

chill in
nirvana
ozen rajneesh



when you are ready the master appears...
enlightenment is nothing compared to this experience...
this darshan...
this seeing of the master descending upon you
is the greatest experience for any devotee
there cannot be any greater experience...
even after twenty some years...
that experience is totally alive...
when my tears started showering
and that sudden laughter...
tears of the mystic rose...
seeing my master descend and bless me...
it is always the greatest peak for a disciple

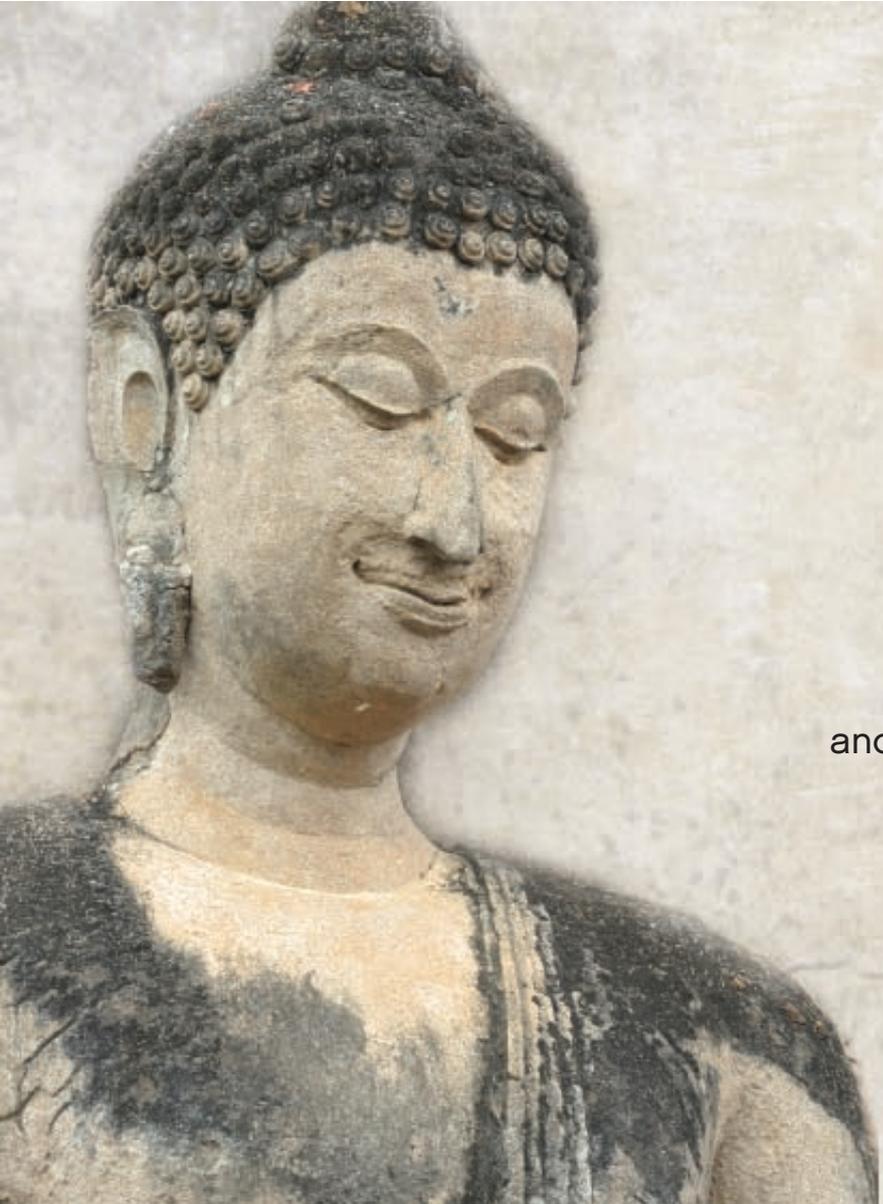


laughter is one of the deepest meditations
when your head gets the joke it gets confused
falls to the heart into the belly..ha ha ha ha
you have entered the source of life
laughter is no ordinary joke !

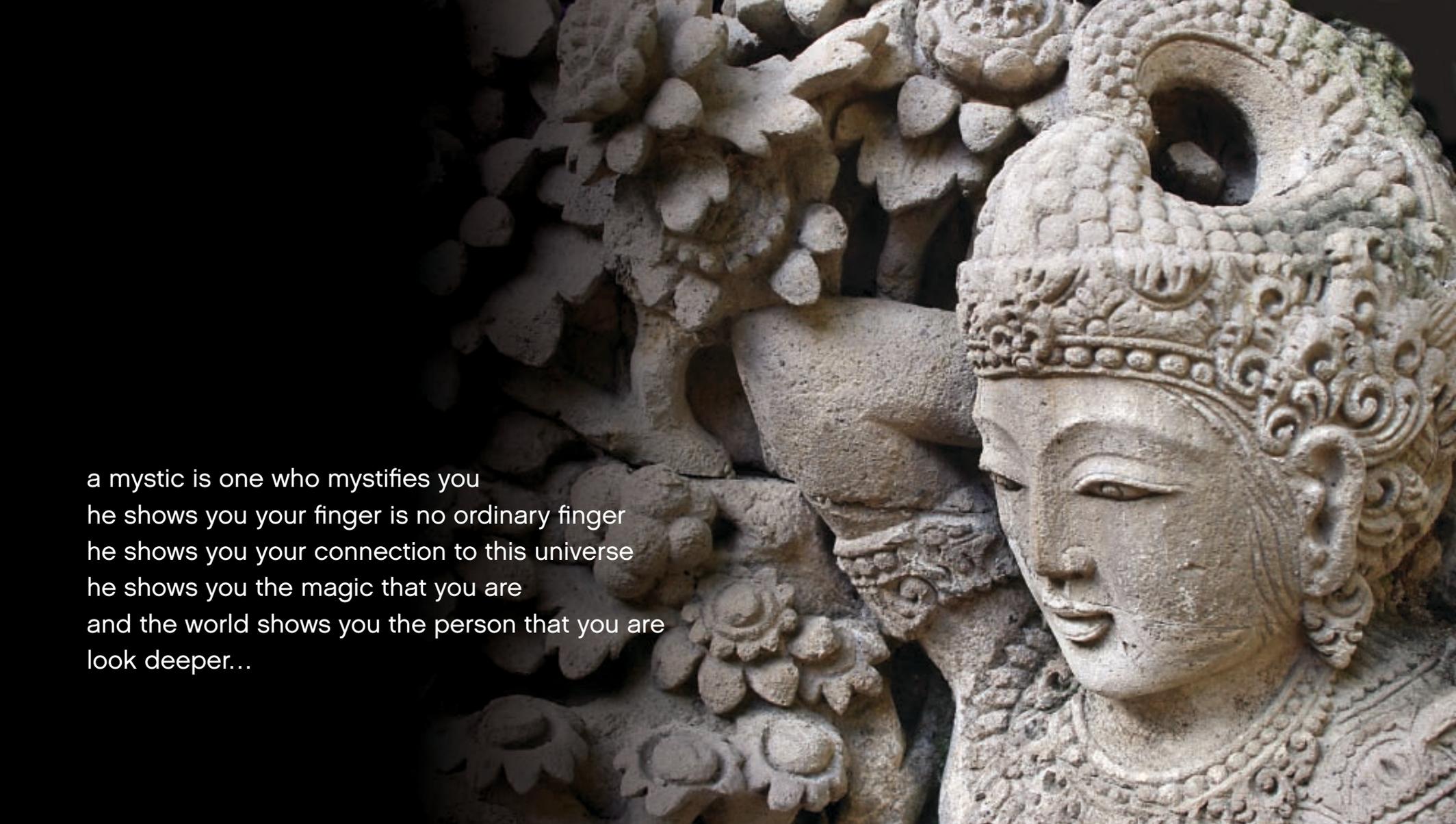
your head has to fall apart
one big laughter and you are already home
when you are laughing totally
you are right behind the door to your life source
the hara..you are staring at life...
this is real laughter

most people have awakened laughing
just laughing...laughing...laughing
suddenly the door opens
and you say...ahaa...what is behind it ?
a greater laughter...a bigger joke
it is all a big joke
every mystic when he has reached
the first thing that has happened is laughter

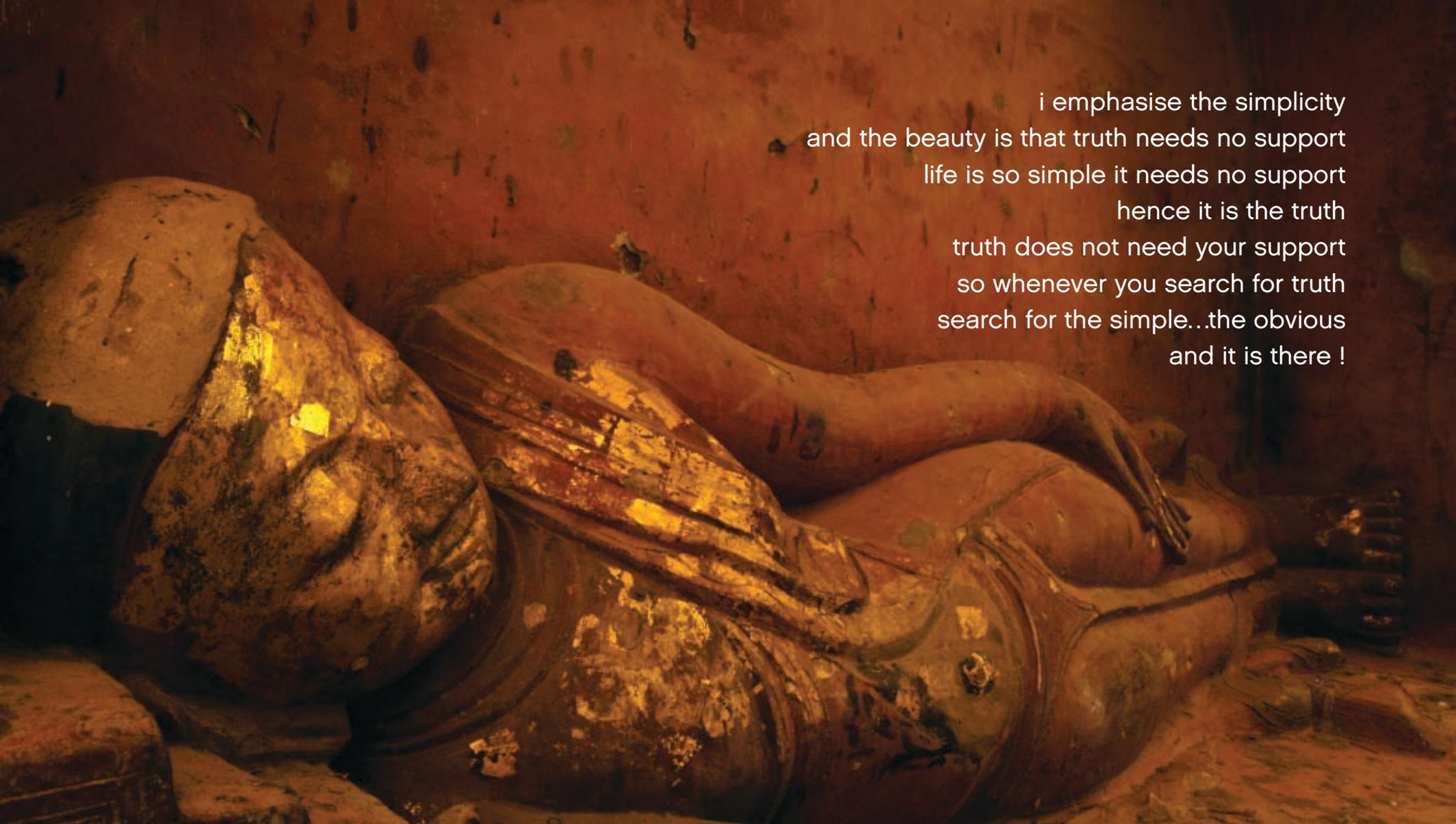




you have forgotten the way
you have forgotten the hidden wisdom within you
and that is the greatest message
all the buddhas have simply said one thing to you
that you are already a buddha
they are not lying to you...it is not a lie
they are encouraging you
that you are already a buddha...it is your ultimate truth
and keep dreaming...do not let that dream die
that dream is giving you wings to fly
when you see a living buddha
something awakens in you
a buddha is nothing but a mirror
reflecting your ultimate glory

A close-up photograph of a stone sculpture of a Buddha's head and shoulders. The sculpture is highly detailed, featuring a crown with a large circular opening and intricate carvings of floral and geometric patterns. The Buddha's face is serene, with closed eyes and a slight smile. The background is dark, making the light-colored stone stand out.

a mystic is one who mystifies you
he shows you your finger is no ordinary finger
he shows you your connection to this universe
he shows you the magic that you are
and the world shows you the person that you are
look deeper...



i emphasise the simplicity
and the beauty is that truth needs no support
life is so simple it needs no support
hence it is the truth
truth does not need your support
so whenever you search for truth
search for the simple...the obvious
and it is there !

dance with the rain...dance with the stars...dance with the moon
in this open state...you disappear
and the miracle is revealed to you !
nothing is going to happen
it is already happening
do not think something great will happen
it will simply reveal itself to you
and you will say...ohhh...aaha...really ?
everywhere so much light
it is already showering





you cannot destroy it
you cannot create it
you cannot uncreate it
you cannot destroy the dark
you cannot create the dark
it was always present

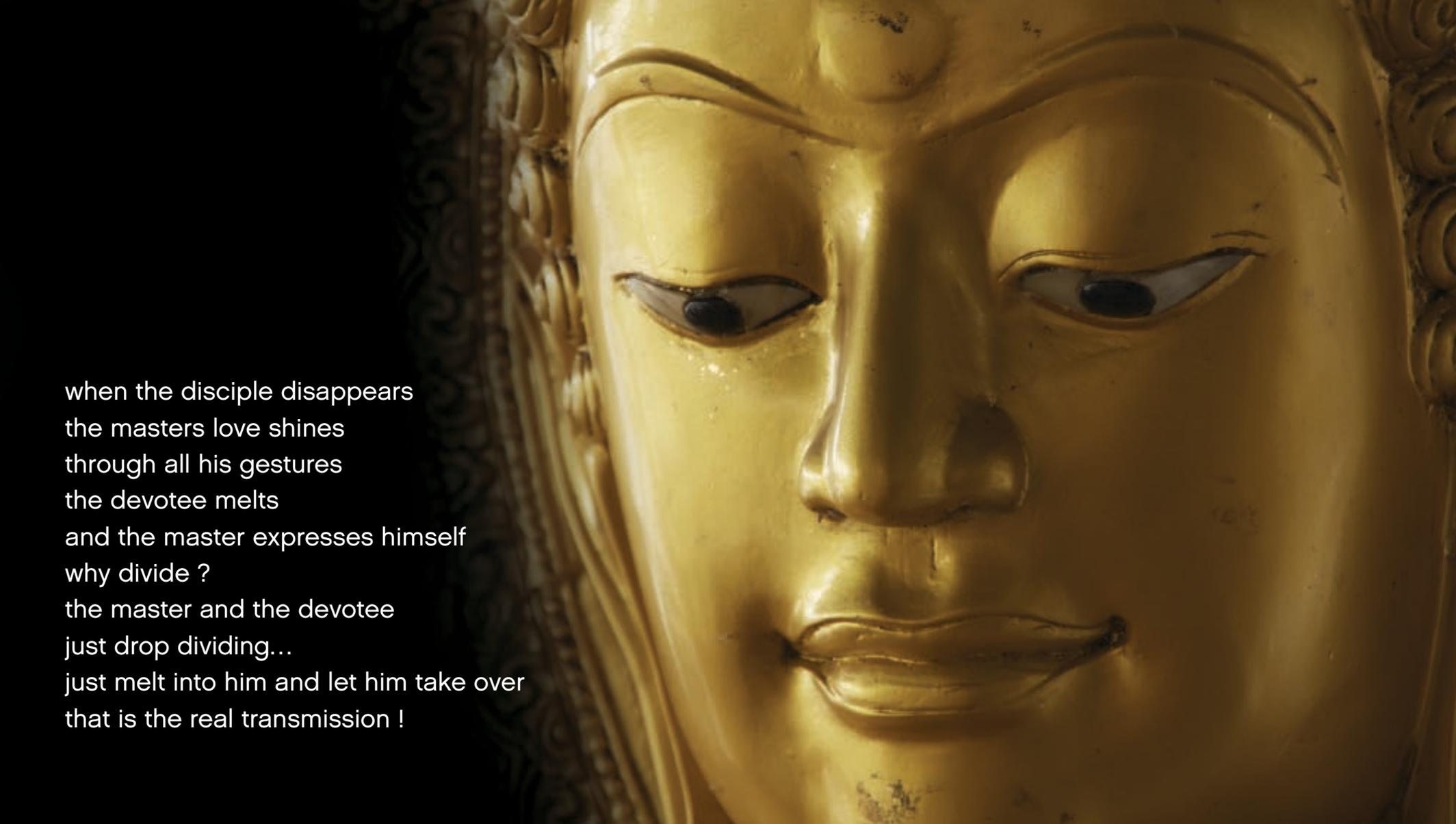
the whole mystery of this existence
lies within the black hole
in the absence of any object
pure emptiness is the black hole

in love you die and disappear
all giving and receiving is left behind
neither you can give...nor can you take...
you are at the door of death
you are dissolved into love
you will not even come to know about it
when the sword has touched you and the head is cut
you have already died
you will not even come to know



