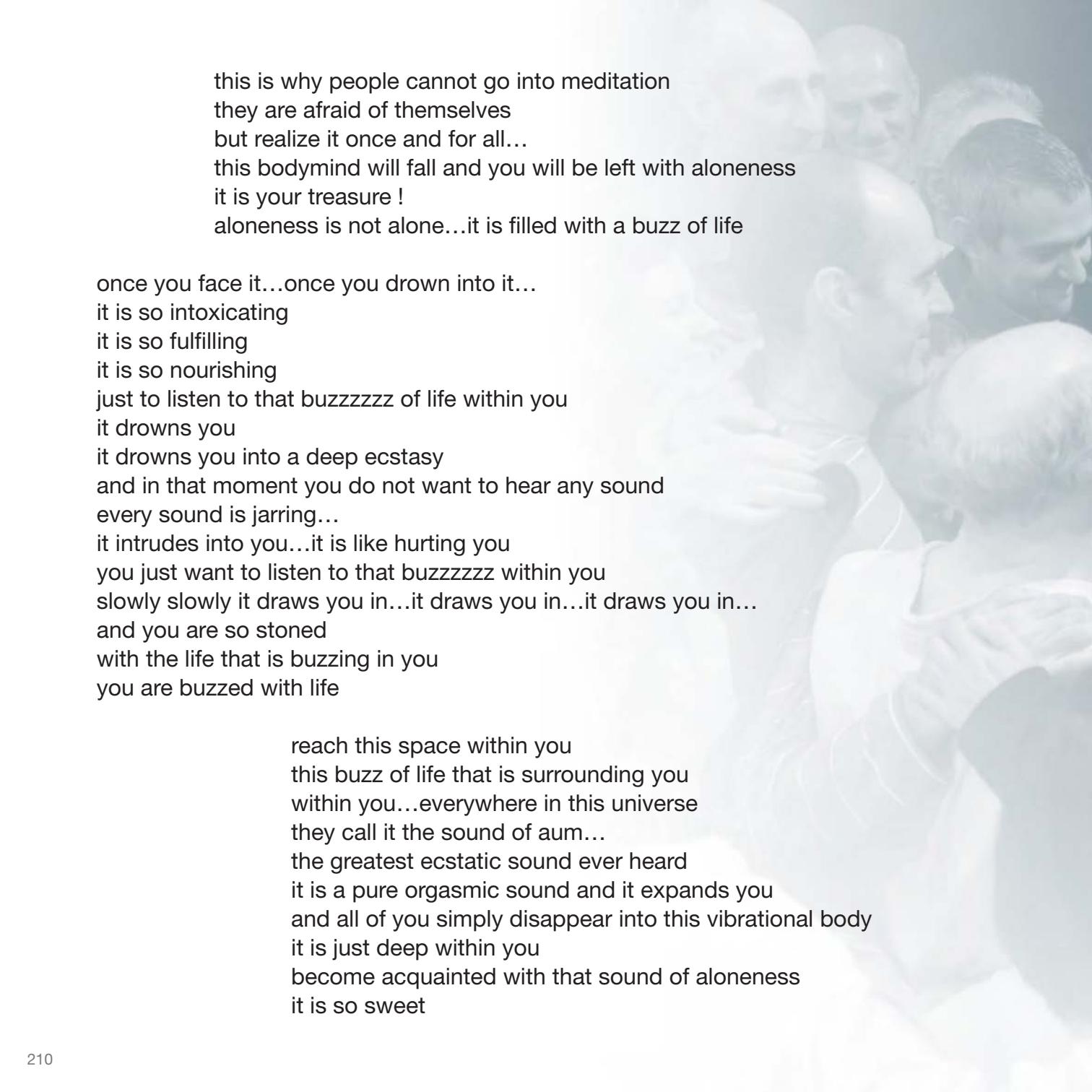
nobody to listen to my misery...nobody to listen to my joy

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 !



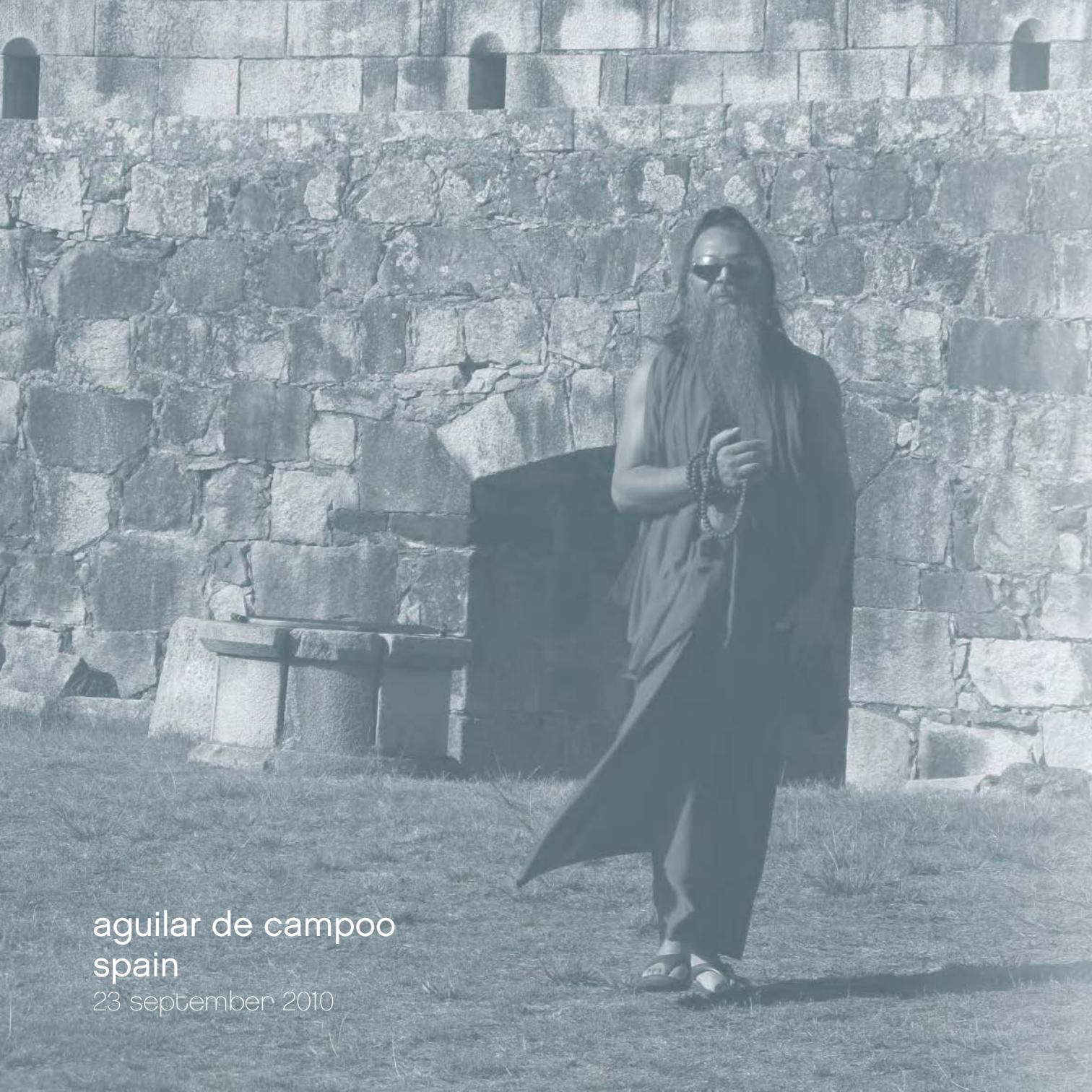
this is why people cannot go into meditation
they are afraid of themselves
but realize it once and for all...
this bodymind will fall and you will be left with aloneness
it is your treasure !
aloneness is not alone...it is filled with a buzz of life

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

A group of people, including a man with a long beard and a woman with glasses, are gathered in a circle. Some have their hands on the shoulders of others, suggesting a supportive or communal setting. The scene is dimly lit, with a blueish tint.