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

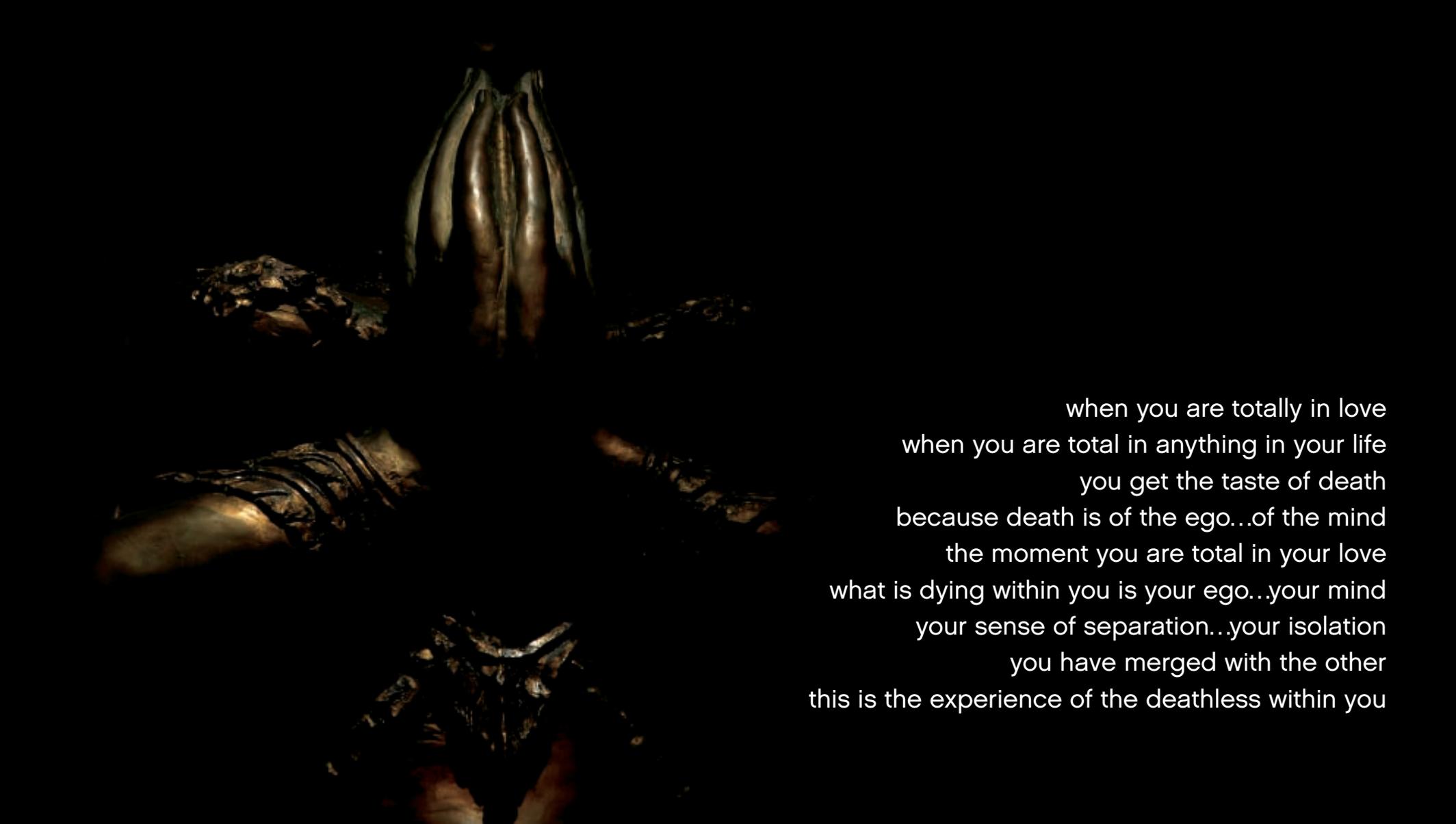




when the disciple disappears
the masters love shines
through all his gestures
the devotee melts
and the master expresses himself
why divide ?
the master and the devotee
just drop dividing...
just melt into him and let him take over
that is the real transmission !



this force of life...of emptiness
is the very inner of the outer object that you are seeing
it is all powerful because we cannot kill it
your inner being in a condensed way is your very centre of life
what we call the hara
and it is far more condensed than normal energy
the hara in a human being is not the black hole floating in existence
it is a more mature form...a more dense form
that point within your body... the hara...that is the black hole
when you go into meditation you fall into the dark night of the soul
you are falling...falling...falling...falling...falling
and suddenly you fall into this black space
you are lost in the unknown
there is no matter there



when you are totally in love
when you are total in anything in your life
you get the taste of death
because death is of the ego..of the mind
the moment you are total in your love
what is dying within you is your ego..your mind
your sense of separation..your isolation
you have merged with the other
this is the experience of the deathless within you

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



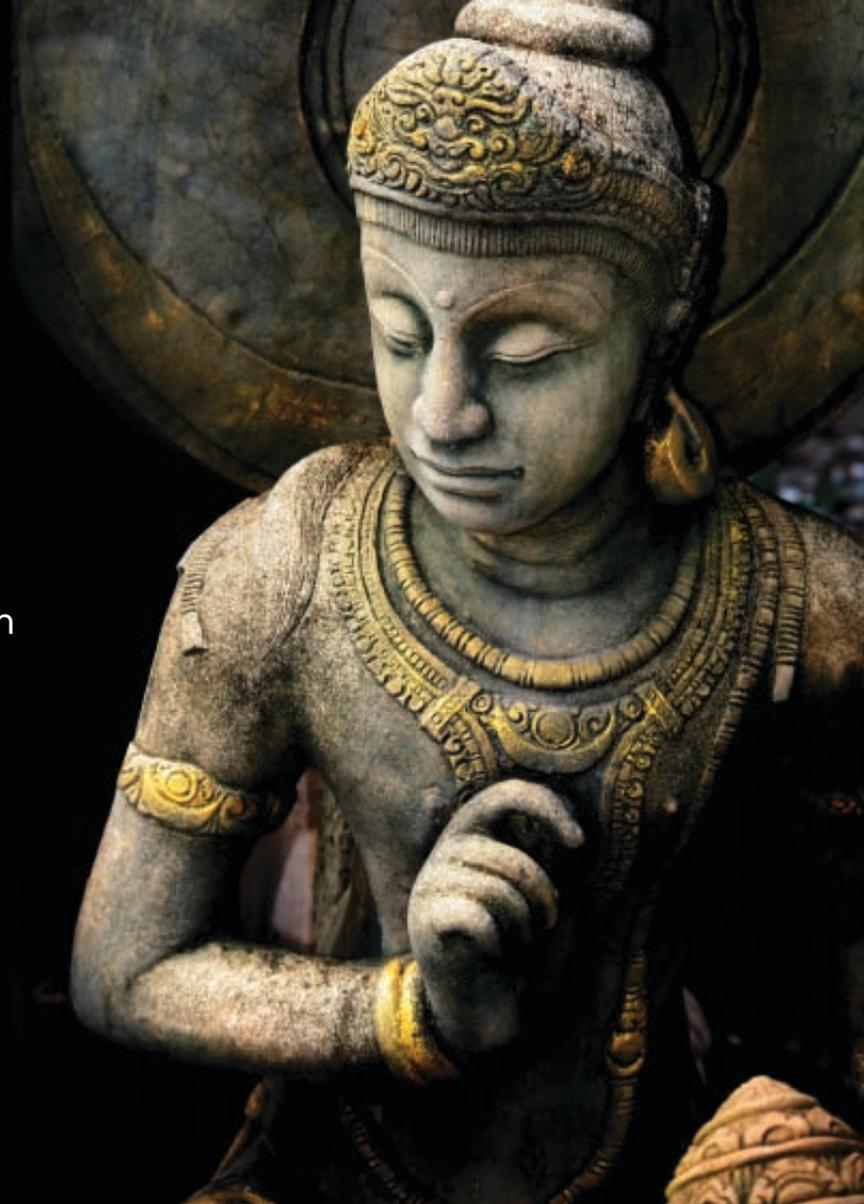
you are carrying the whole knowing
the whole life source and life is a teacher itself
can you create life ?
understanding life you need to live life
you need to live life so totally
that it becomes your understanding
through dissolving into that totality of life
when life is flowing
you dive into the river totally
and life will lead you and show you the way
it will not show you anything
you will be it and you will be consumed by it
and you will know the taste of life
knowing the taste of life is knowing all
because there is nothing greater than life



you are not responsible for anything but the life that is within you
and the response ability is not to anybody but to existence itself
another name for it is gratitude towards godliness present within you
you are responsible for life and your godliness
and the moment you follow your inner nature
you are not listening to god
you are god in action !



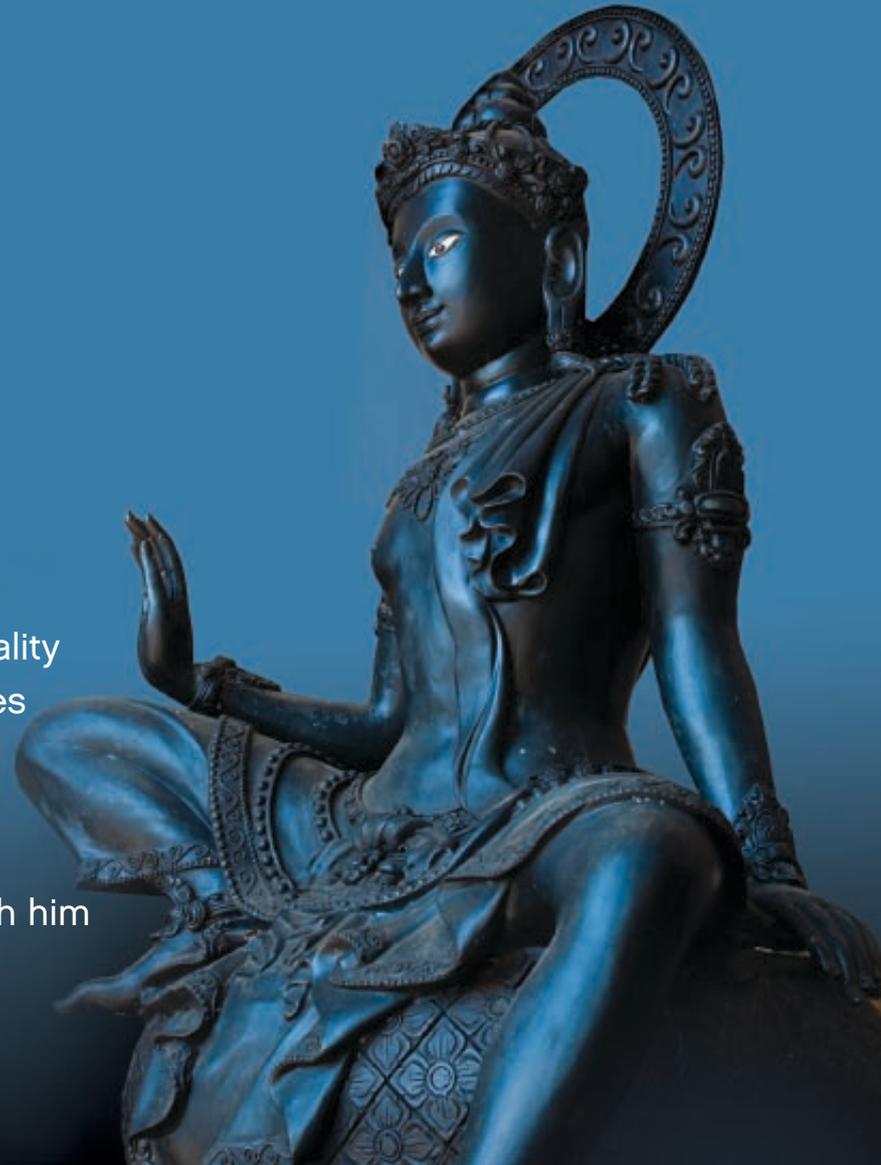
i am just celebrating the not knowing
and enjoying my innocence and its expansion
 the greatest key i have known
 there is only one word for it...
 innocence
 this the most beautiful space for a seeker of truth
if you can remain innocent and seek innocently
for the innocent being
there is no door
all is open
existence respects loves celebrates innocence
you can feel the innocence in flowers
in the birds...in the grass...in the river...





i am not perfect...i am not stupid !
i am perfectly imperfect...i am simply human
i am not a perfectionist
each moment has its own beauty
and it need not be perfect
in how many dimensions will you find perfection ?
at which level of life will you find perfection ?
in the material plane ? emotional plane ?
in your relationships with others ?
in the spiritual plane ?
all different levels of human consciousness
so many layers of understanding
things can never be perfect

you are already a buddha in your cosmic consciousness
you are carrying that dream as a reality
the rest of you is dreaming...but that is a reality
that reality cannot be touched by anybody
that you are to be a buddha..it is your birthright..your ultimate reality
hence you are carrying that dream since lives upon lives upon lives
truth knows how to find truth ultimately
it has nothing to do with you
let me tell you very simply
a buddha knows perfectly well that it has nothing to do with him
it is existence itself
and the very force of life that has destined it
i will be a buddha one day



like a seed...you can see the seed but you cannot see the tree
the seed is sitting and dreaming that it is a tree
and there are the fruits and there are the flowers...
had the seed not known that it is going to happen
it would not have given birth to itself
each human being is a seed carrying the dream present within
it just has to wait and that longing and that thirst will create its reality
the tree did not come out of nowhere
it was present and hidden within the seed

hence life is nothing but a déjà vu
if you live your life correctly
plant the seed in the correct space
give it the right nourishment
give it the right love
pay attention to the life within it
and keep dreaming...
that dream will never die...
and one day you will say...
aha...i already saw this a long time ago...





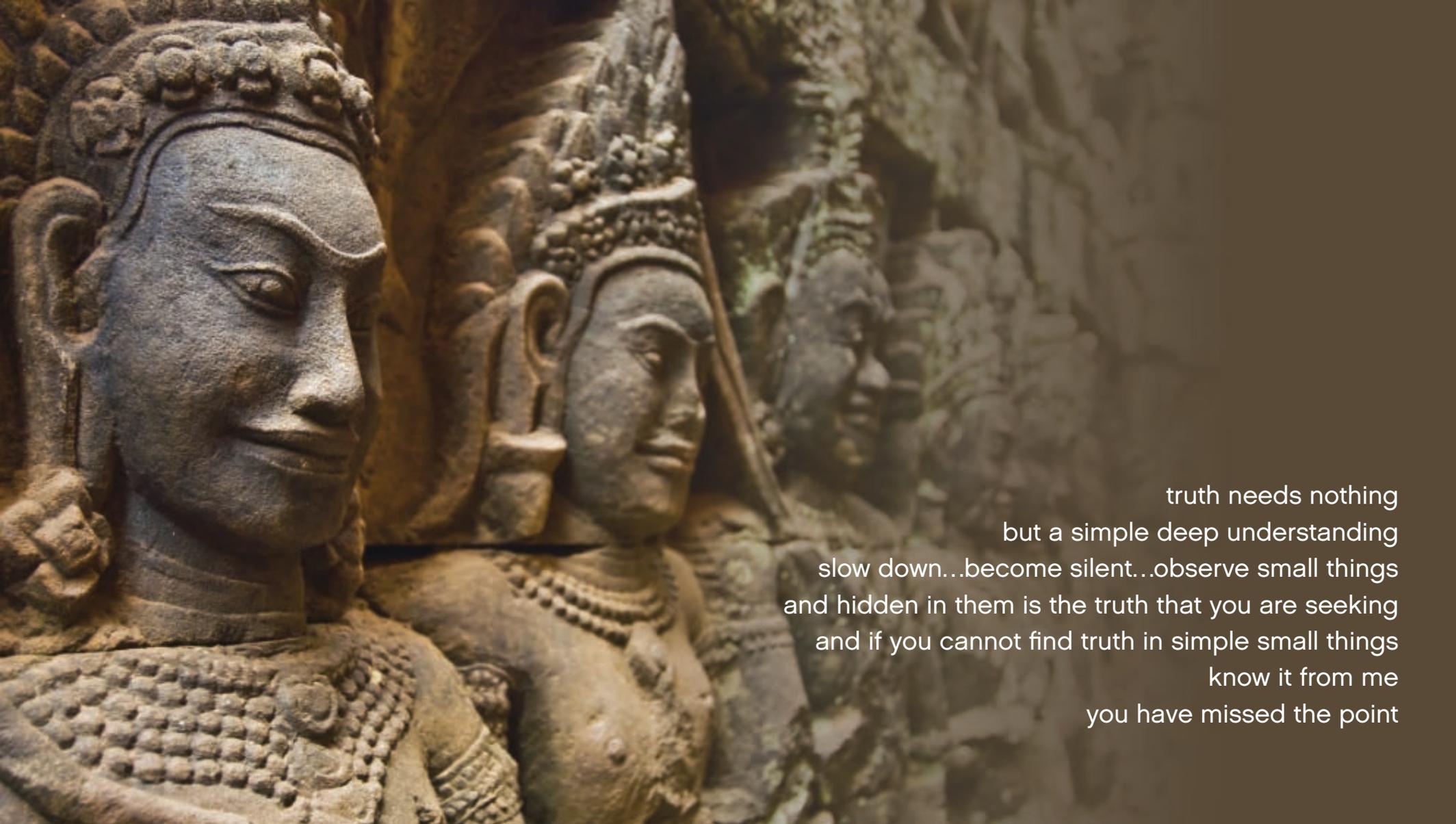
hidden within you is your nature
is your enlightened state
never born never died
you are it
hidden behind it
in each of your acts...in each of your doings
hidden behind...the witness...watching the act
watching the emotion...watching the movement
watchfulness
never born never died

this intense effort
what buddha calls right remembrance
one day your life will be a celebration
and you will not be celebrating
it will celebrate you !

you will not be celebrating
but you will become a celebration yourself
you will not be...but celebration will remain
you have disappeared completely
and what remains is a state of celebration...effortlessly...

you will not love..you will be dissolved
and what will remain will be a state of love
no effort..that is the celebration i am speaking of
a state of love...
a state of celebration...

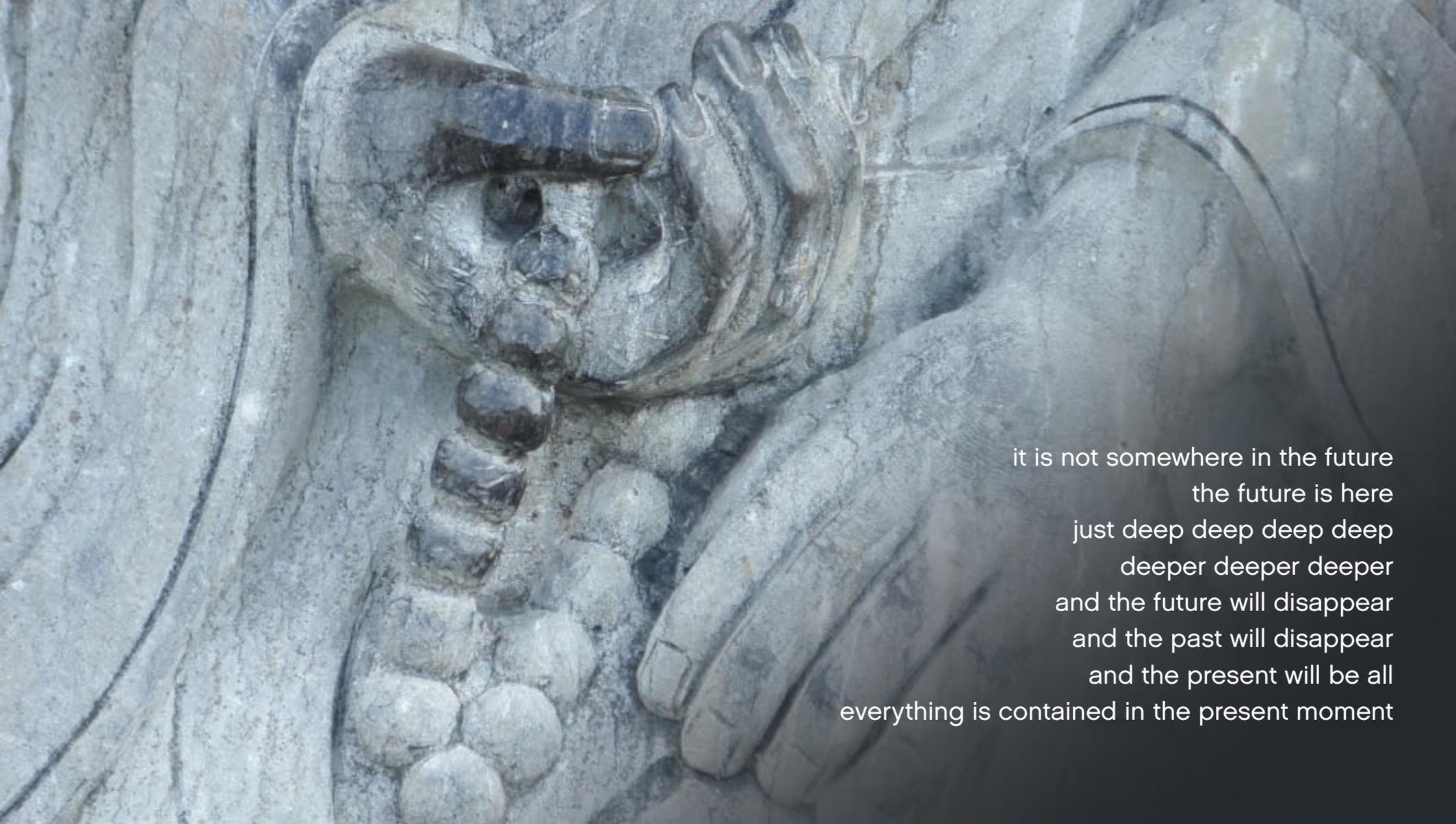




truth needs nothing
but a simple deep understanding
slow down...become silent...observe small things
and hidden in them is the truth that you are seeking
and if you cannot find truth in simple small things
know it from me
you have missed the point



in that deepest silence you are no more
when everything is gone there is an explosion of love
your very core...the very pulse of life
life itself is love
it is such a motherly gesture
it creates out of so much abundance of love
it can create a vast universe
expanding with nothing to stop it



it is not somewhere in the future
the future is here
just deep deep deep deep
deeper deeper deeper
and the future will disappear
and the past will disappear
and the present will be all
everything is contained in the present moment

no seeker who has a heart...who has love...
has any conditioning
love is enough...love is more than enough
if you have love and if you can share your love
everything will disappear in its light
nothing can stand up to the power of love
it can melt even the rocks and the walls
love is the only way
there is so much you can fall in love with
and you can also...rise in love !