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



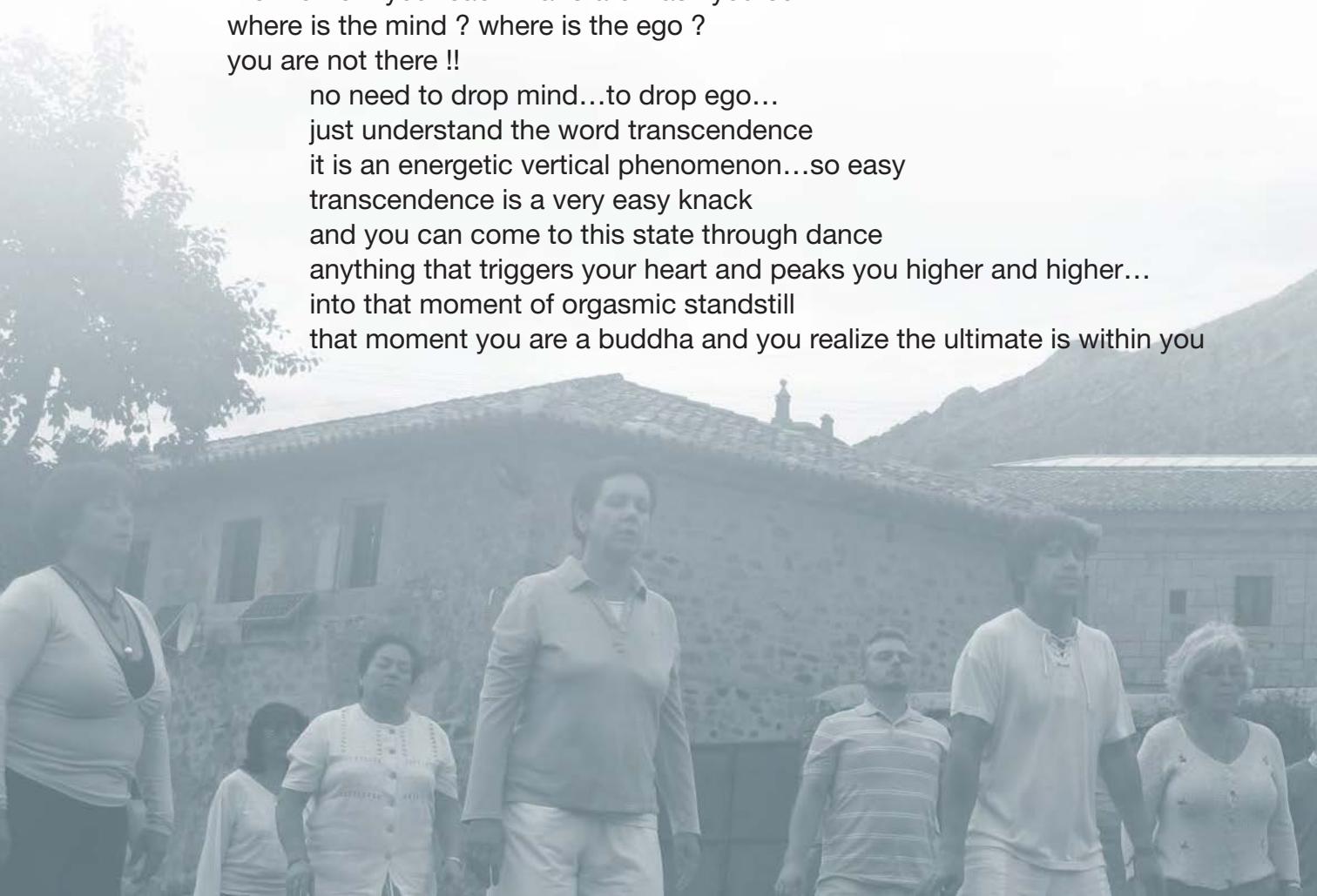
this silence
this state of stillness
is the whole search
how to come to this state
where mind simply stops
where the mind simply disappears
and you arrive to this state of nomind
this is the whole search
the search for the state of nomind

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 !!

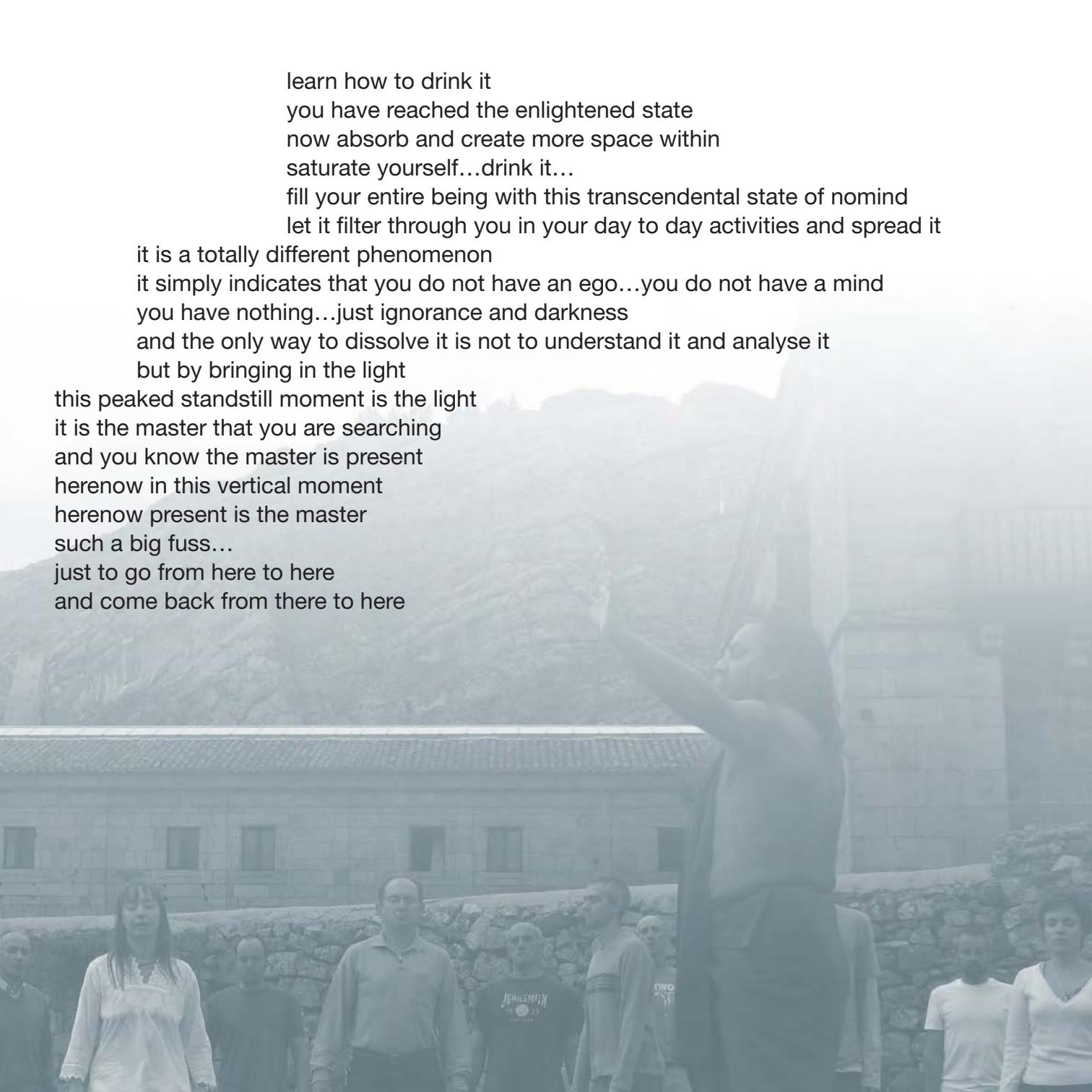
no need to drop mind...to drop ego...
just understand the word transcendence
it is an energetic vertical phenomenon...so easy
transcendence is a very easy knack
and you can come to this state through dance
anything that triggers your heart and peaks you higher and higher...
into that moment of orgasmic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

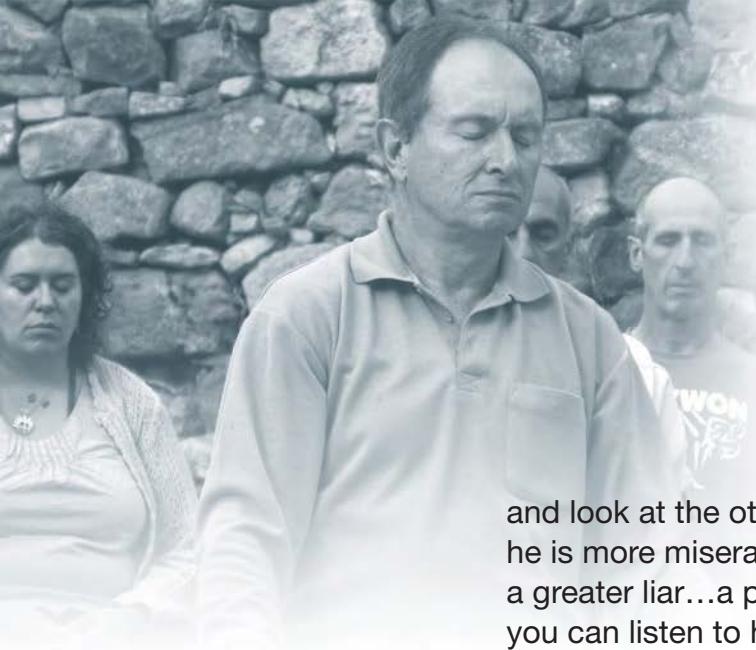
everything coming from the outside is a lie
do not accept lies
there are everywhere people telling you lies...
what is wrong with you...what is not right with you...
and every buddha has said it again and again...
that you are the truth
the truth is within you...do not go anywhere
simply come to this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



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

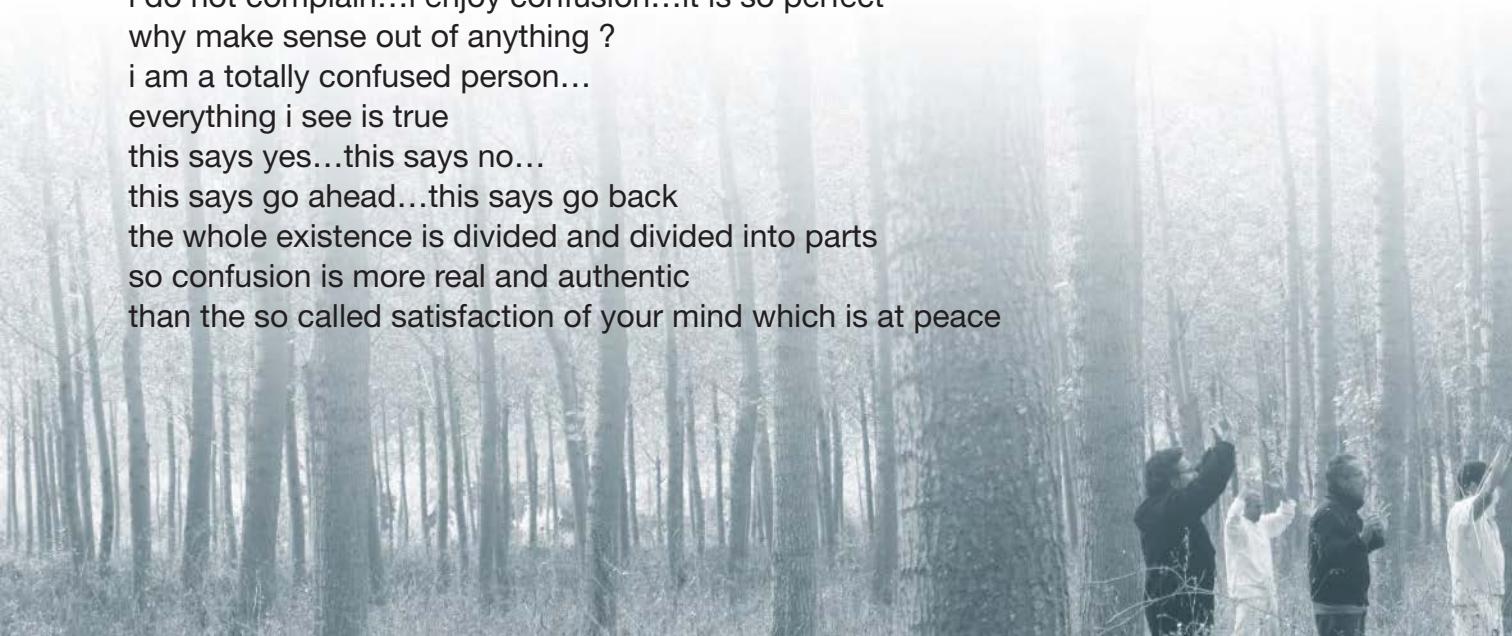
this says yes...this says no...

this says go ahead...this says go back

the whole existence is divided and divided into parts

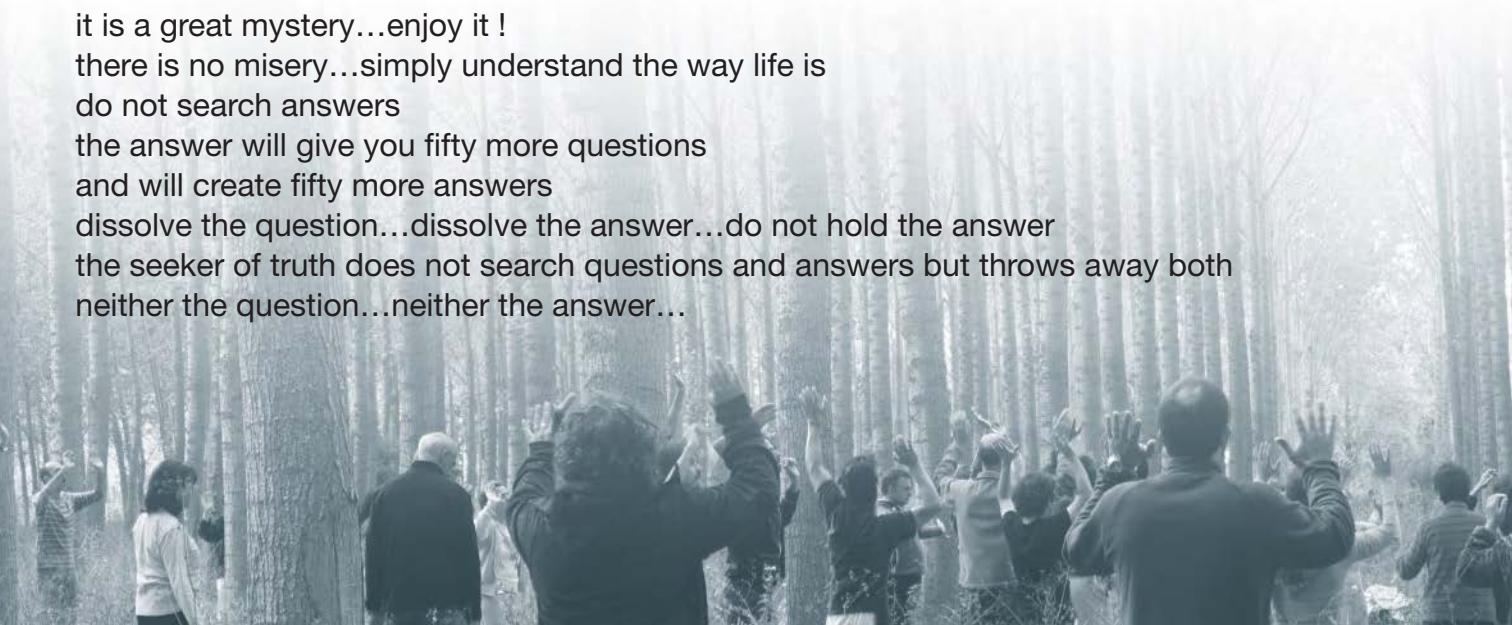
so confusion is more real and authentic

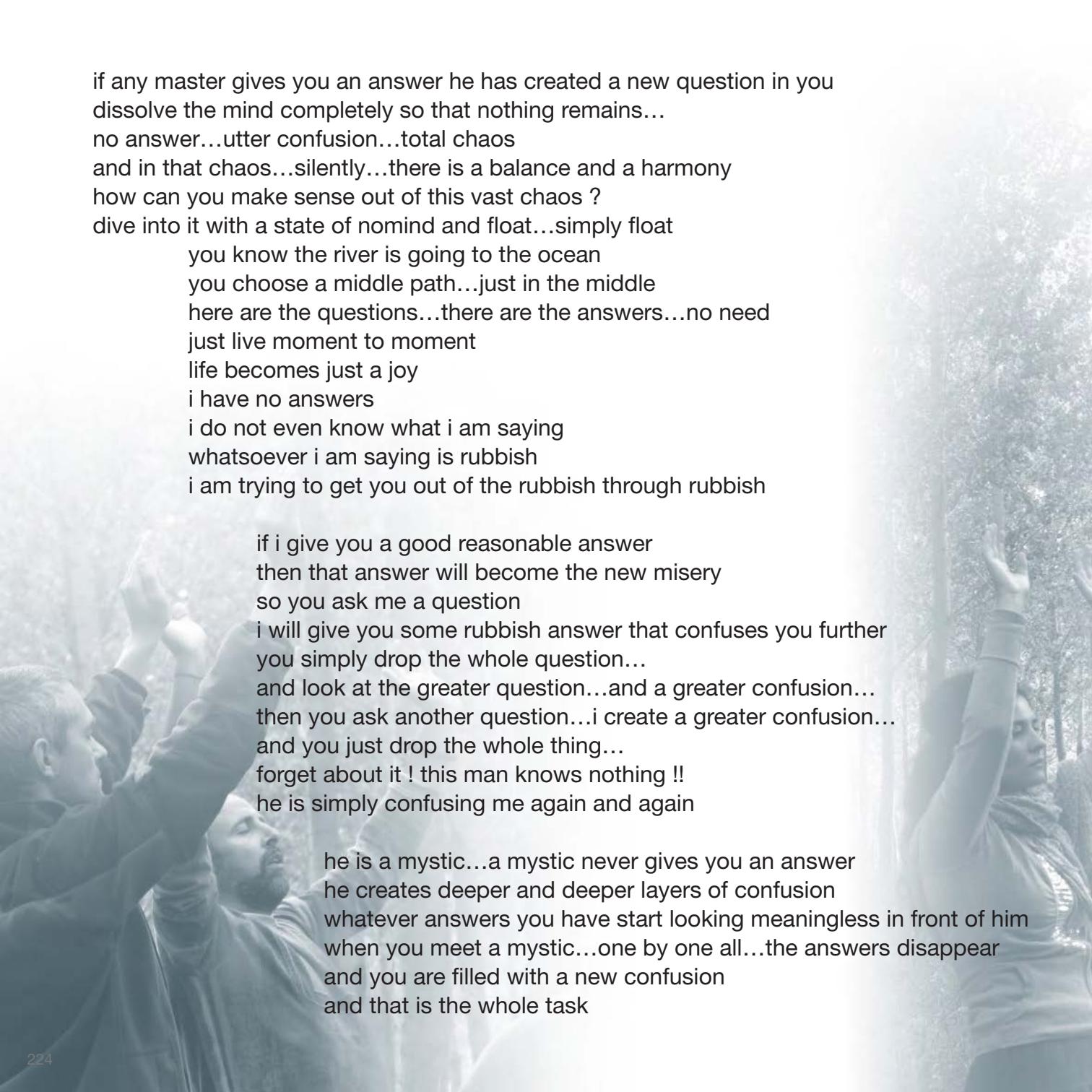
than the so called satisfaction of your mind which is at peace



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 ?