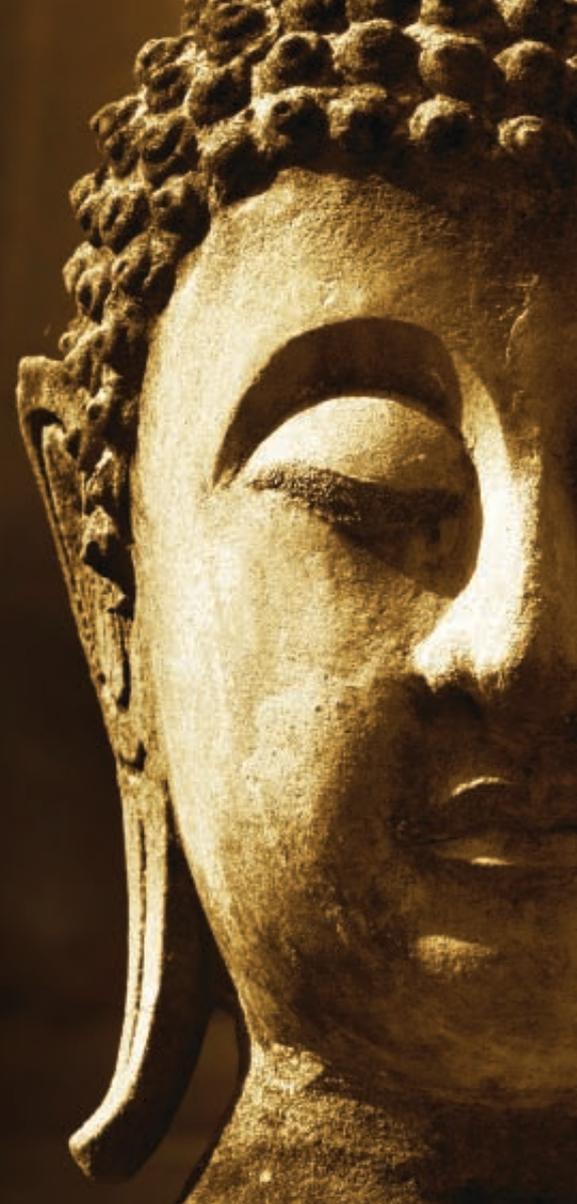
in the room of the mystic there is light
he can see his face in the mirror
for the ordinary man there is no light in his room
but the mirror is there
turn on the light and see your face
that is the difference
but the mirror is there in either case
both the rooms have a mirror
one can see and one cannot see

A row of golden Buddha statues in profile, set against a background of red and white horizontal stripes. The statues are arranged in a line, receding into the distance. The lighting is warm, highlighting the golden texture of the statues. The background consists of alternating horizontal stripes of red and white, creating a rhythmic pattern.

for living one needs nothing
just pure innocence and silence
a heart dancing humbly with existence

there is one in you that is immortal
it has always been...will always be
you cannot destroy it...you cannot create it
you cannot measure it...you cannot weigh it
it is everywhere...but you cannot see it
it has no taste...no odour...no touch
you cannot taste it...you cannot touch it
you cannot destroy it...you cannot create it
it cannot be uncreated...it is invisible yet it is present

we call it omnipresent...omnipotent...omniscient
we are searching this mysterious phenomenon
if you look carefully..
there is the one
it is the blackhole





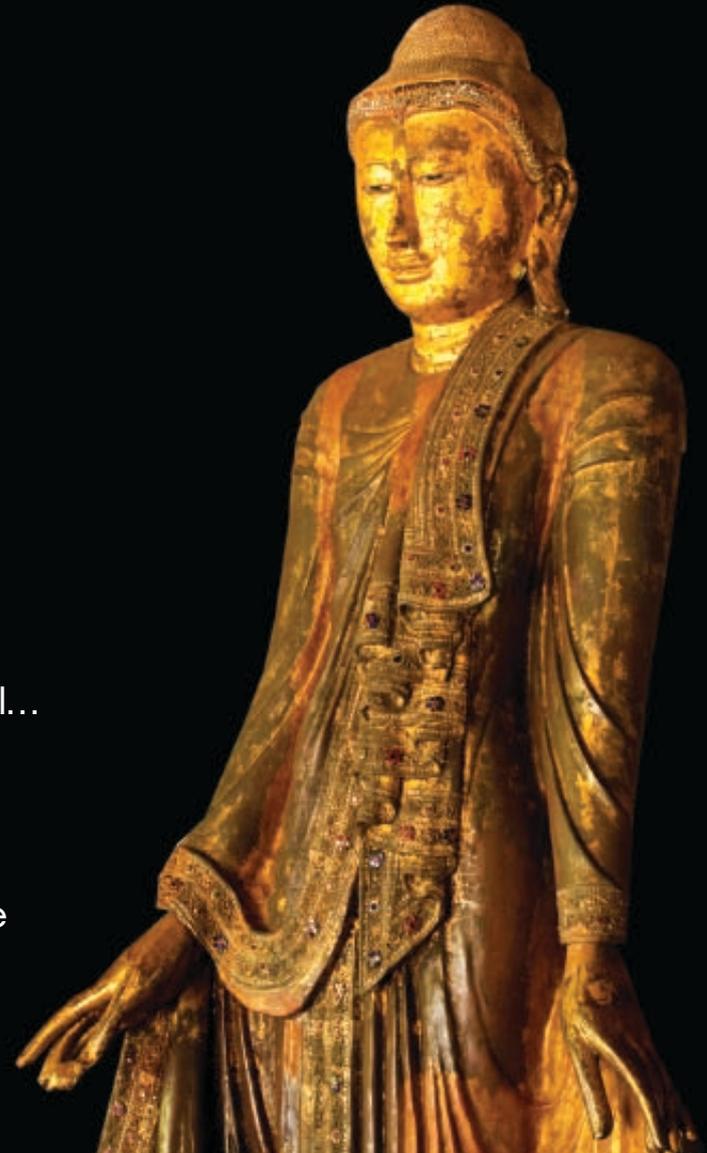
as far as i know you do not need to drop anything
deepen deepen...go higher...go deeper
nothing to drop !
in the first place how you get hold of it to drop anything ?
you must be a master then !
do not drop anything
specially in the inner world
deepen it !
and the more you taste...deepen it...and wait
it will dissolve you one day
you will drop certainly...you will drop drunk !

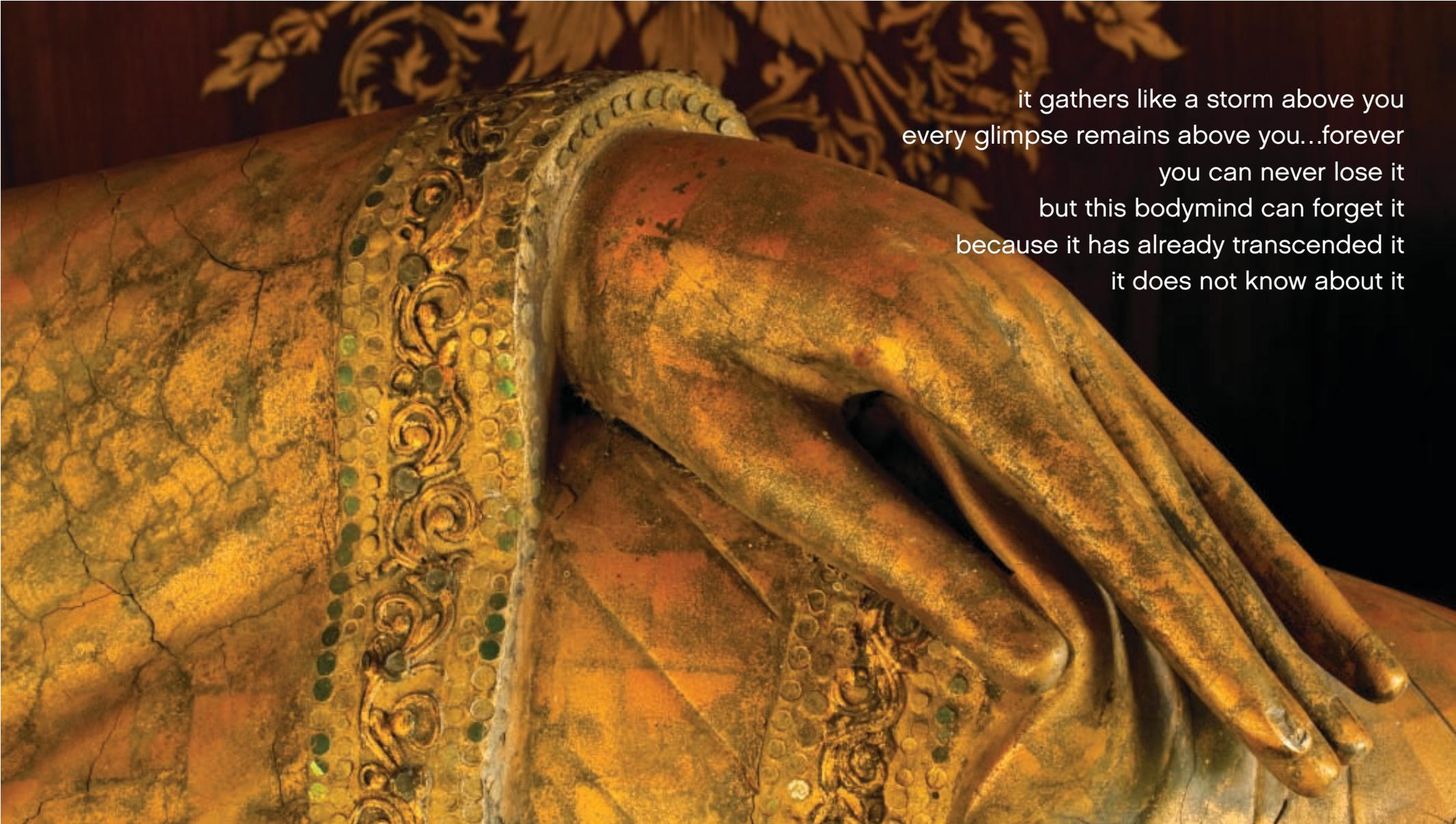


you will remain mystified
your eyes will be open like a child
that innocent eye is love
it is wonder
it is an open secret
it leaves you vulnerable...innocent
sensitive and silent
it is the greatest mystery
and i hope it remains the eternal mystery !
let it always be the unknown
then the unknown becomes a pure celebration of love

if you know death
you will laugh...there is no death
knowing that you are deathless
knowing that nothing can kill you is the truth
look at the truth...
omnipotent...omnipresent...omniscient
all powerful !

it is so powerful
what is the power of truth ?
it is invisible...no taste...no touch...no sound...no smell...
it is present everywhere...
it knows all...
look at the qualities of truth...
something is present everywhere and yet it is invisible





it gathers like a storm above you
every glimpse remains above you...forever
you can never lose it
but this bodymind can forget it
because it has already transcended it
it does not know about it

the more balanced you are...the more nourished you are
the more settled you are...your being will simply radiate
and you will not need to take care of it
it will take care of you
it always takes care of you

just this realization will give you such a deep gratitude
you will be so filled with gratitude towards existence
so much has been given towards you
so much has been always coming towards you
and it is not asking anything in return

the greatest treasure in the world is life
and life is given to you life for free
life is pulsating within you...free



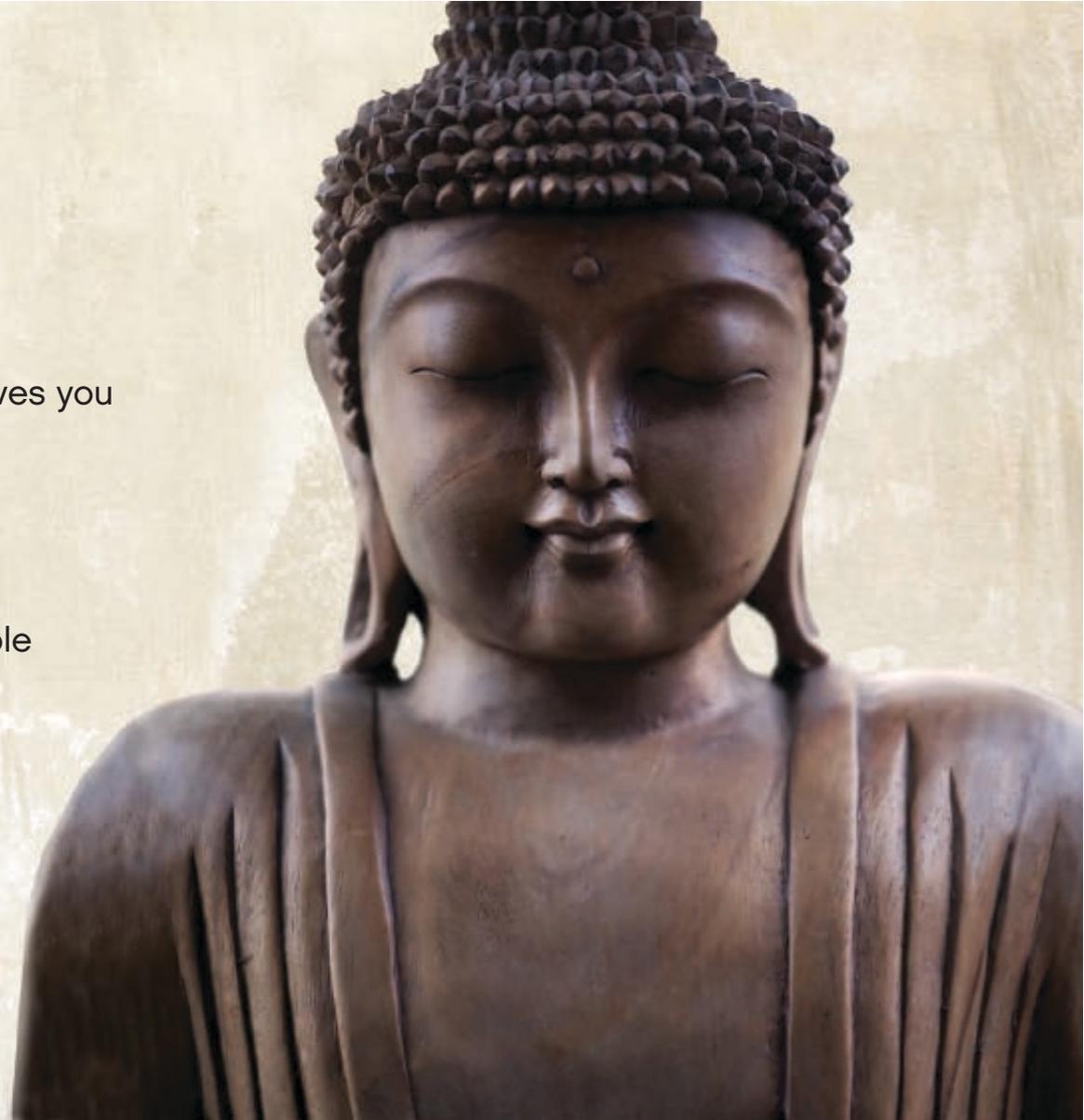
i say again and again
there is no such thing as meditation...live meditatively
allow these spaces to express themselves through you
and you are an illumined being

each gesture of you carries life
connect this gesture to the source
and bring the source into your acts
you are spreading yourself within yourself

hence i say...meditativeness is a simple knack
it is not something special
that is why people miss it



all i can say to you that love is that which dissolves you
love is that which makes you disappear
you are no more
and what remains is love...
a simple innocent nobodiness
utterly disappeared and surrendered to the whole
what is the whole ?
it is pure love
what love is to you is so conditional
but love is an unconditional state of existence



existence has given it to you as a gift
that is the search...the greatest search...
and this very simple ordinary finding
makes you laugh...sing...dance...celebrate

have you seen children when they look ?
their eyes are twinkling
what are they seeing ?
mind has not entered
they are still looking at the light

they are looking at everything in a psychedelic way
they can see the feather like energies
the auras of trees and rocks and plants and the water
this is exactly the bliss you are searching for
you are blessed



you will drown in its love
and drowning drowning in love you will disappear
searching...searching...searching...
you will disappear
no one has searched and found truth
truth has found you !



the word ego used by buddha
do not use it in this little sense
the sense that i am greater or lesser or stronger...
these are all personal egoistic ideas
when they use the word ego
they mean the identification with who am i
the identification...not the who am i



i lived with my heart
and the heart looks foolish and confused...
all wise people look confused
they do not know where to go...
they know the path of wisdom
is to just allow wherever existence takes them
and existence does not know the highway
sometimes it goes here...sometimes it goes there
sometimes it falls...that is the beauty
so i am always confused...and i do not hide it at all
it is an achievement !



my message is pure innocence and love
and these are the most feared things in the world
knowledge can fight knowledge
i have nothing but innocence...
it is dangerous
because you cannot fight a person who is innocent
you cannot fight love
you can hide from love
but you cannot fight it
and a person of love and innocence in this world today
is far more dangerous
than all the people in power and with vested interests
innocence does nothing in itself...
it simply exposes the lies
and the lies will collapse
and what is revealed is the truth of your inner beauty