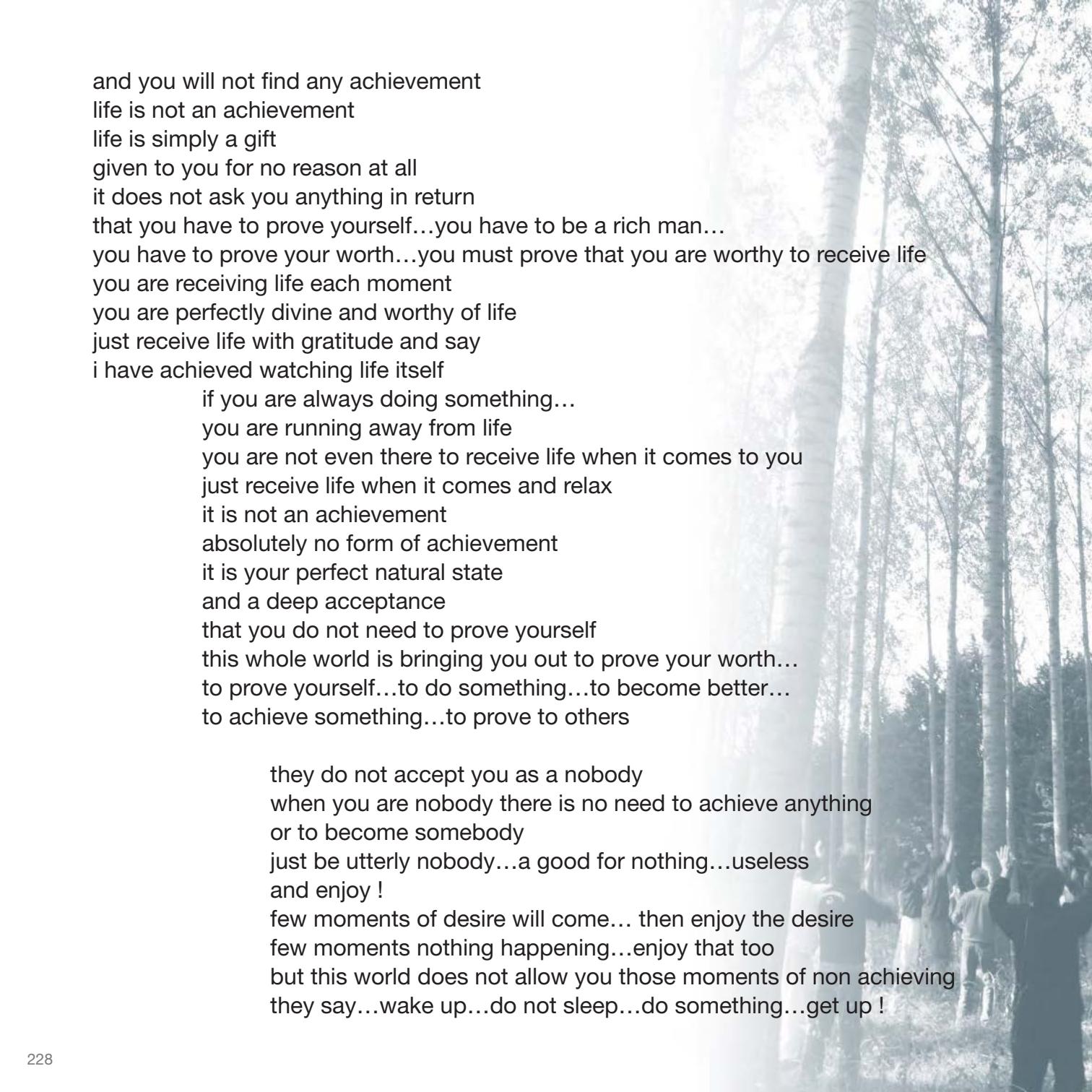
this is like jabbar
you know the great master jabbar ?
any question you asked him...life and death question...he would answer
thathatharhathathathathz eh zeh zeh zeh jattajattateh
you wake up !
anything you ask him
life...death...your wife...zazatzatzahzah totoahatoatah
every question received that answer...ha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

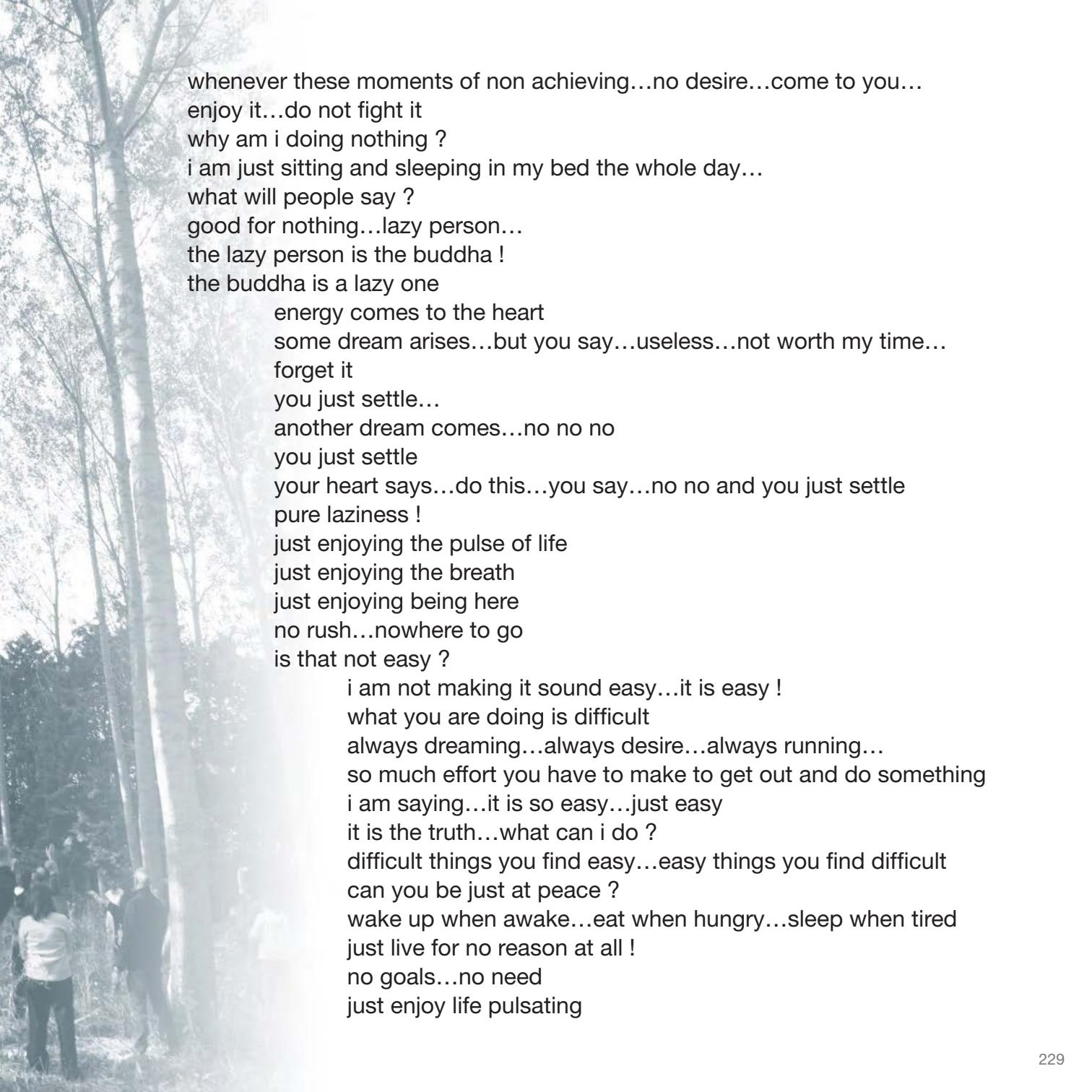
one pulse of life...
no dream...no desire...no achieving...no doing
just achieve life itself
it is so easy...just let the pulse arrive and say...
okay nowhere to go...nothing to do and settle
just say...okay...no desire...no achieving...no future...no projection
just be...just sit
if you cannot sit in 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 no mind
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

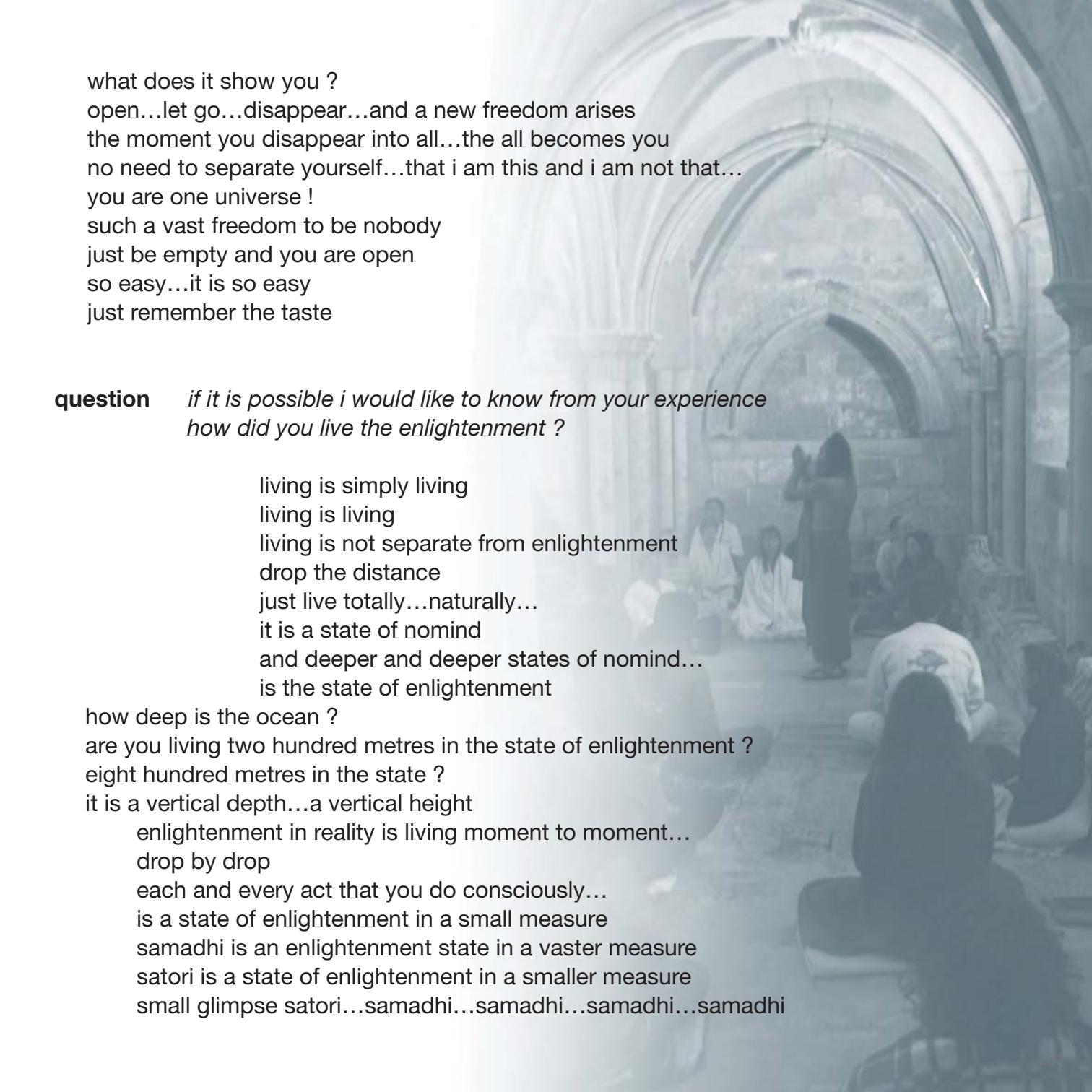
energy comes to the heart
some dream arises...but you say...useless...not worth my time...
forget it
you just settle...
another dream comes...no no no
you just settle
your heart says...do this...you say...no no and you just settle
pure laziness !
just enjoying the pulse of life
just enjoying the breath
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

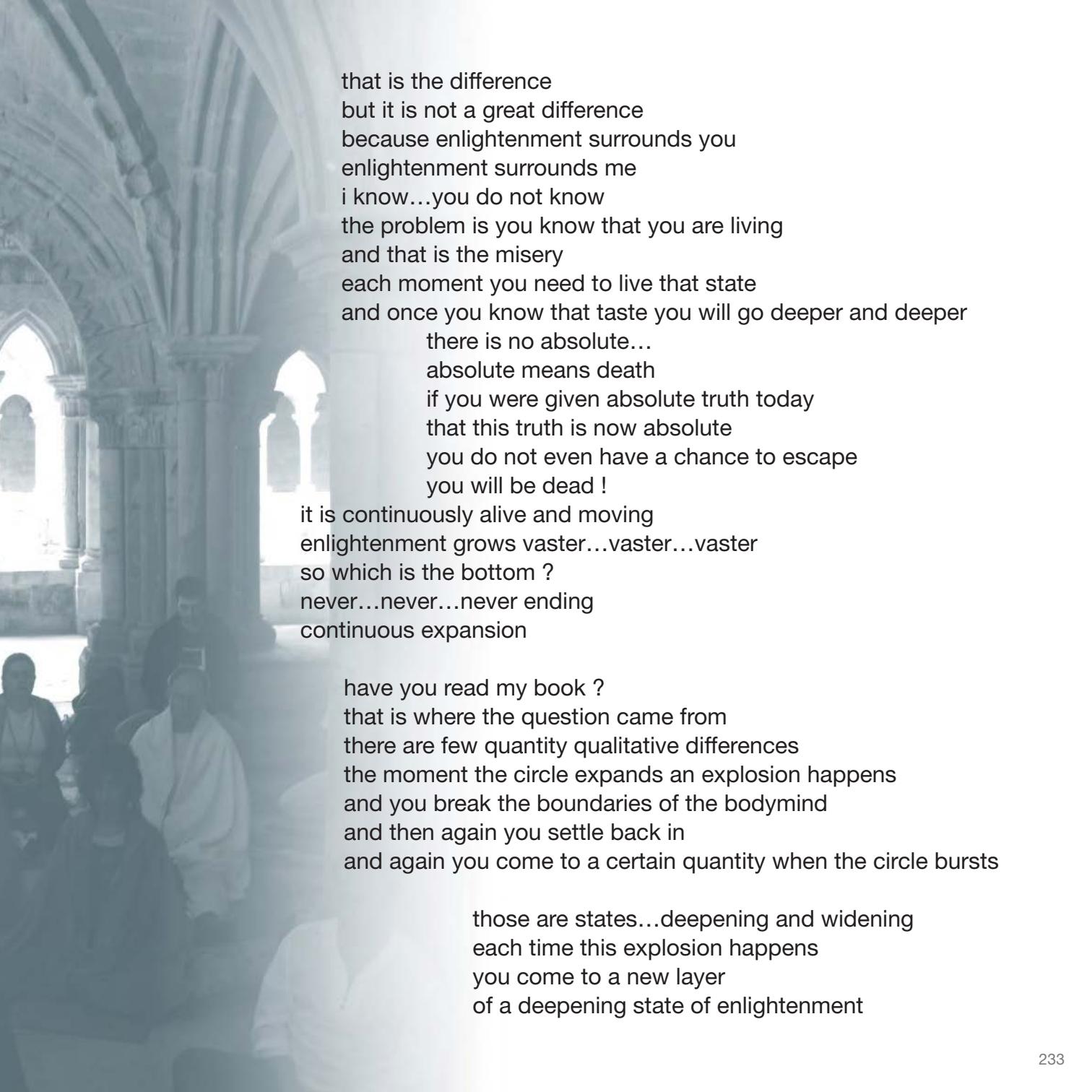
it is a qualitative dive...a vertical state