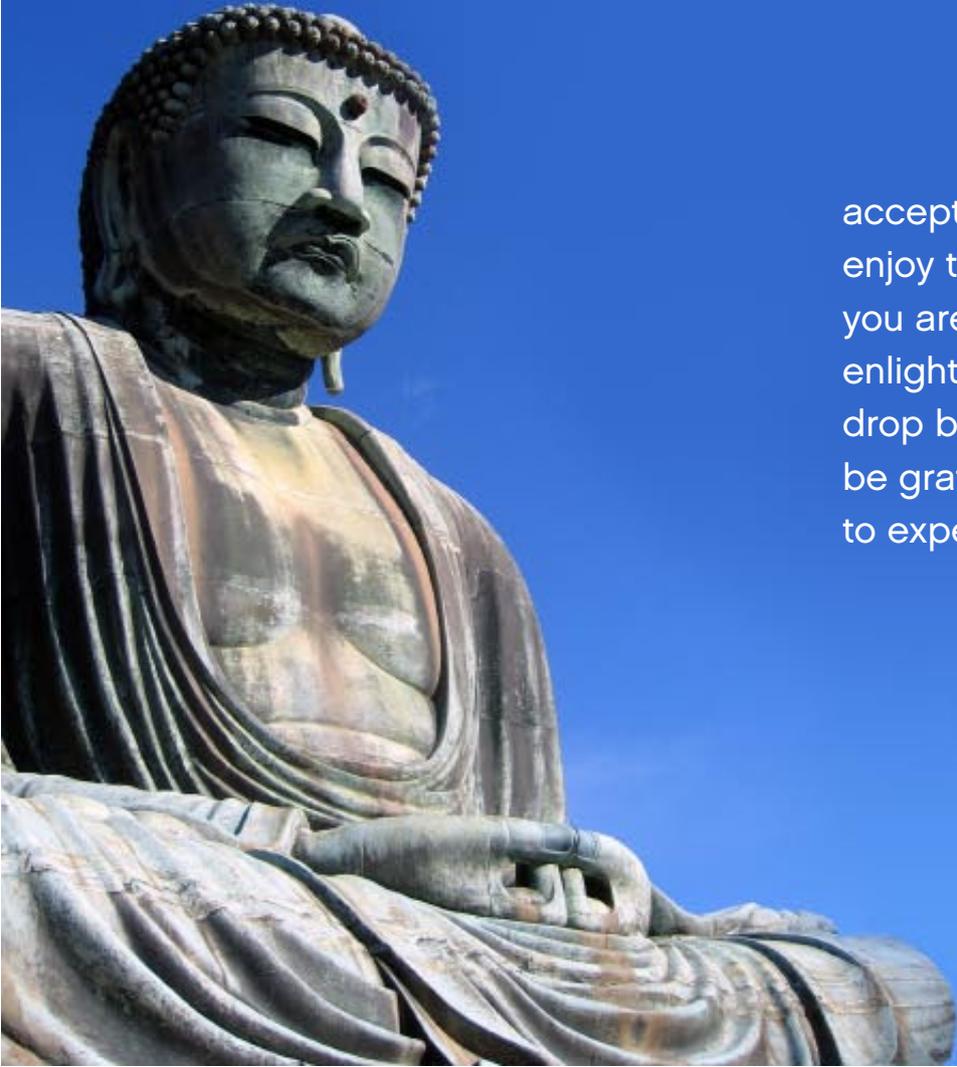


when you watch a mystic
just by watching you learn
just by watching
that is why in the east we call it darshan
the disciple goes and simply watches the gestures of the master
the way he walks...the way he sits...
the way he stands...the way he moves...
they can read the inner flow in the outer expression



women are already enlightened...
this is what i have been saying again and again
the woman is the egg...the female energy is the womb
the womb needs to see the light
she is already home
she needs the sperm
she needs the male energy...the plus
she has the womb
and the womb is an enlightened state
women do not experience enlightenment easily
because they are already enlightened !





each moment you are enlightened
it is not quantity...it is a qualitative state
do not search for more
just search these simple ecstatic states
and when they will come to you be grateful

accept it totally and celebrate
enjoy that moment of celebration
you are creating space for more to gather within you
enlightenment is nothing but simple small experiences
drop by drop...be grateful for them
be grateful that you had this opportunity in life
to experience such beautiful ecstatic moments

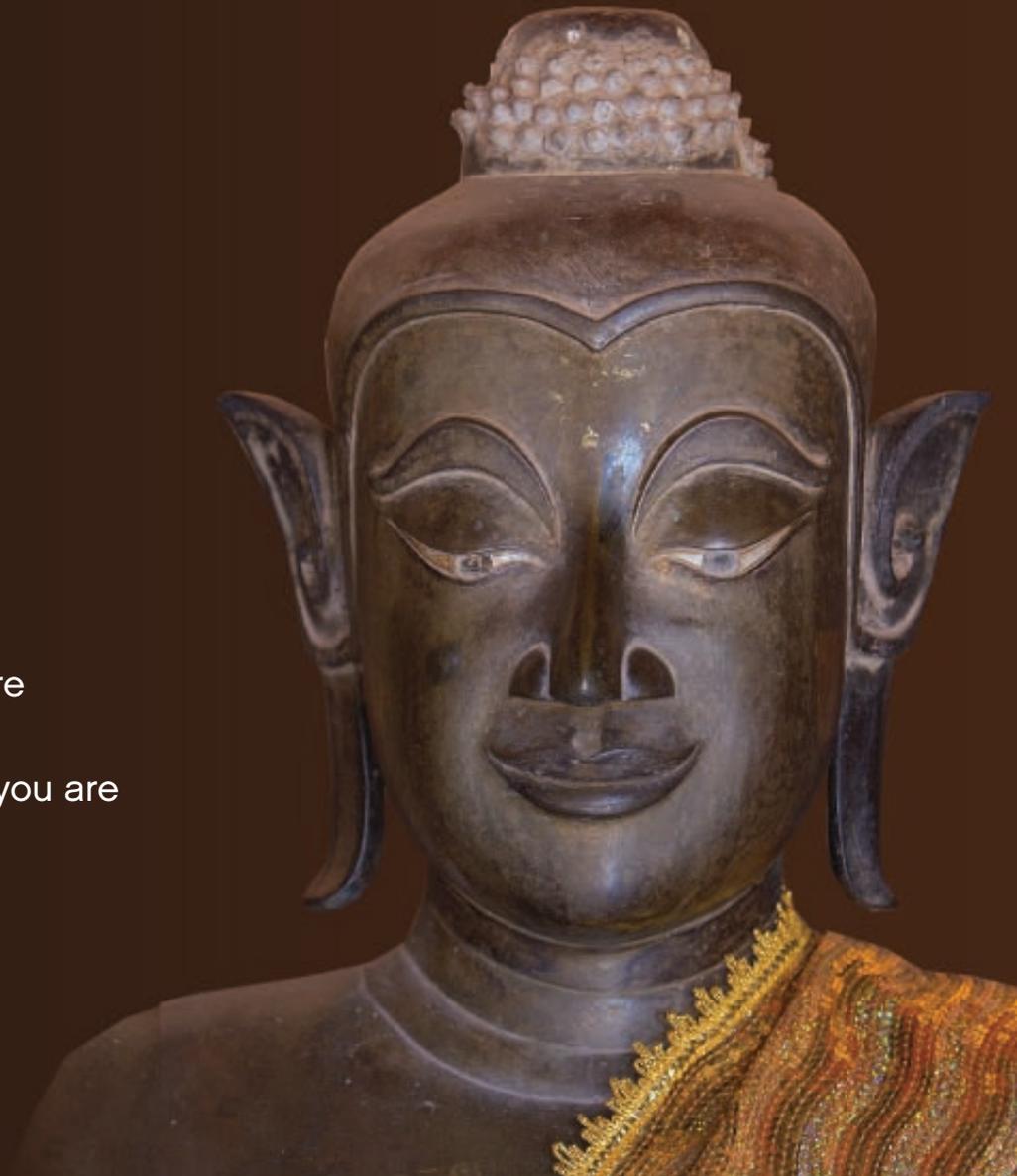
your gratitude will create an opening
that moment is so beautiful...

trust that existence will give you more of such moments
they are continuously showering upon you
you go on missing these beautiful small moments
just your simple gestures
your simple day to day life
live passionately...totally !



it is there when you meet someone who knows
his knowing is very simple
he knows nothing...he has disappeared
he knows his nothingness
he knows his disappeared state
you will find an innocent person
the mystic will close his eyes
drop a tear
and you will understand
the love must be so deep
that it moves tears in his eyes
to speak about truth is so utterly stupid

transformation is not information
transformation is not change
change means not accepting yourself the way you are
try to understand what the buddhas mean
when they say that you are perfect the way you are
they are indicating that within you
there is the silent buddha
awaken it...

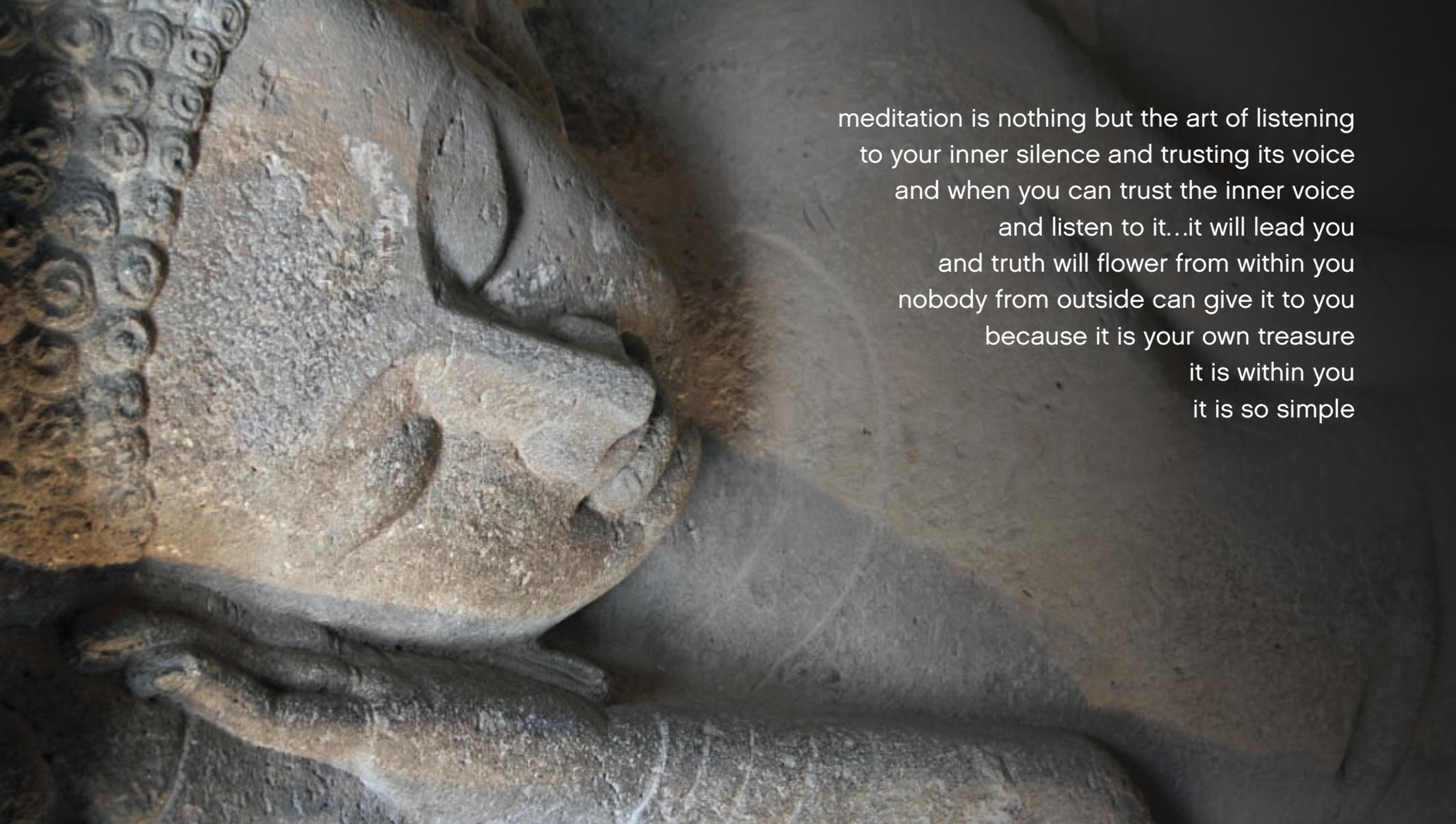


you will have to accept this foolishness
just walking slowly...looking at flowers
nowhere to go...how stupid i look !
but i can tell you from my own experience
it is utterly ordinary and that is why you have missed
i know it...i am living it...
this grace surrounds me
and it consists of simple small acts



silence lifts you higher and higher
this silence is your vibration going vertical
because you have peaked
the state of energy is so peaked
it is like standing waves
it lifts you higher...
it is a living silence
and it makes you alive
it pulls you upwards...
you feel the pull upwards
it is the buddhafield





meditation is nothing but the art of listening
to your inner silence and trusting its voice
and when you can trust the inner voice
and listen to it...it will lead you
and truth will flower from within you
nobody from outside can give it to you
because it is your own treasure
it is within you
it is so simple



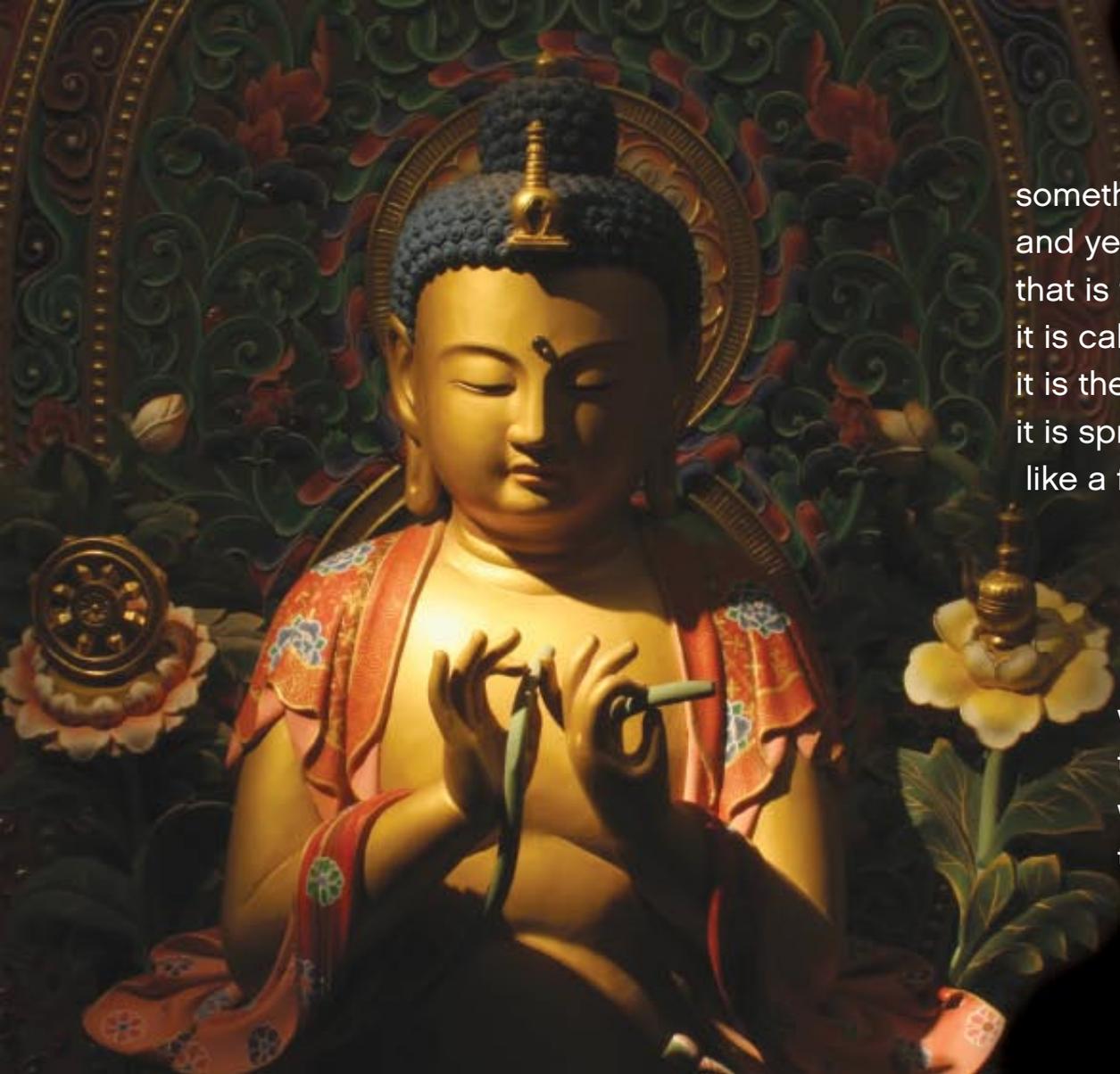
such a vast celebration
the sky dancing with rain
such a celebration !
the air has become sweet
it is such a gift
everything showering...everything showering
such a sweet sound...so much music in the air
something like this is the sound of samadhi
just showering...like a buzz

the flame of awareness is like a candle in the dark
it shows you the way but is not aware of the darkness
it shows you the way but is not aware of the object it brings to its light
the candle flame is unaware of darkness
as it never comes across darkness itself
so awareness is not aware of unawareness
as it never comes across any unawareness
and is perfect in itself





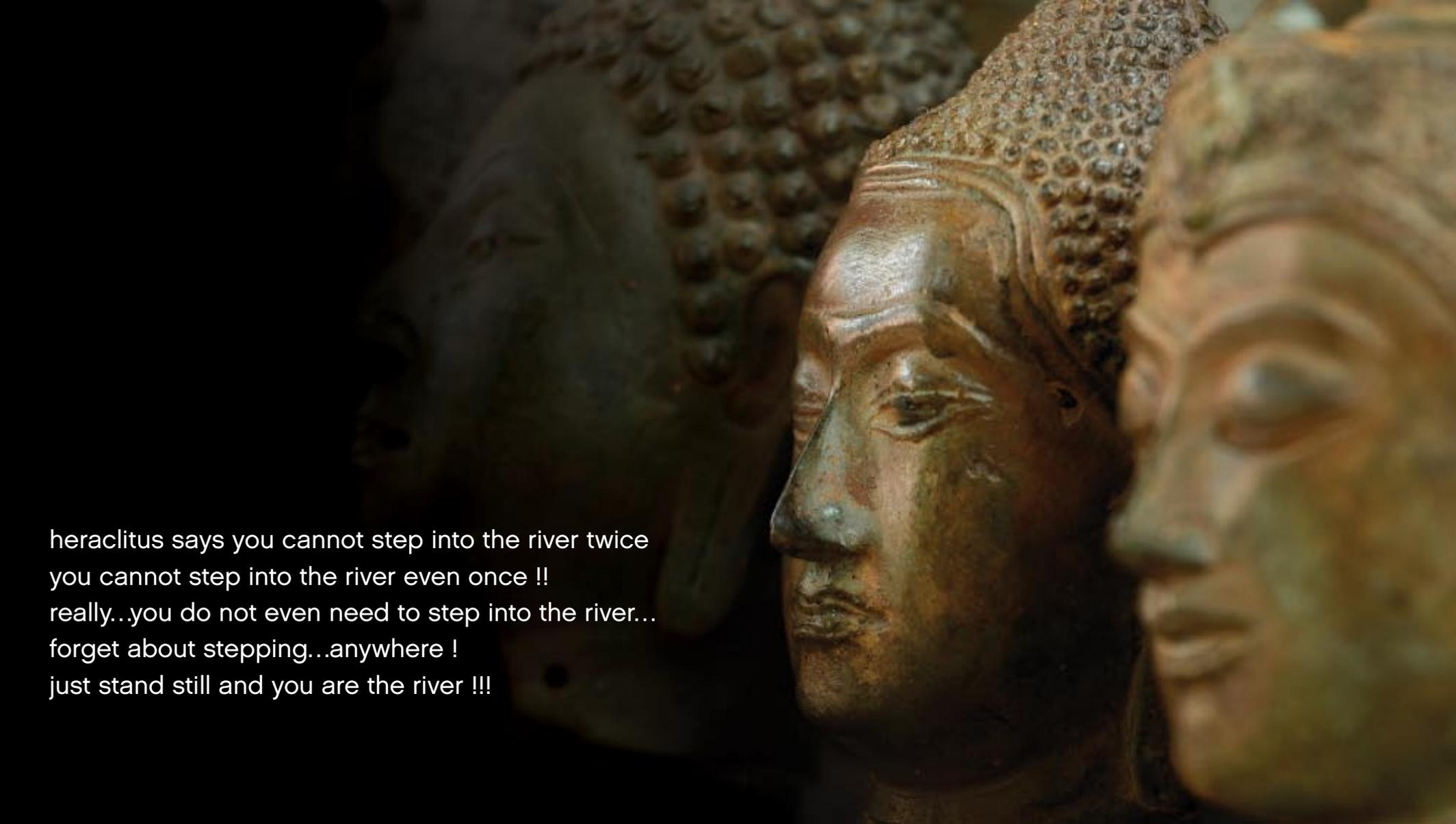
religiousness is one
this humanity is one
we need to realize the beauty of all who search
we should not be egoistic
that this is my religion
it is simply religiousness
it can beat in every heart beat
in every being



something within you is present
and yet you cannot know it
that is the blackhole in you
it is called the hara
it is the centre of your life
it is spread into all that you see
like a feather so soft it can penetrate everything
the first experience of samadhi
is when you fall into this darkness
what you call the dark night of the soul
is actually an explosion of light !
when the mystics say
that all around they see light and immense light
what they are saying is
that you need darkness to see light
falling into the blackhole
it is no more darkness
everything around it is exploding in light

this very effort makes you more alert...
it cuts the inner spaces and creates a buddha out of you
you need fire
you need focus
you need totality
you need passion
there is no shortcut...
and it is beautiful
you are chiselling out a buddha
you are creating the greatest diamond
inch by inch...
is that not a beautiful endeavour ?





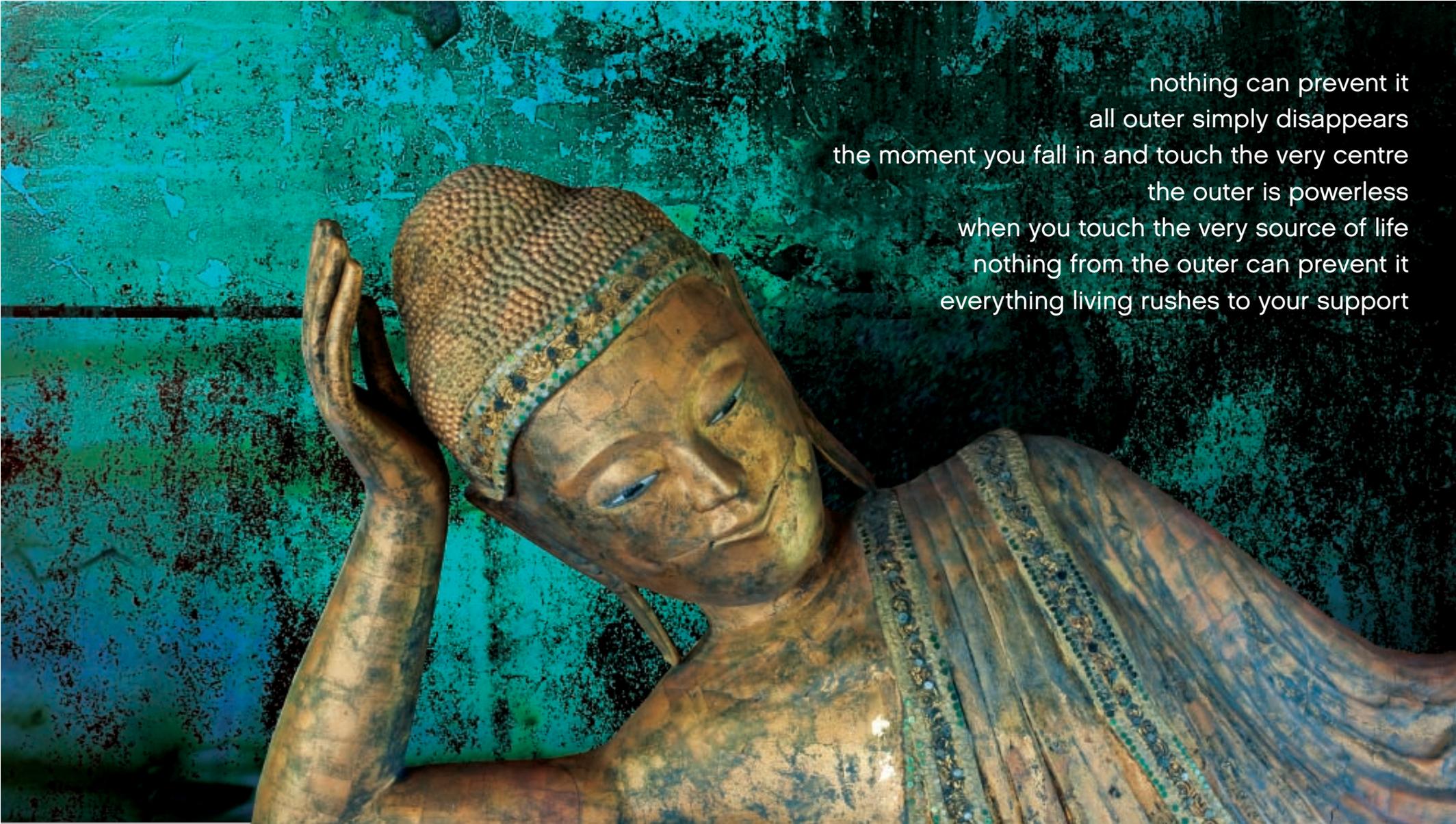
heraclitus says you cannot step into the river twice
you cannot step into the river even once !!
really..you do not even need to step into the river...
forget about stepping...anywhere !
just stand still and you are the river !!!

from the sky slowly slowly you descend into the earth
and you are born into a body
you are the sky
just reflecting in this body
when you are in the state of no mind
when you have peaked in your celebration
this mirror becomes watchful
we are searching this vast mirror of consciousness
unclouded
pure
crystal clear



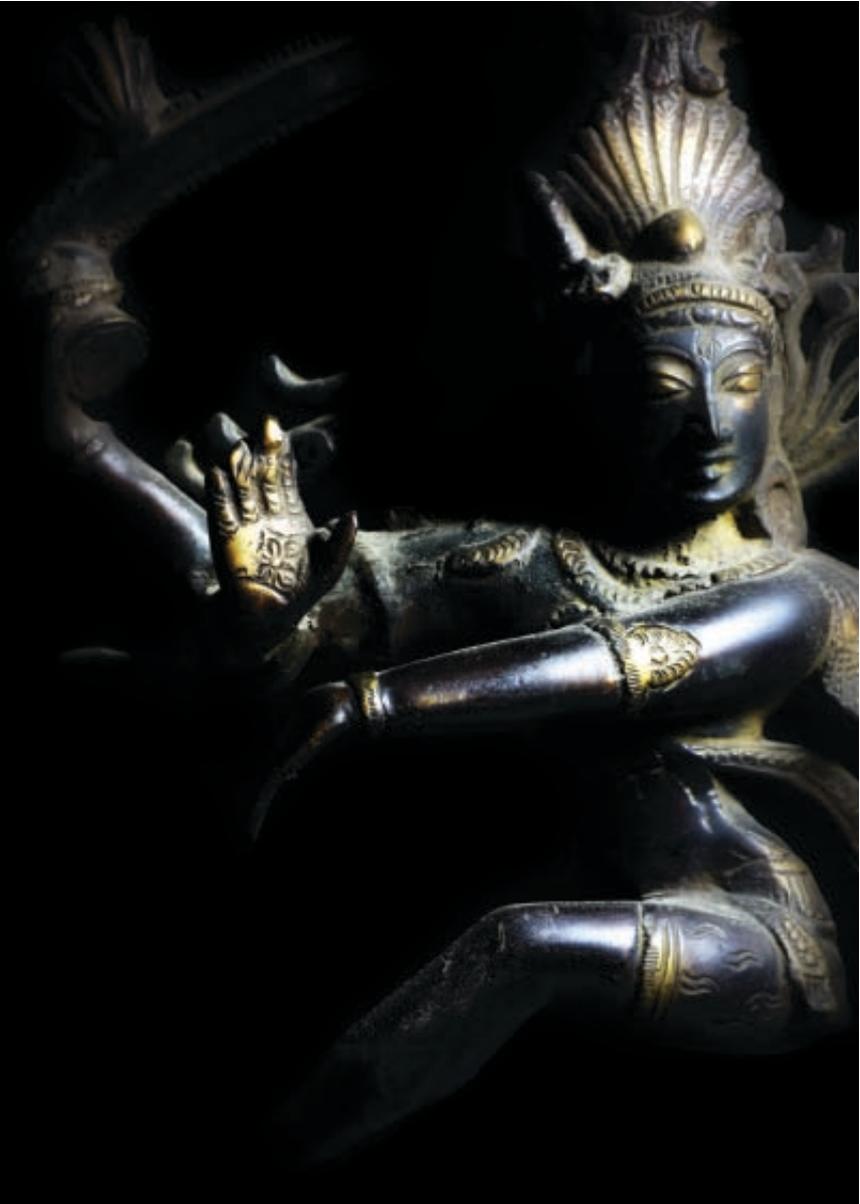
the person who has real intuition never judges
that is pure intuition
intuition is very deep
intuition is part of wisdom
judgement is part of the mind
intuition does not look for the answer
it is a quality of being
the very beauty of intuition creates more freedom !
intuition has a beauty
a certain quality
intuition remains silent
it knows and becomes more silent
and that keeps intuition alive
the moment you label intuition dies and you have a result
that result is called judgement
to keep intuition alive you see and you forget
you see and you forget...you see and you forget...





nothing can prevent it
all outer simply disappears
the moment you fall in and touch the very centre
the outer is powerless
when you touch the very source of life
nothing from the outer can prevent it
everything living rushes to your support

appreciate yourself
fall in love with yourself
accept what you have
it will unite you
you will feel a new value for yourself
and then go start seeking
how to live more of what you have
living totally what you have
with deep gratitude
that is meditation
connecting yourself to everything that lives
and once you respect yourself
you will respect the other
once you love yourself
you will love the other

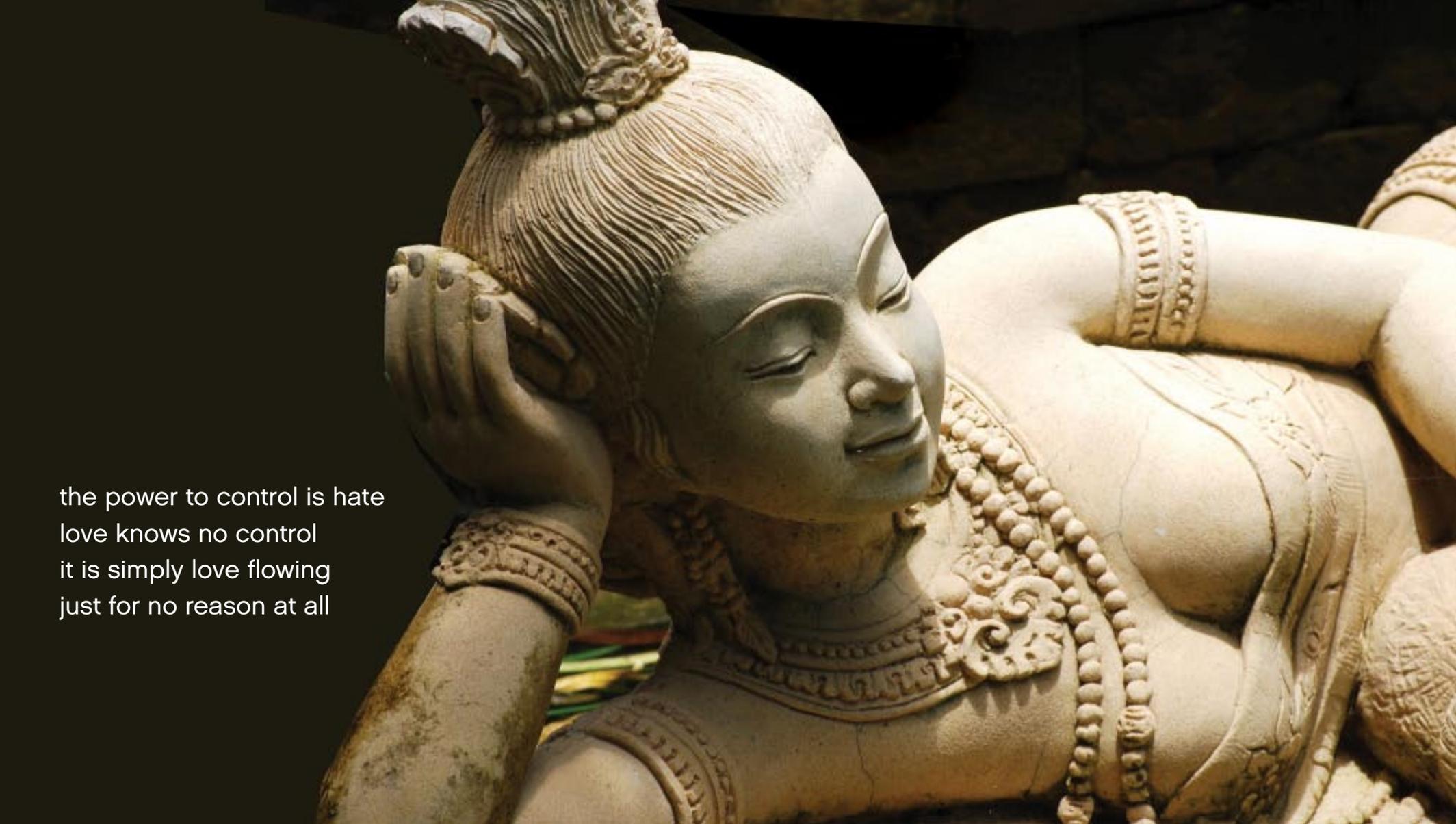




devotion...love...surrender
acceptance...gratitude...compassion
you are all these qualities
you have so many beautiful qualities within you
tasting these different delights
the journey is so beautiful
you cannot imagine living any other way
just drinking from the source
again and again
and one life is so short

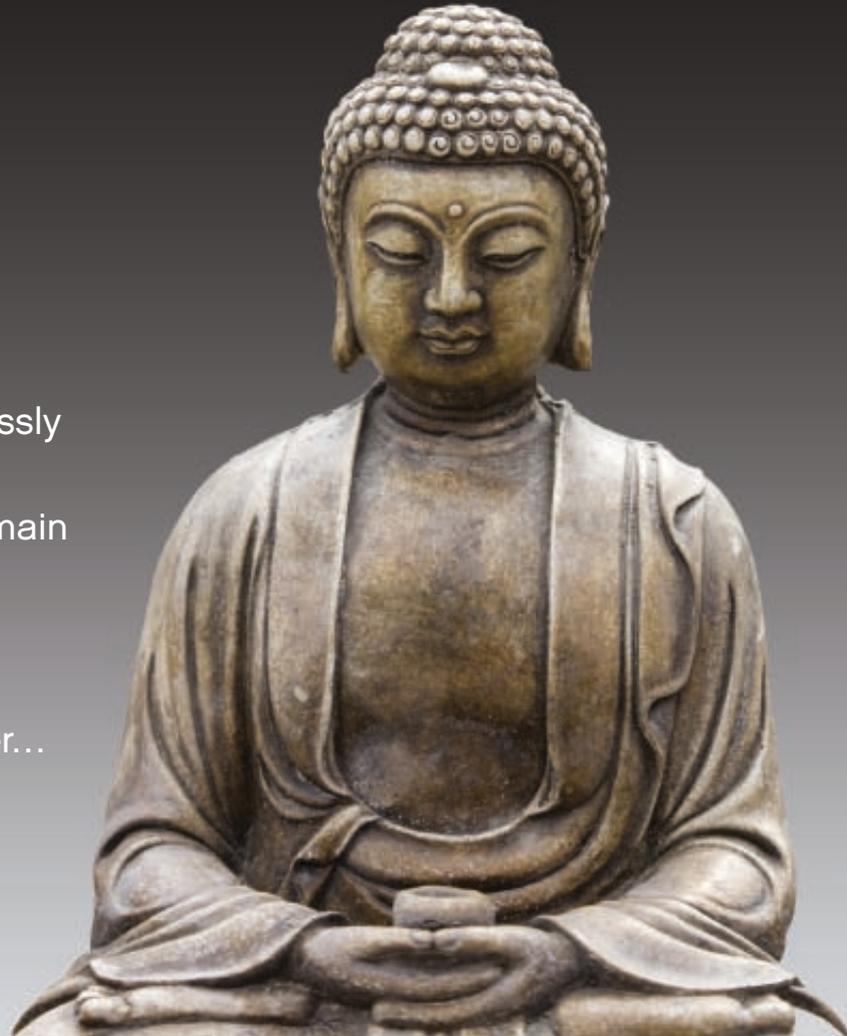
the seeker of truth is a warrior
he accepts himself perfectly the way he is