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

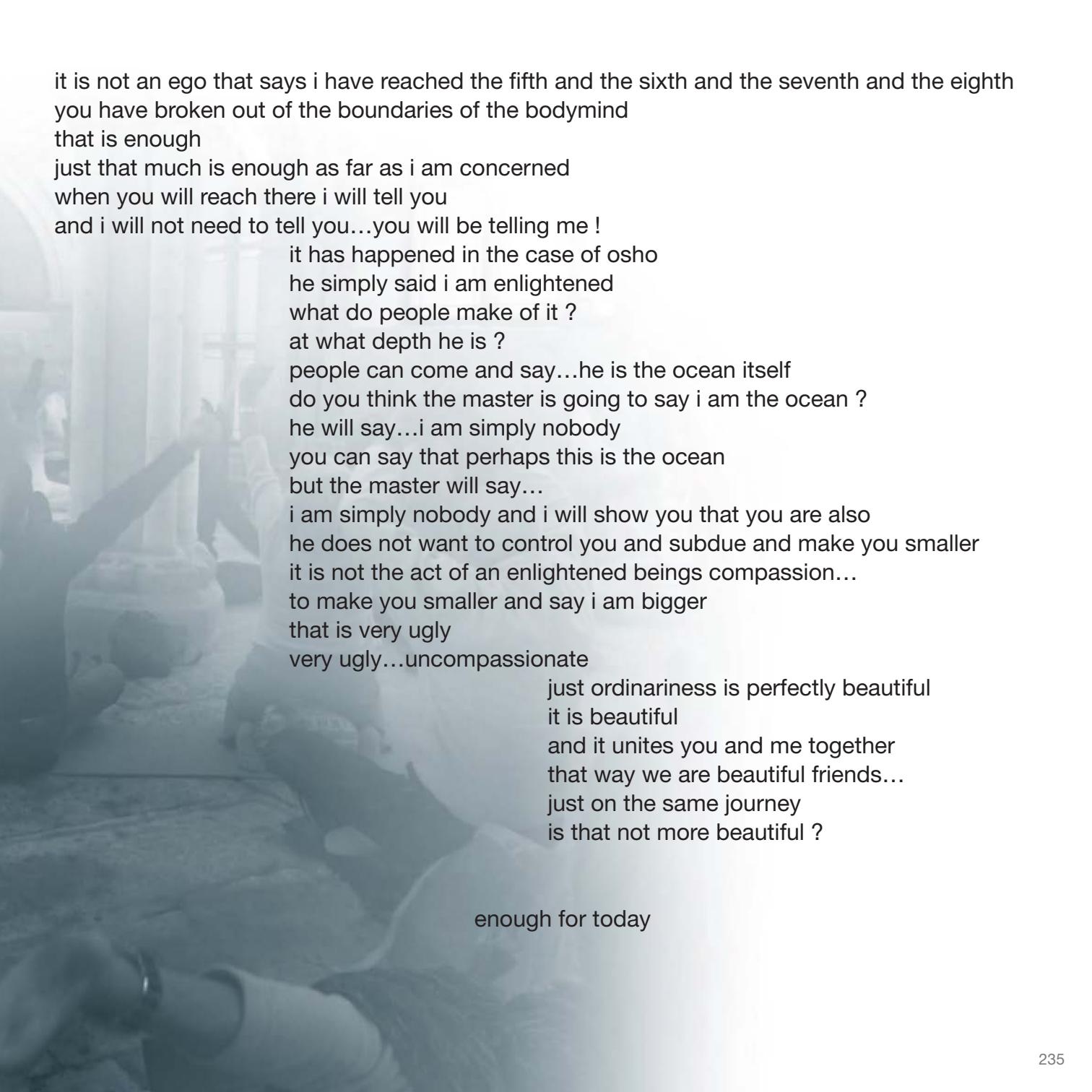
have you read my book ?
that is where the question came from
there are few quantity qualitative differences
the moment the circle expands an explosion happens
and you break the boundaries of the bodymind
and then again you settle back in
and again you come to a certain quantity when the circle bursts