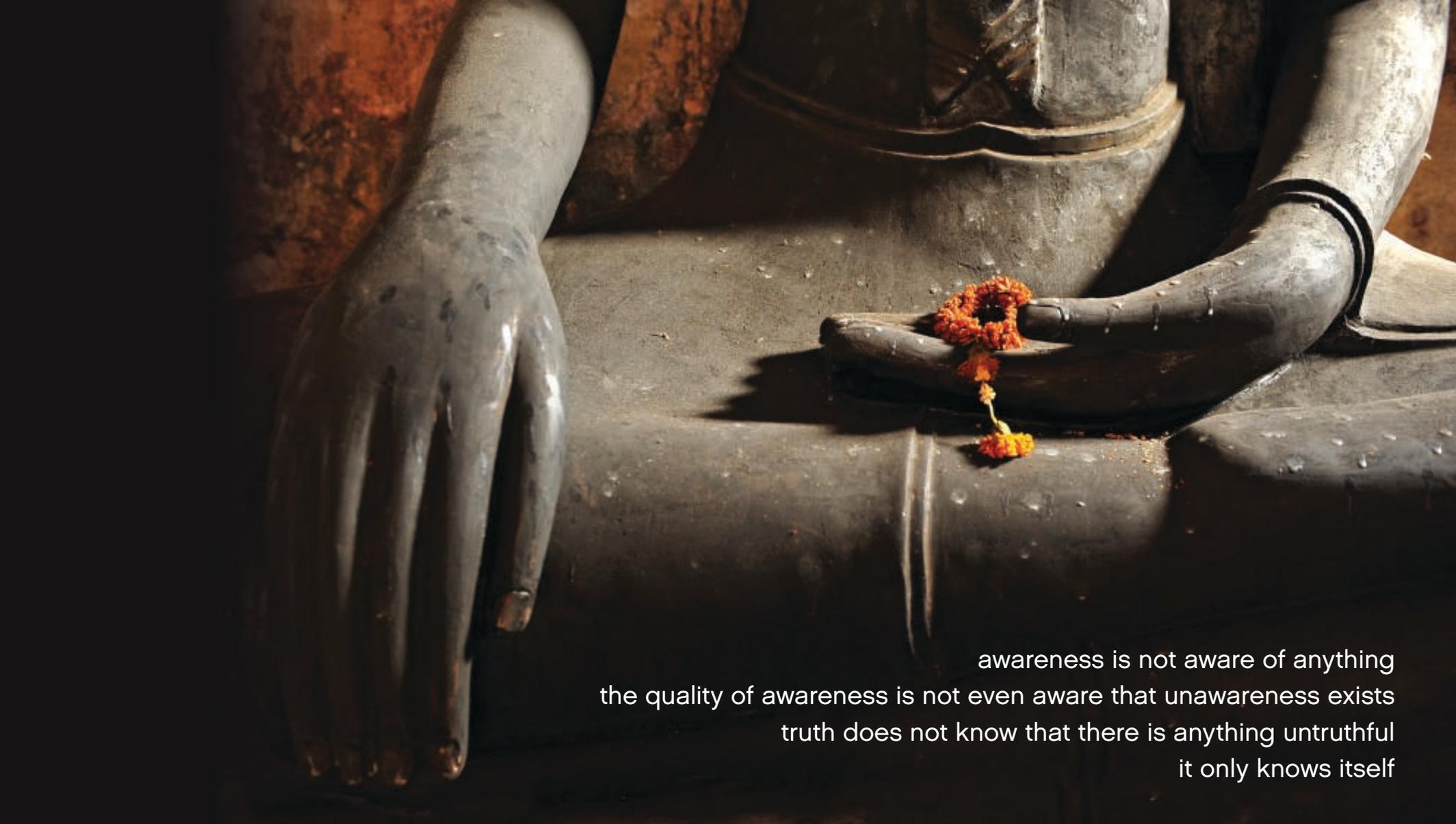
the power to control is hate
love knows no control
it is simply love flowing
just for no reason at all

fearlessness is immortality
just go into death with no fear
and you are rewarded...
existence rewards the warrior
if you can just go into that blackhole fearlessly
it becomes afraid of you
it rewards you and makes sure that you remain
something will bring you back...
you have become such a valuable being !
the moment you enter into it
your whole being will resonate a new power...
your whole being will transform

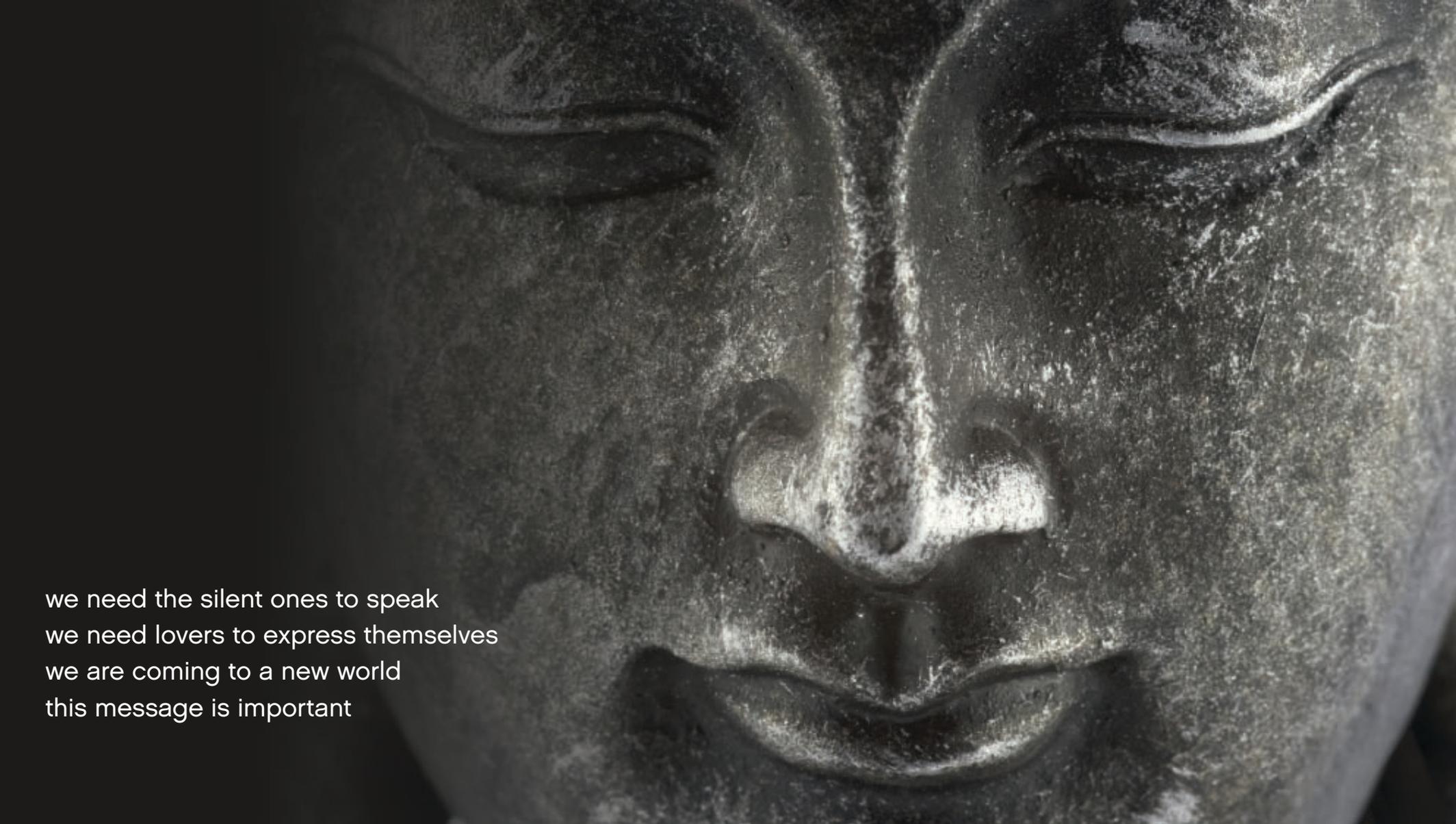




freedom is first
and love out of freedom is freedom
that word responsibility simply does not arise
love is enough unto itself
that word responsibility is when things get ugly
when the love disappears
you are not responsible for anybody but for your life
and once your life will flower
you will see the beauty
it will be pure compassion and a celebration
you will not impose yourself on anybody
you will want people to live their lives totally free
you are searching for the ultimate freedom
be free
start from freedom
freedom is so valuable for the spirit
you are free
utterly free
choose wisely
it is your life



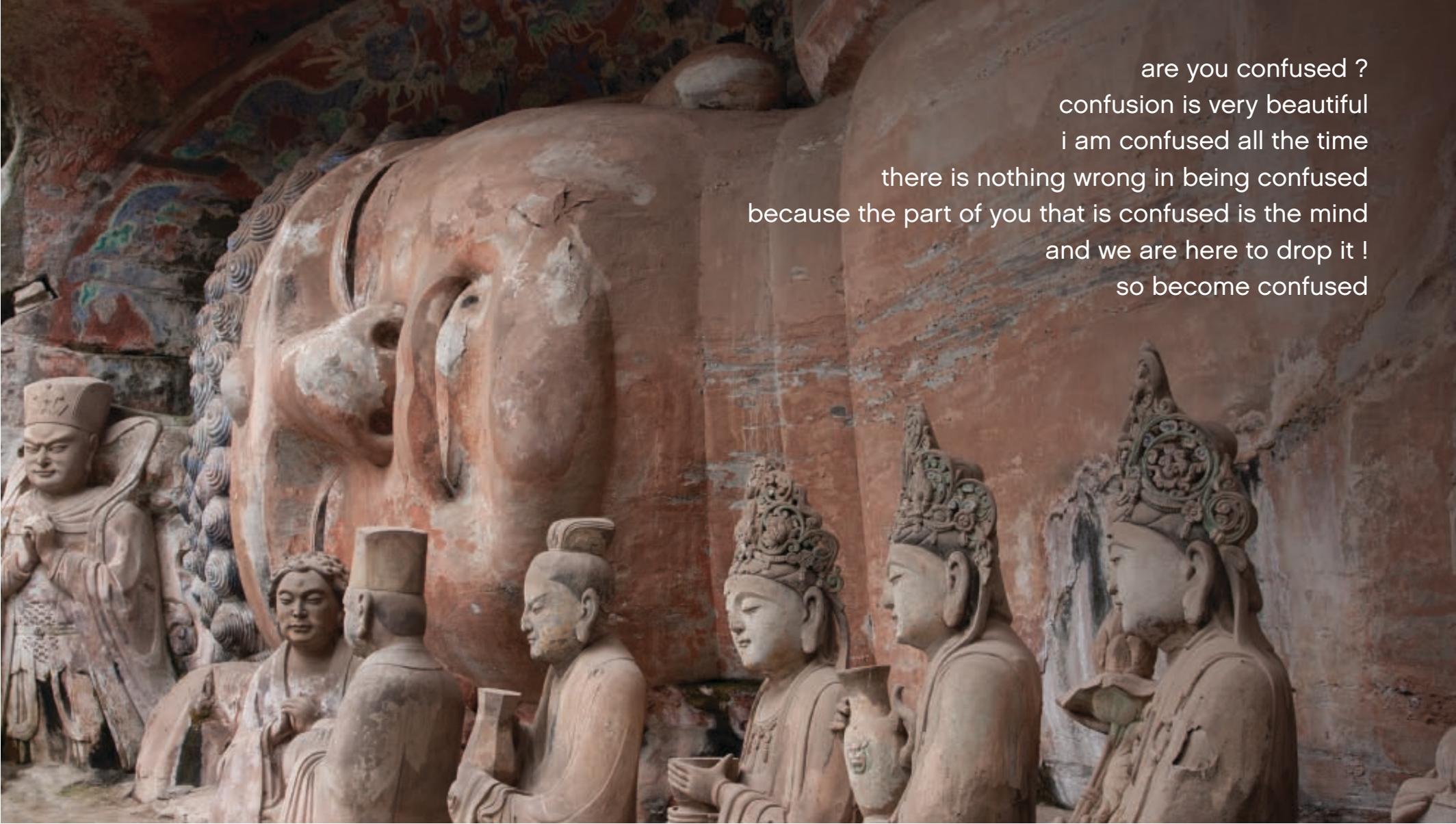
awareness is not aware of anything
the quality of awareness is not even aware that unawareness exists
truth does not know that there is anything untruthful
it only knows itself



we need the silent ones to speak
we need lovers to express themselves
we are coming to a new world
this message is important

all meditations lead you nowhere
meditation is not an achievement
it is to learn how to drop this achieving mind
to slow you down...to still you
you disappear as an ego
you start losing all your knowledge
and by and by
you become vacant and empty
what are you achieving ?
pure emptiness
that is the achievement
learning to lose all boundaries
all definitions
learning to lose is the way
learning to disappear
to dissolve
to become one with this beautiful universe

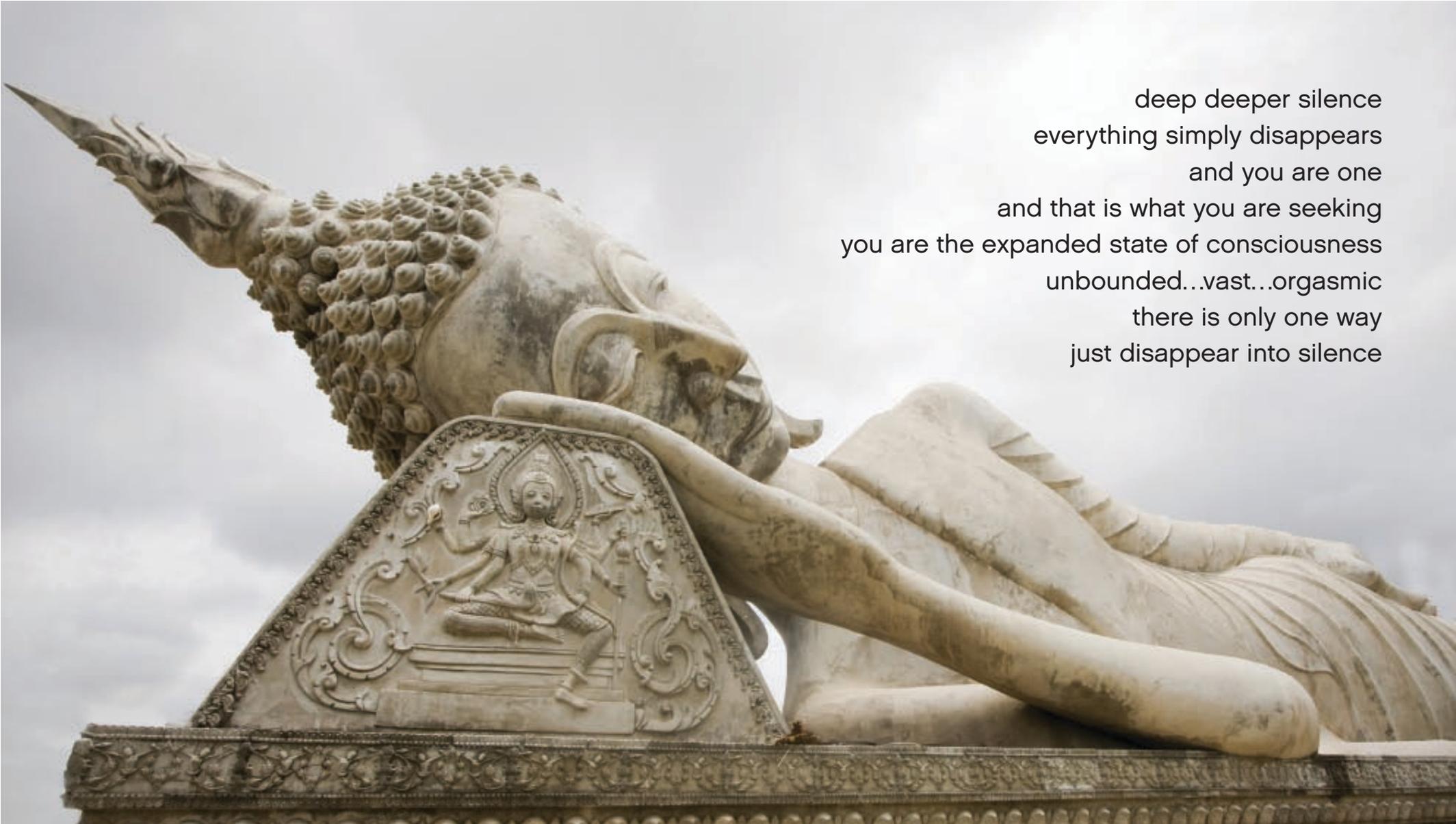




are you confused ?
confusion is very beautiful
i am confused all the time
there is nothing wrong in being confused
because the part of you that is confused is the mind
and we are here to drop it !
so become confused



there is no shadow
just the absence of light...
it is like fighting with your shadow
the shadow is simply darkness that has obstructed the light
just move out of the way...
and the light will dissolve this illusion of the shadow



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

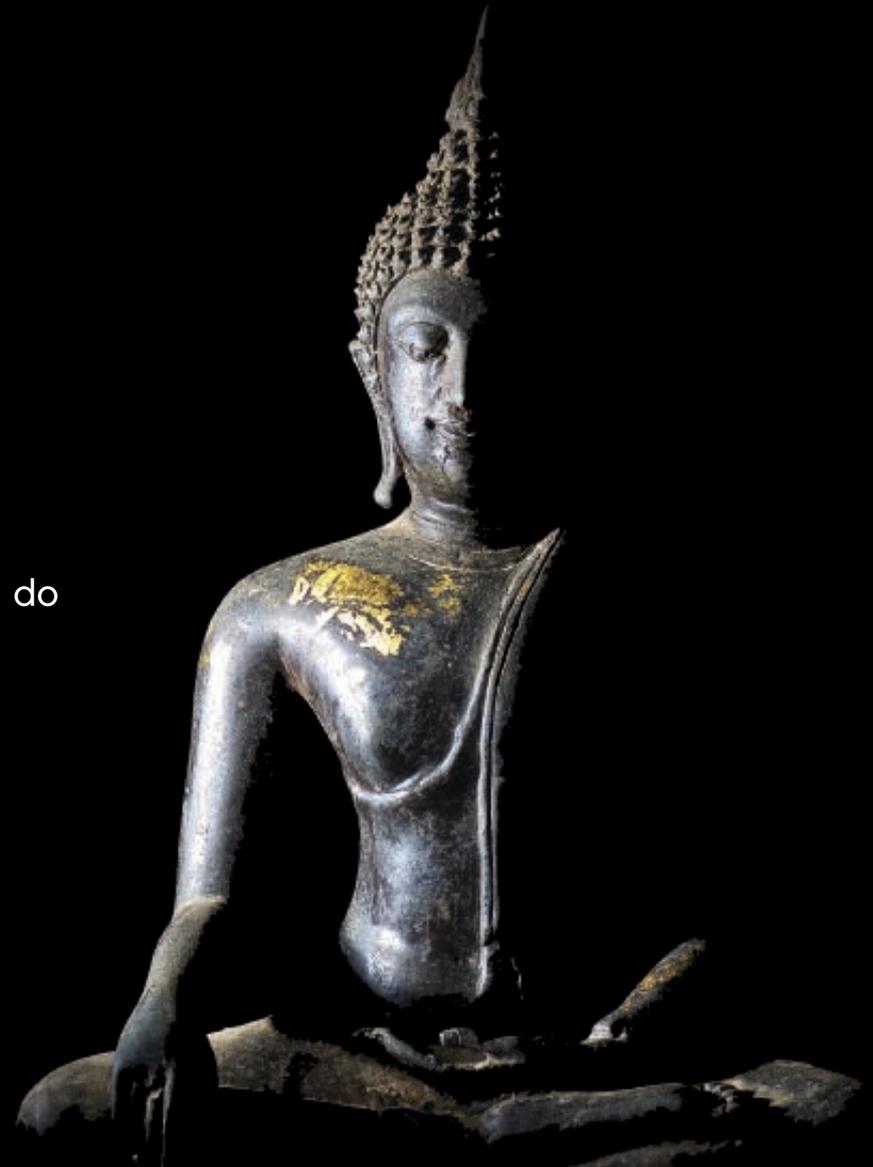
the power of love is too strong
the very force of life
the whole power of life is overwhelming
the power of hate...blindness...
is just a little darkness
life struggles for life



it will reveal itself to you
truth is never found
you drown into it
and it grows silently within you
truth is not outside you
so stop searching
start living what you have
start appreciating and feel gratitude
for every single moment of life



watching your simple day to day life
each and every small act of yours
watch consciously
it is vast experience
the energy that was in the action is released
and becomes part of the watcher
it is like a magnet
once this magnet begins to work it is a simple knack
once this magnet of watchfulness begins to work in you
the source of energy comes back to you in everything you do
you throw the energy in the action outward
but because you are empty and watching
the energy comes back to you
then thoughts do not drain you
emotions do not drain you
nothing can drain you
because the witness is connected with the whole
it is a source of power of this entire existence





mind needs movement..
like a pendulum...to live...to become
your brain has two hemispheres
left brain...right brain
exactly in the middle...there is a gap
this is the middle path that buddha speaks of
the golden mean
the secret of balance
the moment your body becomes still the mind stops movement
body and mind are deeply related
the mind expresses itself through body movement
each body movement is an expression of the mind
these ripples of the mind create actions
stillness...no movement and balance
stops the mind
and the identification of the body disappears



you do not need anything
the only thing you need
is a state of wonder
a deep silence
a total acceptance of you
exactly the way you are
you do not need to know...to be
to be...you need nothing...nothing
nothing is asked of you
just the way you are
in your perfect state of unknowing
truth will surround you
truth is in search of innocence



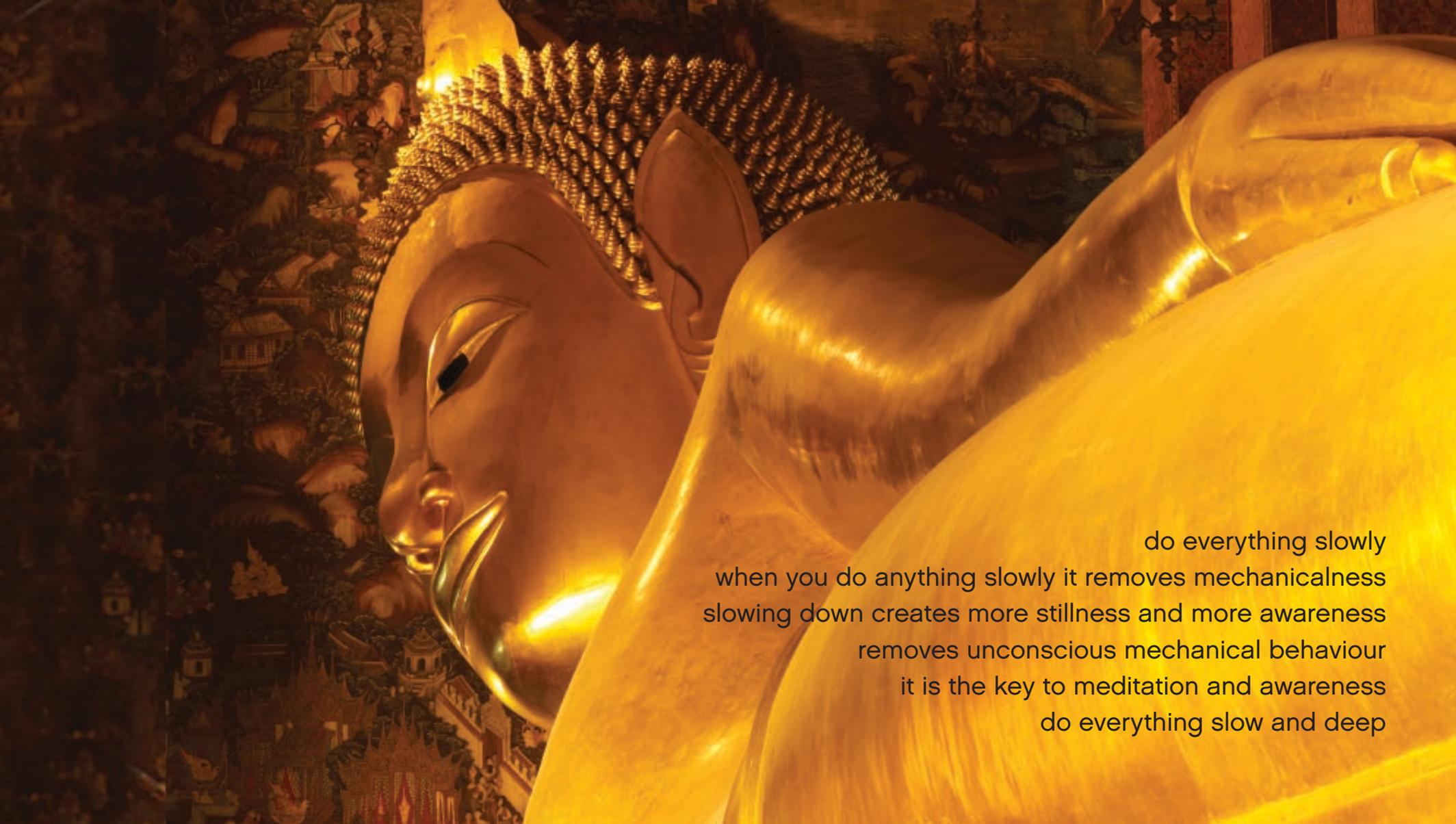
if you do not light your inner temple
nobody can do it for you
it is hidden within you
nobody can reach it
it is your treasure
it is your temple

remember perfectly well
that duality is the opportunity for life
and there is nothing ugly about duality
understand the duality of life...
understand this vast experience of this world
understand this duality...it creates harmony
how to understand the harmony between the two ?
how to find the balance within the opposites ?
you become infinitely richer
if you had just one it would have no meaning in itself
but if you have two
learning the balance of the two
you find the third
forget about two...find the third !





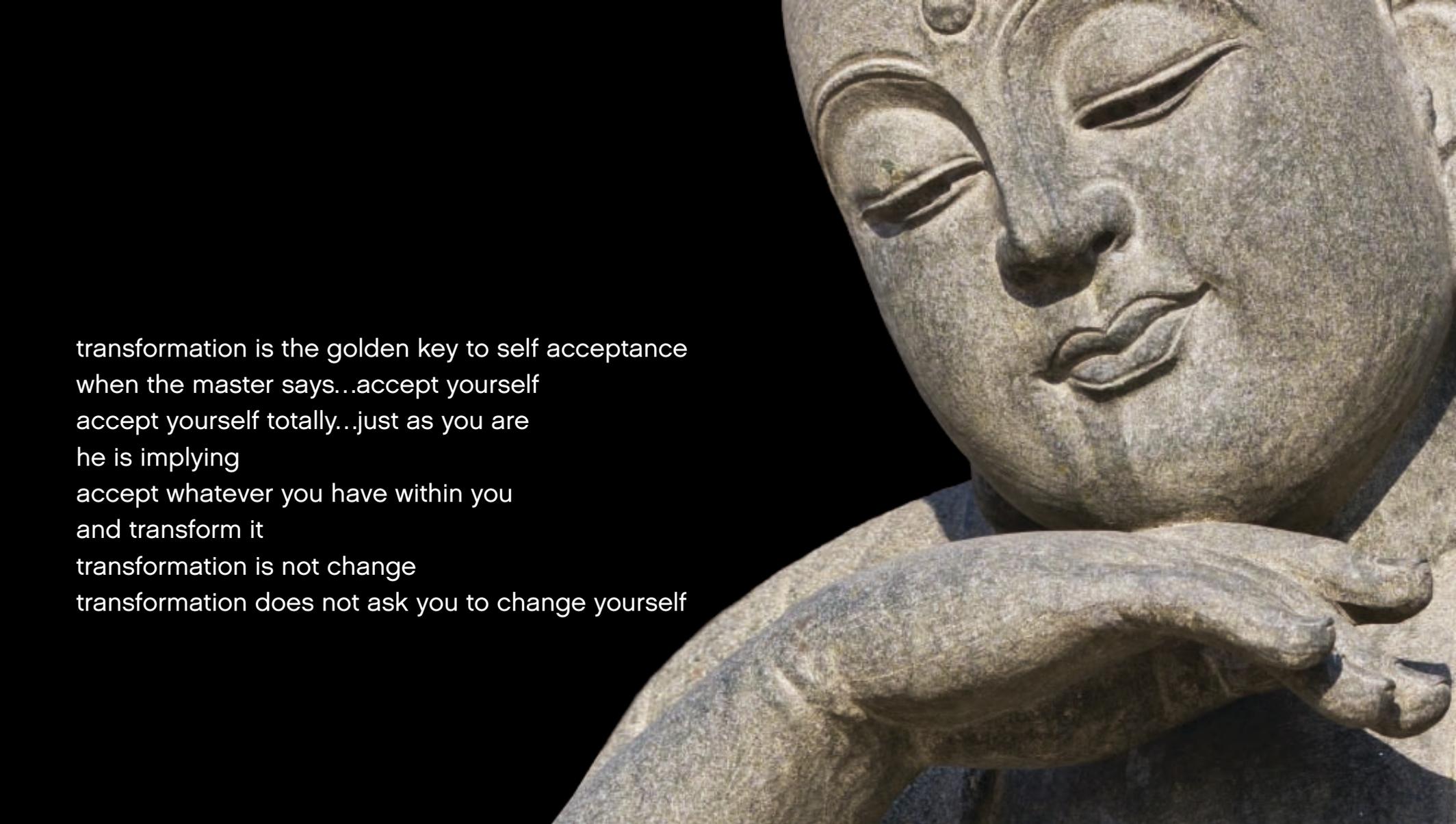
enlightenment is not a great achievement
it is not something great that you will find
it is in the simple innocent actions done completely
in the simple day to day living
with an extraordinary sense of meditateness



do everything slowly
when you do anything slowly it removes mechanicalness
slowing down creates more stillness and more awareness
removes unconscious mechanical behaviour
it is the key to meditation and awareness
do everything slow and deep



pure light...a pure remembrance
of your inner journey...of your inner treasure
it is one of the greatest adventures available
to only few rare lucky beings
it is the greatest treasure !
nothing like this adventure exists in this world
you can go to the moon...you can go to the everest
but what is the use if you have not gone in ?
who are you ?
you do not even know yourself !
travelling to the moon and to mount everest ?
and you cannot dive six feet in into your own inner being



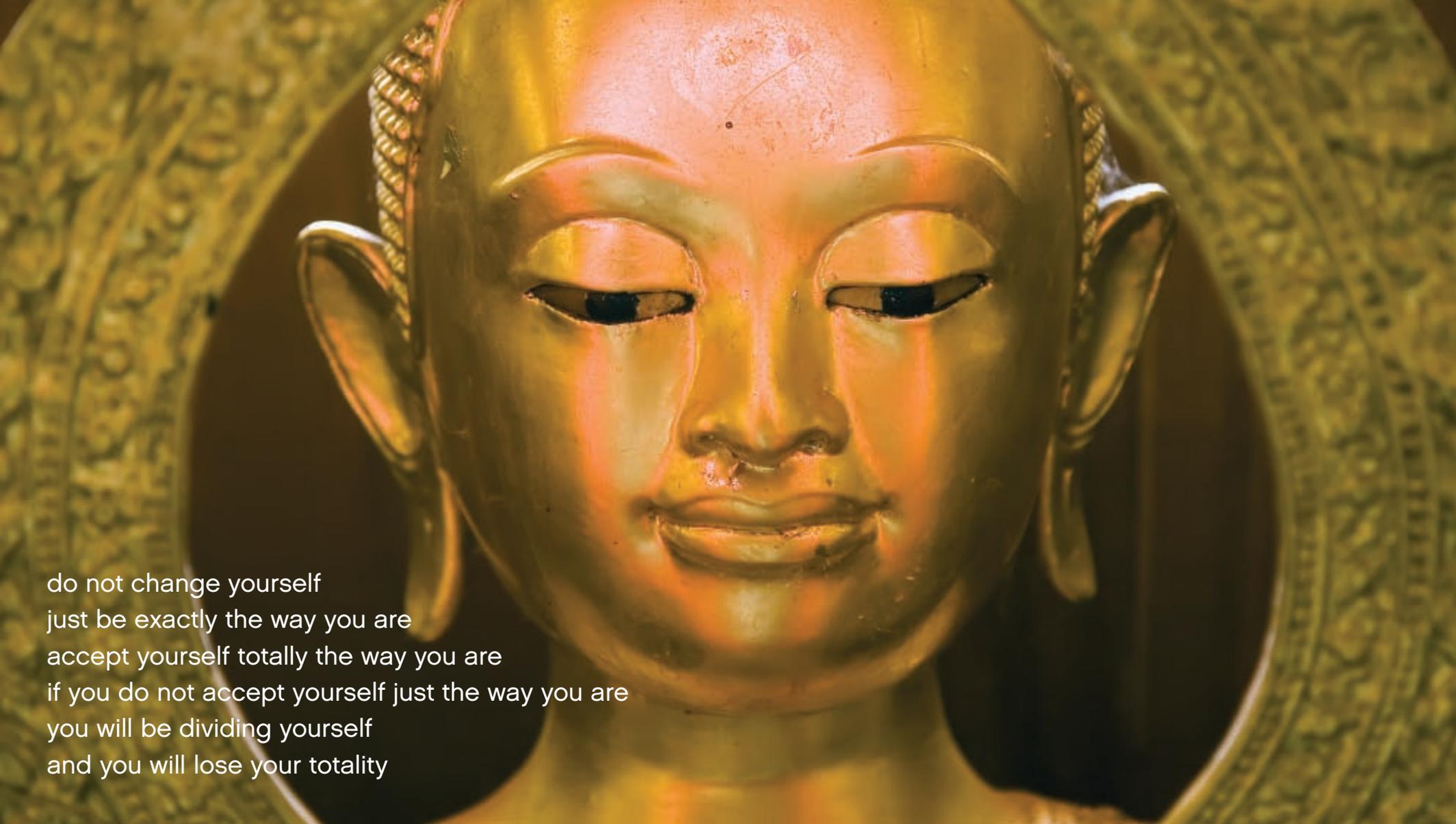
transformation is the golden key to self acceptance
when the master says...accept yourself
accept yourself totally...just as you are
he is implying
accept whatever you have within you
and transform it
transformation is not change
transformation does not ask you to change yourself



meditation is not a learning
but an inner awakening
an inner arousal
from within you
energetically



all search is moving...becoming...doing
searching is moving away
it is so easy to move away
because mind wants movement
mind wants to search anything
it may be material...it may be power...it may be money
it may be truth...it may be enlightenment
it is the same movement of mind
this whole search for truth is utterly ridiculous
it indicates that you do not trust your inner being
that you have not listened deeply to your inner silence
that you have not drowned into what you already carry within you



do not change yourself
just be exactly the way you are
accept yourself totally the way you are
if you do not accept yourself just the way you are
you will be dividing yourself
and you will lose your totality

no desires
no dreams
no goal
just sleeping the whole day
you are a buddha
pure laziness
no effort...not even to find truth
not even to find god...not to find anything
do not make any meaning in life
do not begin
just stop from the very beginning !
this state is the state of enlightenment
you have already achieved everything
you have achieved life
the greatest achievement is already contained within you
you have life !





it simply grows and grows and grows till it flowers in itself
it is the very message of existence that it needs to flower
and enjoy its own expression of life
so within you...in your cosmic glory...the buddha is sleeping

your master is within you
silently waiting for you to listen to it
meditation is nothing but
the art of listening to your inner voice
of sensitively seeking ways to listen
to your own inner heartbeat...
this simple message needs no learning
it needs no knowledge
it needs your innocence
it needs your sincerity
it needs an open heart and total acceptance

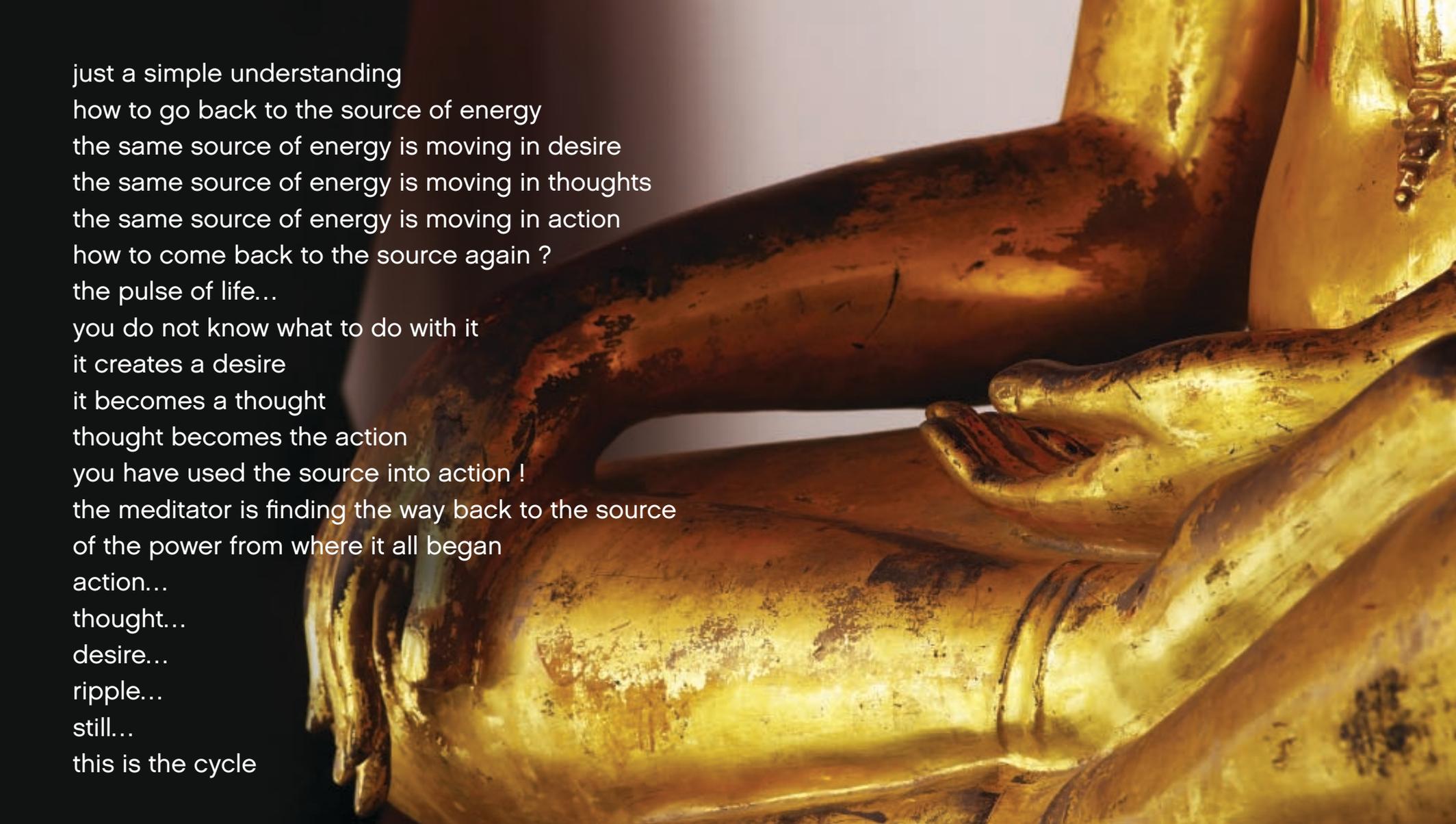


mind can be used and should be used intelligently
and ego simply means identification with a process
disengage from the process
then it is not ego...