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

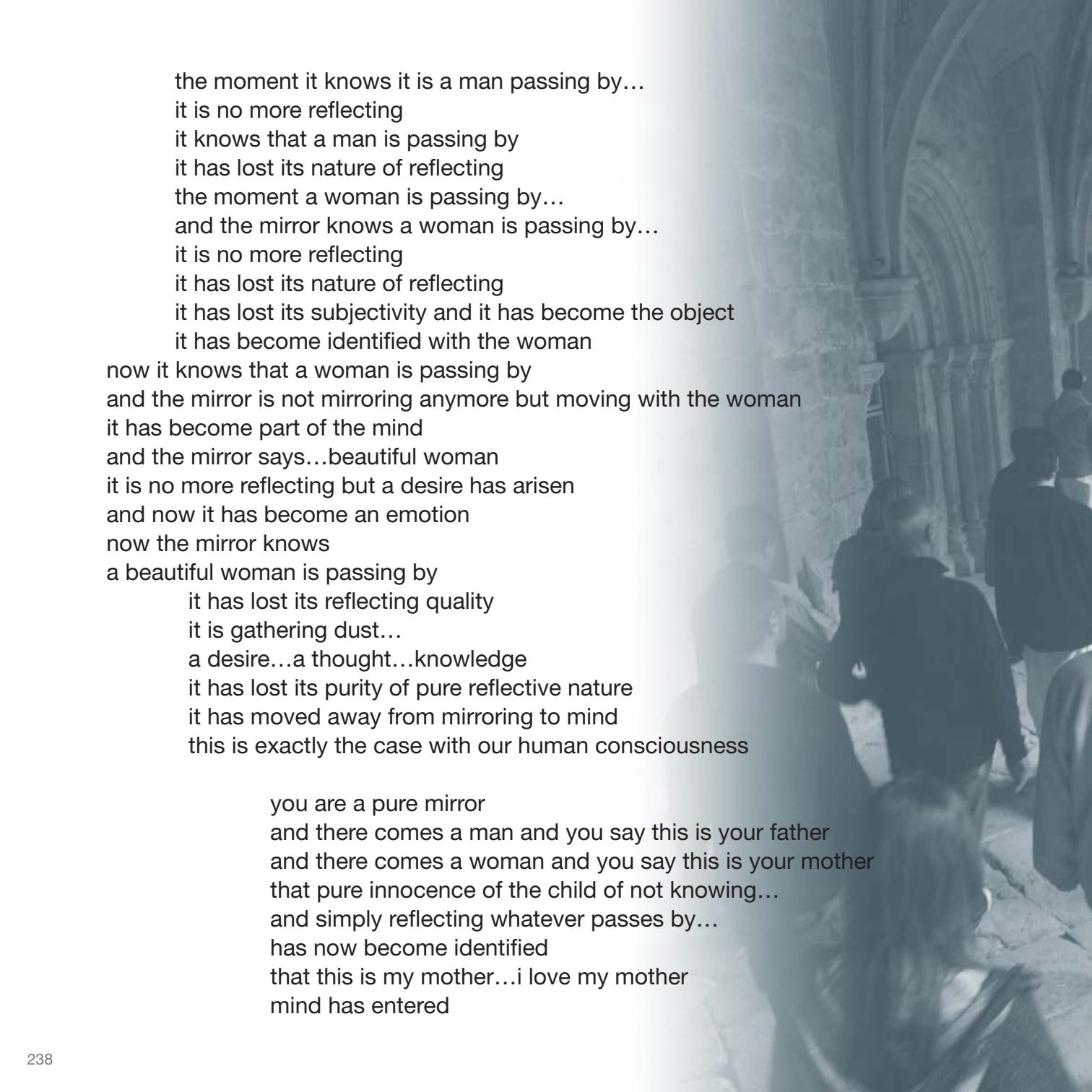


this silence
no ripples
no movement
just pure stillness
is a mirror

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

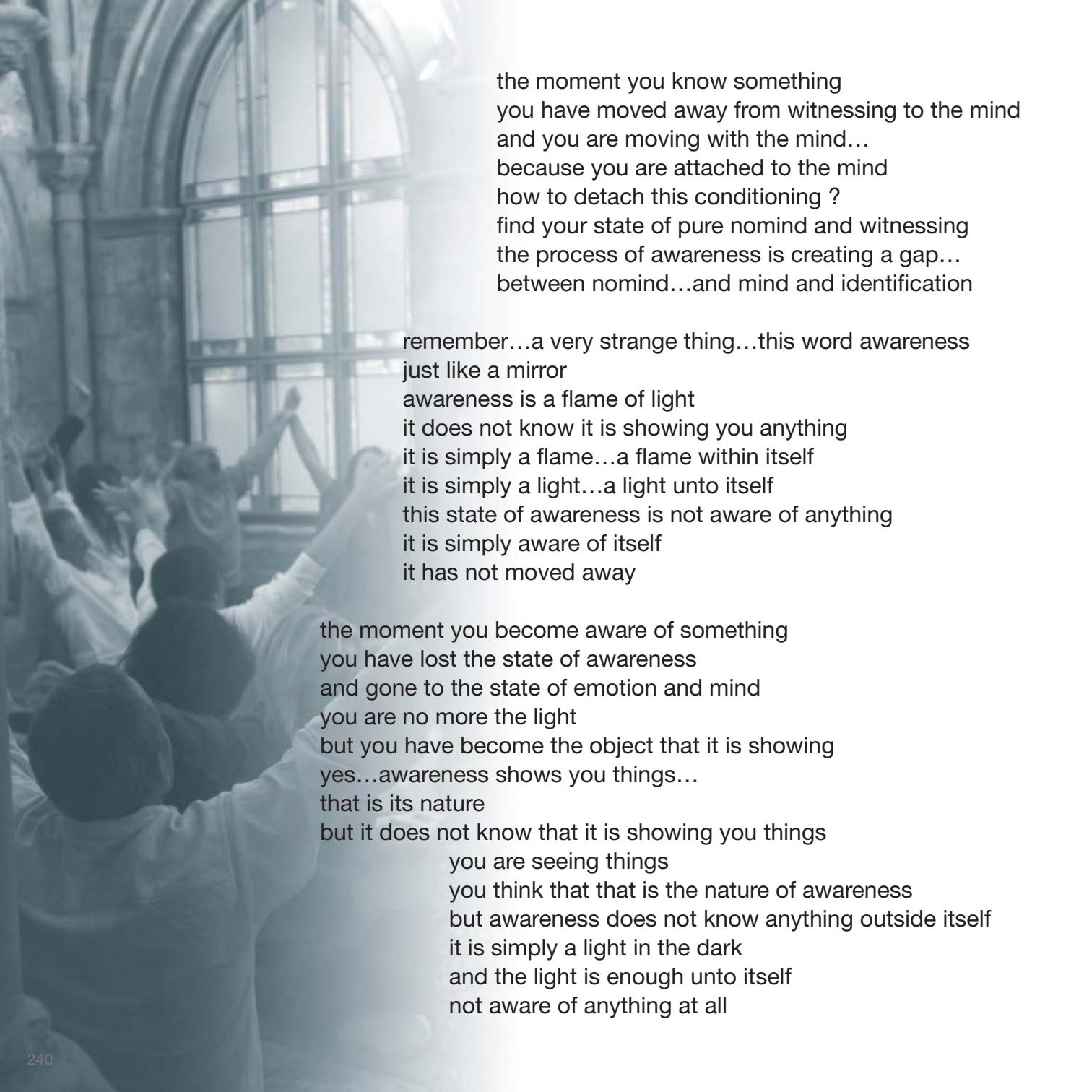


you are a pure silent pool of reflection
simply mirroring the world as it is
but slowly slowly the dust begins to gather
emotion...mind...objects...dreams...desires...future...doing
you are going further and further away from your natural state of non doing
each desire leads you to thought...leads you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

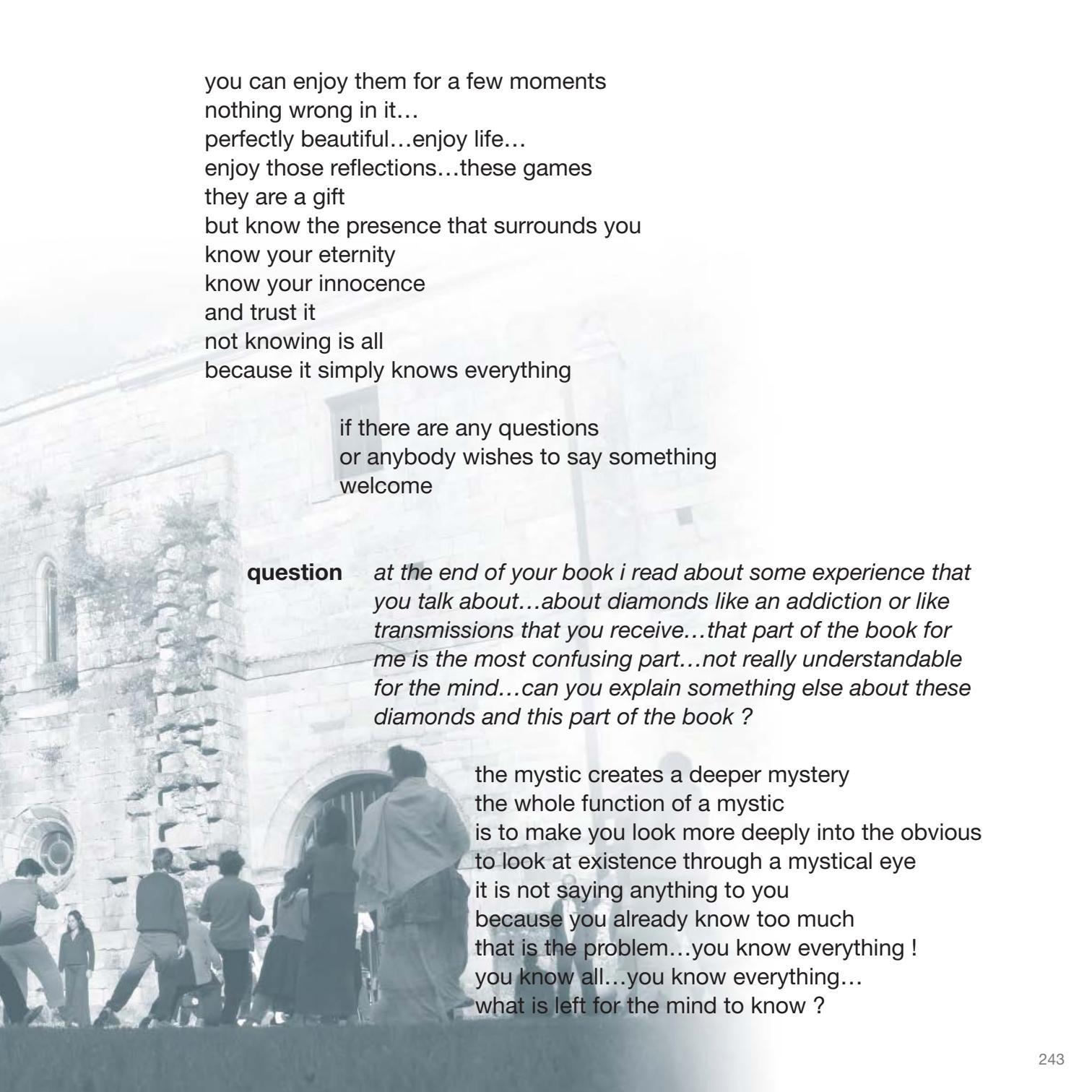
it is a very strange phenomenon
that the state of awareness knows nothing at all
that no thingness is a state of all that you see
no thingness...nothing really
just reflections in the dark
soon this mind will fall...
these emotions will disappear...
what will remain will be pure emptiness
nothing to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

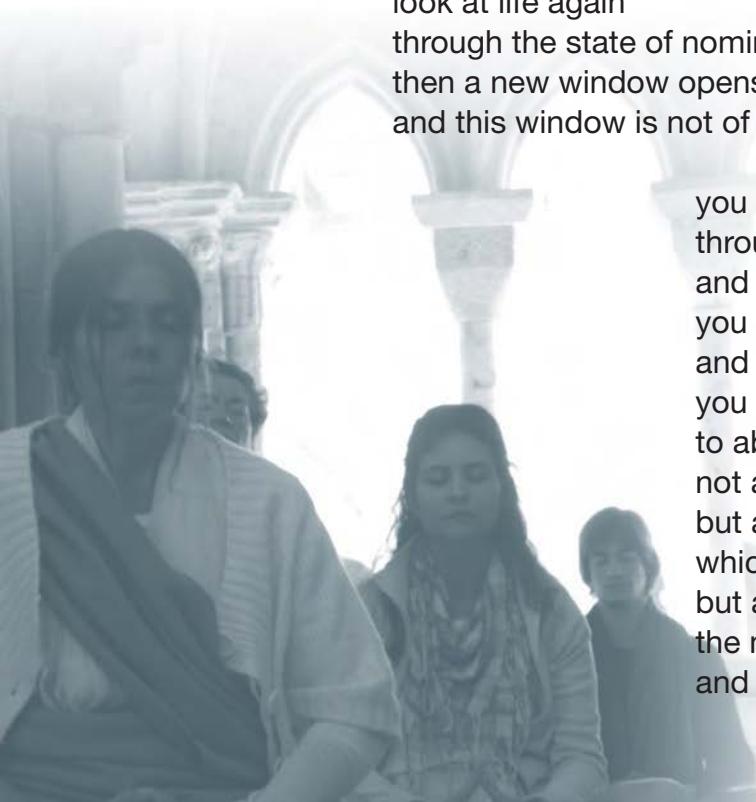
question *at the end of your book i read about some experience that you talk about...about diamonds like an addiction or like transmissions that you receive...that part of the book for me is the most confusing part...not really understandable for the mind...can you explain something else about these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

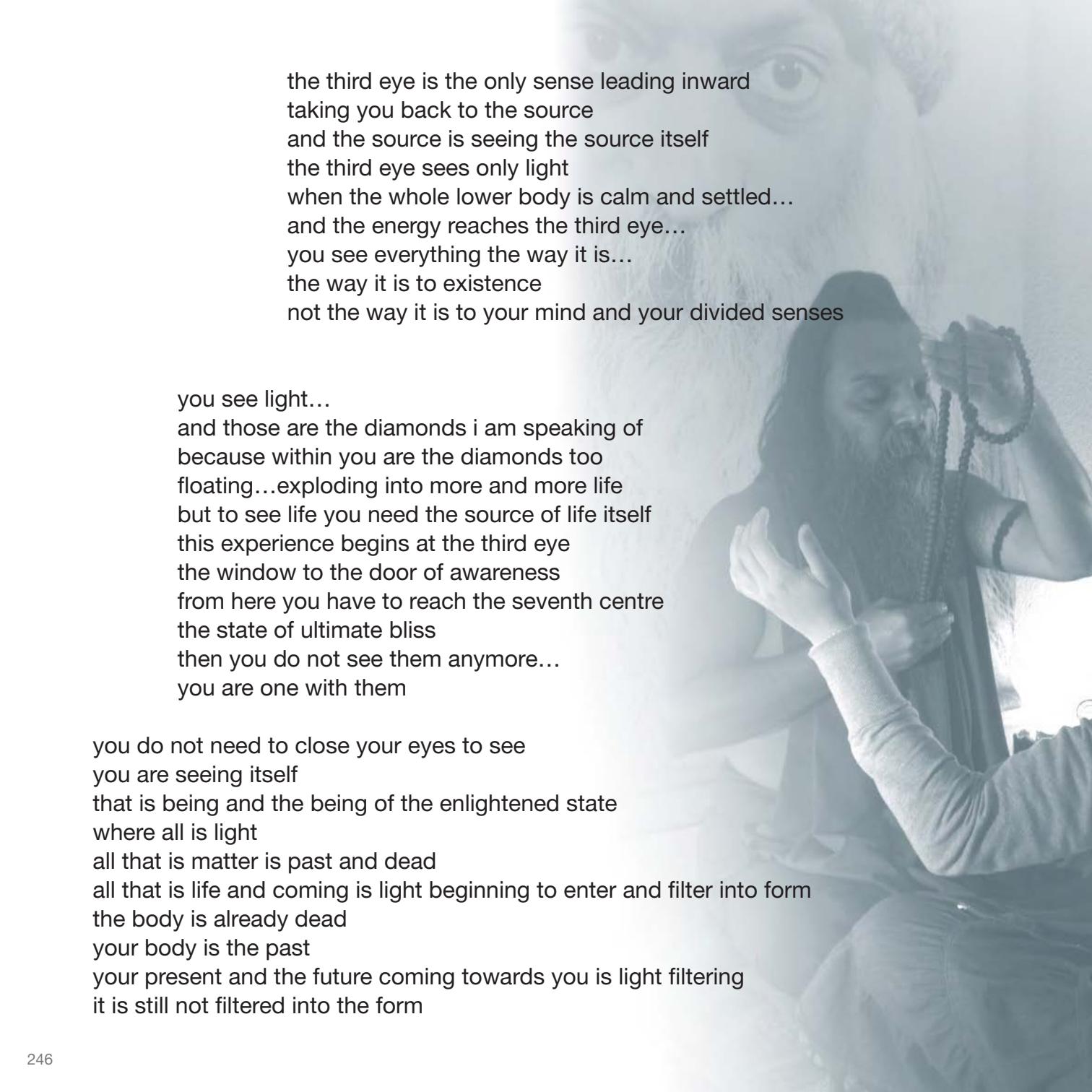


A person in a dark robe stands in the foreground with their arms raised, looking upwards. The background shows a cathedral interior with stone arches and other people. The scene is dimly lit, with light coming from the windows.

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

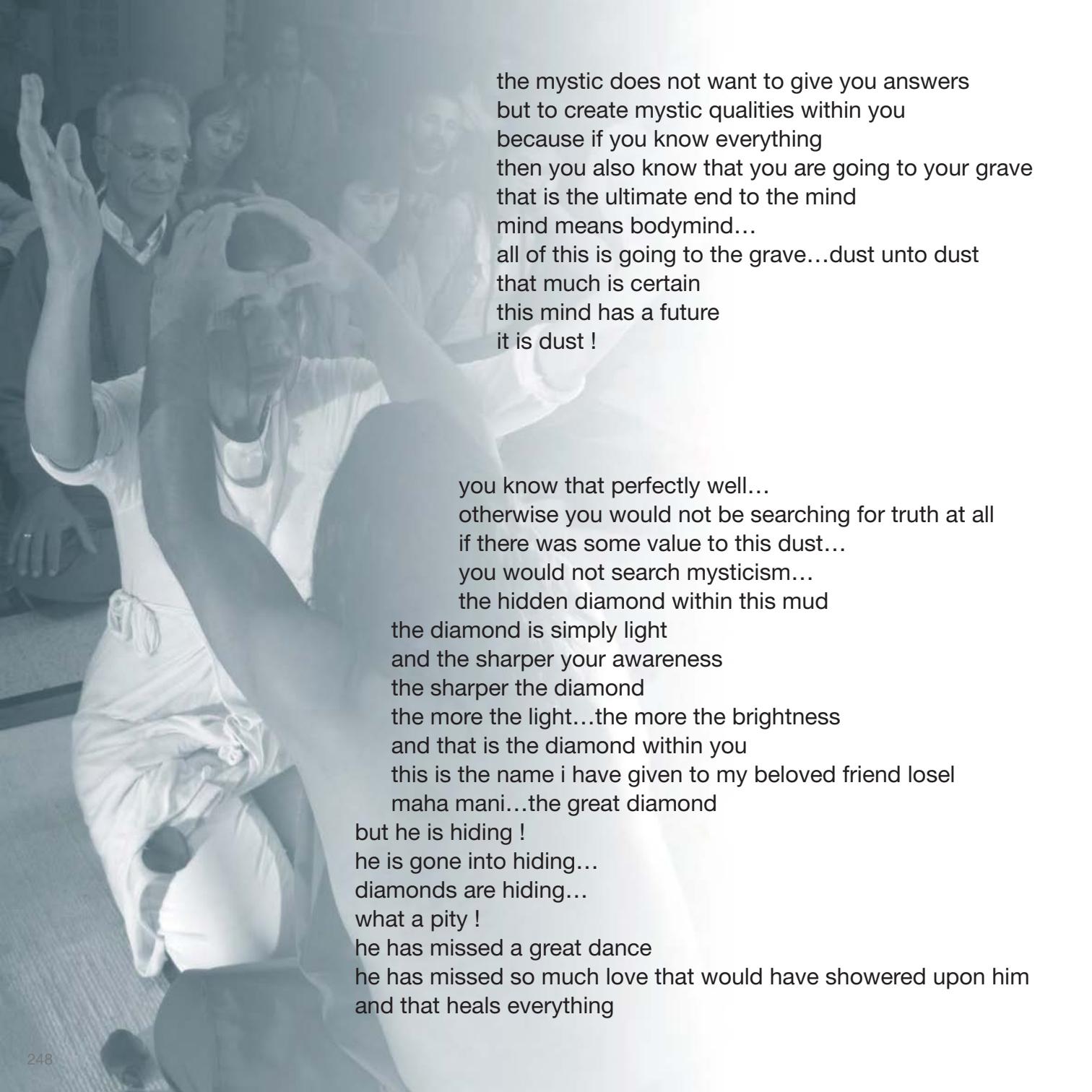


life is descending on you each moment
and the moment it becomes solid and hard and has form...it has died
your body is the past
you can see it in light years
light travels at the speed of hundred and eighty six thousand miles per second
you can see many stars in the sky...
one hundred light years...two 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 ?



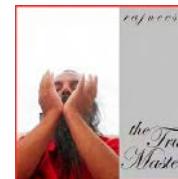
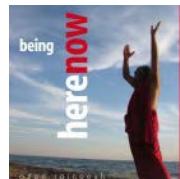
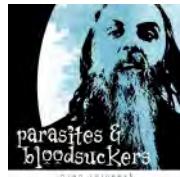
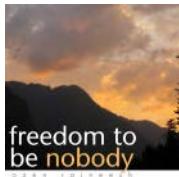
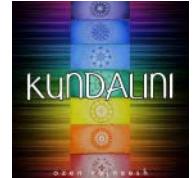
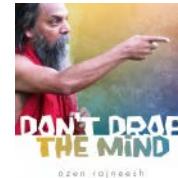
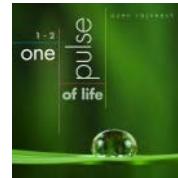
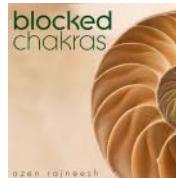
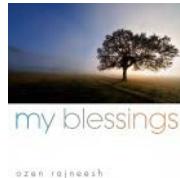
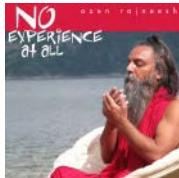


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