the blind man cannot see light
nor understand light
the blind man cannot see darkness
nor understand darkness
because first you need to see light to understand darkness
or the absence of light to experience darkness
to explain darkness to a blind man is equally foolish
as trying to explain light to the blind man
both need to be in the same realm of understanding



just a simple understanding
how to go back to the source of energy
the same source of energy is moving in desire
the same source of energy is moving in thoughts
the same source of energy is moving in action
how to come back to the source again ?
the pulse of life...
you do not know what to do with it
it creates a desire
it becomes a thought
thought becomes the action
you have used the source into action !
the meditator is finding the way back to the source
of the power from where it all began
action...
thought...
desire...
ripple...
still...
this is the cycle

let it spread...this orgasmic silence
let it spread into your day to day life
and soon you will be utterly filled
utterly fulfilled in an orgasmic celebration

the word bliss...the word no mind
is a living experience
just dance...be total...disappear
and you will know

and once you have known that state
whenever you wish to peak again
just dance
and sit still

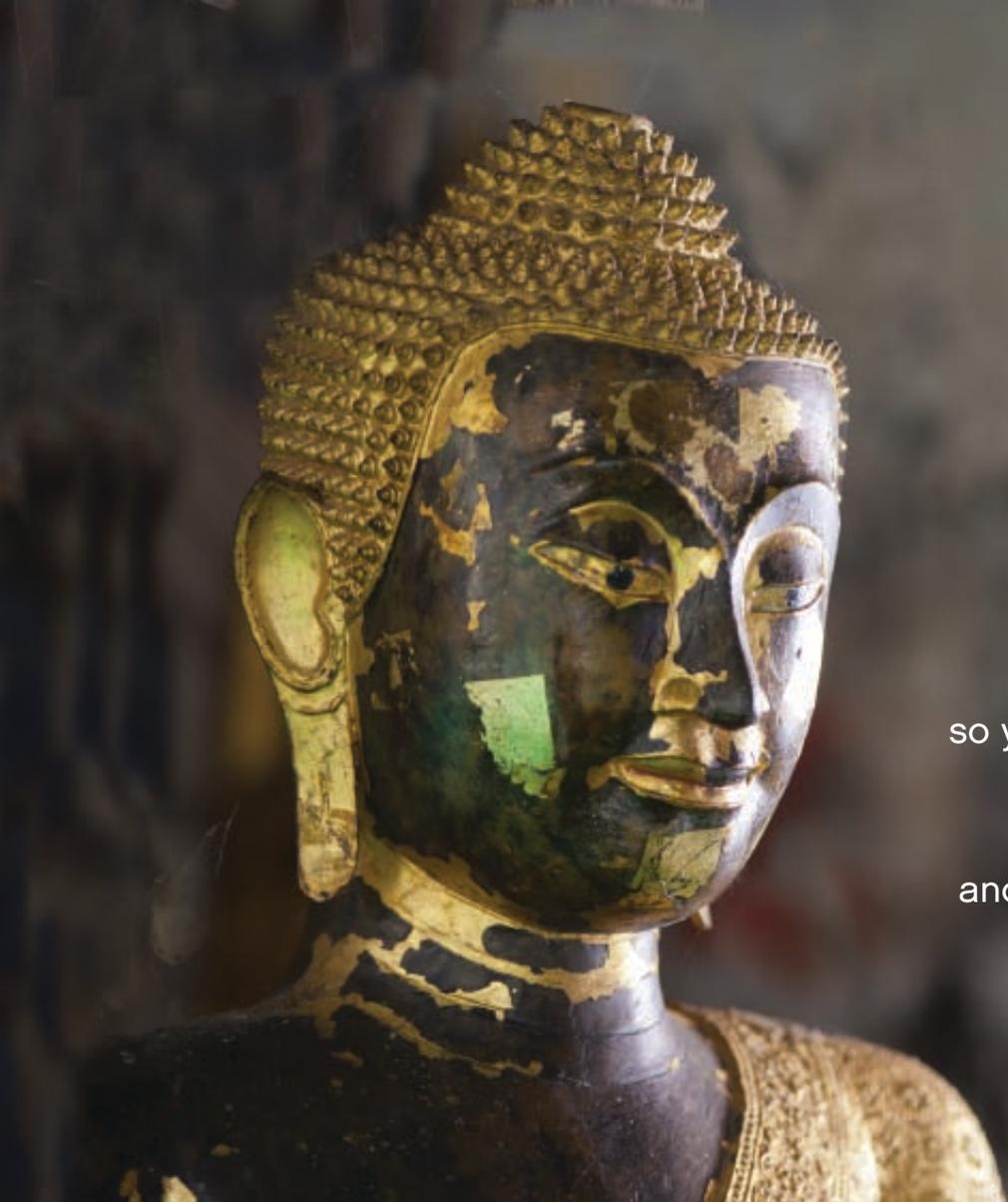
your silent sitting will no longer be dead
this sitting will be alive and vibrating
in a heightened state of consciousness
this stillness while sitting is so deep and utterly content
because it is drunk
from the highest peaks of consciousness



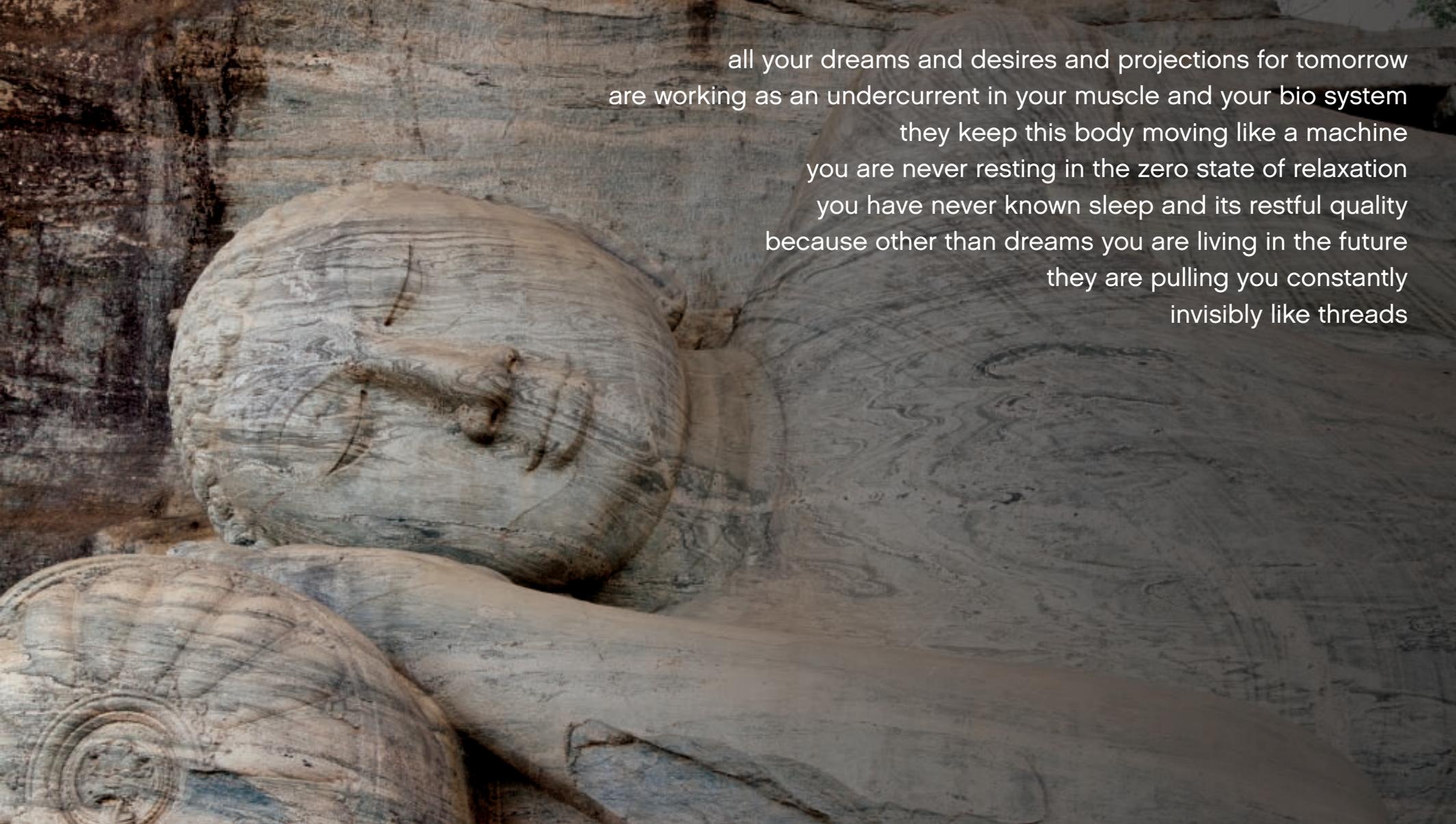
a mystic cannot speak it
that would be ridiculous
to speak of something so unspeakable
the only way he can express it
is through a dance...a song...a celebration
a silent gesture...a silent movement of the hand
an innocent smile

within it radiates his knowing
childlike...innocent...friendly
a simple loving aura of a friend on the path
hence you go on missing the mystic
because he is so sensitive
so delicate and fragile
that you are not used to this experience
and the only way you can grasp it
is to fall in love





mystics create mysteries
so you learn to live totally and dive deeper
so you enjoy the ecstasy and dive deeper into the ecstasy
slowly slowly you stop figuring it out
you stop thinking...what is this...why is it...is it not
and you start rejoicing and enjoying that ecstatic moment
and questions by and by disappear
and you dive into the mystery and you are in ecstasy



all your dreams and desires and projections for tomorrow
are working as an undercurrent in your muscle and your bio system
they keep this body moving like a machine
you are never resting in the zero state of relaxation
you have never known sleep and its restful quality
because other than dreams you are living in the future
they are pulling you constantly
invisibly like threads

what is confused ??
your mind ?? your understanding ?? your judgments ??
what is chaos ?
a breakdown of the mind ?? a breakdown of your judgments ??
mind is afraid of the unknown
confusion and chaos are its enemy
moving beyond the mind...a death for the mind
a great breakthrough
a mini glimpse
a satori
a great blessing !!!
these are very valuable experiences on the inner path





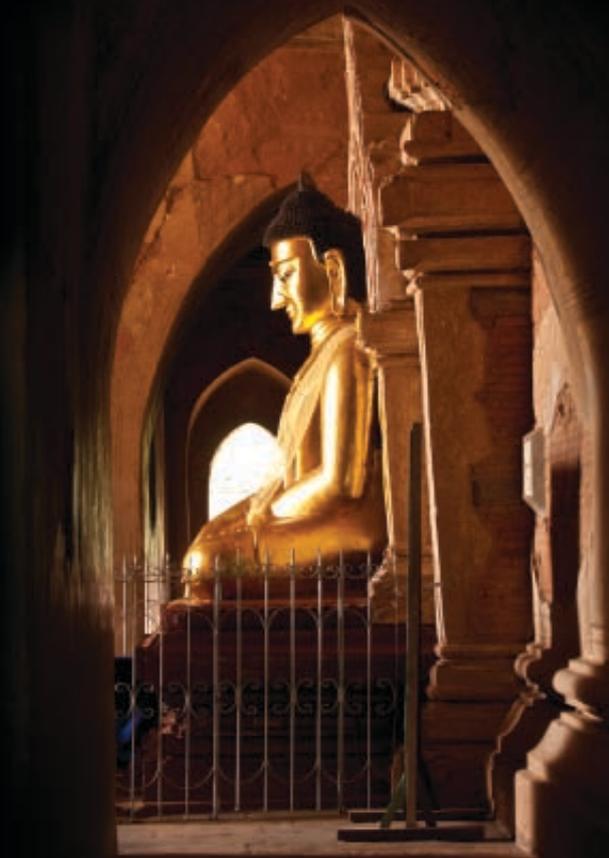
when every gesture can become meditative
you do not need to do meditation anymore
this is meditation itself
you are not falling out of life
you are living the flow of life meditatively
i would recommend meditateness
rather than this abstract idea of meditation
forget meditation
do your meditation just as a cleanser...an intensifier
an intensifier of energetic states like a shower
then move and live meditatively



love is not yours
love is simply love
compassion is not yours to give
it is simply flowing
share it...let it happen naturally
nobody will take advantage
i am not sharing my love to anybody
i am not sharing compassion with anybody
i am simply not here !
it is happening on its own
that love is not mine
my name is not on it



deepen the thirst
mystics know the way in
never drop your longing
go deeper...find it...lose it...
you never lose it in reality
you just learn how to dig deeper
welcome to the well !
there is no end to it
there is a beginning but no end
the sky is so vast
why stop ?
everyday remain thirsty...



expand totally or disappear totally
go to the centre or to the periphery
either way you will disappear
it is one moment
understand that one moment
see the totality you can bring to that one act
and you have understood
from here to herenow...so much vastness
from no mind...heart..the act...
a vast space...a long breath
that is why all masters insist on a single total act
they say not one single step and you have reached the truth
one step and you are the truth



in totality you disappear
the witness remains
when you are total you are not
the witness does not know anything
it is simply a witness
witnessing nothing in particular



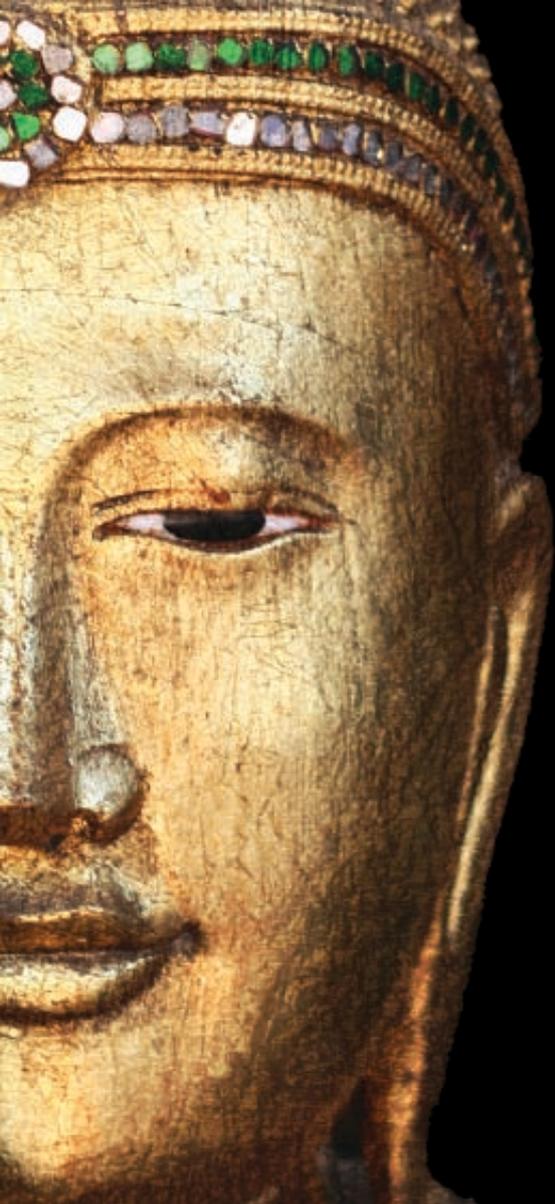
the only thing you need to resolve is your inner being
that is within your hands
it is within your grasp
it is your very nature
first resolve your inner being
and everything around you will resolve automatically
you cannot resolve anything...but dissolve yourself
a deep surrender
a total acceptance of things just the way they are



the seventh sense is a pure sphere
it is not a circle
they call it a circle but it is a sphere
the sphere is very complex
you need to find the centre of the sphere
the centre has a million directions spreading all around
just like a dandelion
millions of threads going in all directions at the same time
you are at the centre of this sphere
whatsoever your five senses perceive horizontally
and that too in a divided manner
you can experience in a united way
in a circular manner...in a circular dimension
and once you have the seventh sense
you are not only in a circle...a sensory circle
but at the very centre of the centre
it becomes multiplied...multidimensional

meditation is a state
of vertical energetic transformation
reaching a peak
everything stops
drinking that silence
and letting it settle
deeper and deeper and deeper
it is a state...
a transformative energetic state



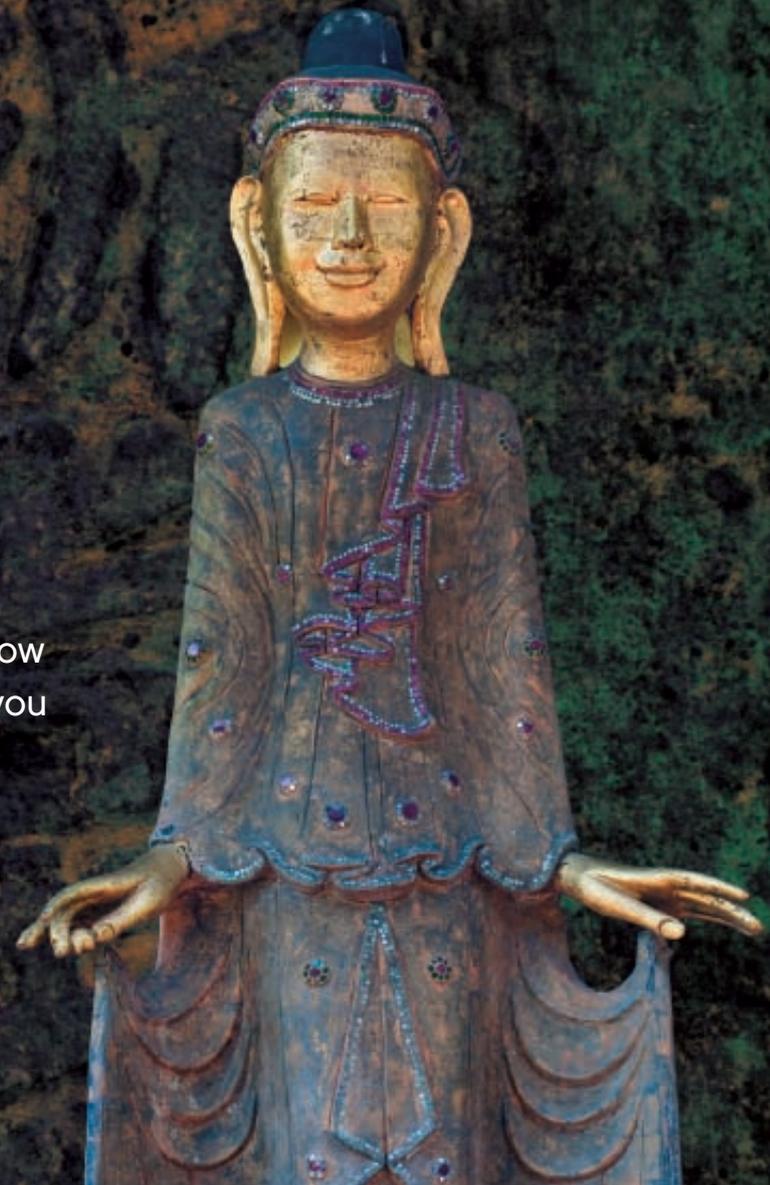


if you see a beautiful rose you absorb the beauty
and a smile comes to your face
if you see a beautiful sunset
you absorb something and it settles into you
seeing a buddha is like seeing your inner sky
a reminder of who you are
hence in the east you go and sit by the master
just sit
just go and sit and silently watch and absorb
imbibe is the word...
the way of the devotee is utter love and surrender
and they simply go and watch
slowly slowly...they melt away
and the masters inner triggers your inner sky

when you come across a being of light
such immensity...such vast moments...
the only thing you can do is bow down and surrender to its beauty
the east knows the inner journey
the inner path
when the heart is grateful...
that grateful surrender in total grace...
it is the purest taste of honey
this thirst...
this inner longing to surrender...
to be utterly defeated...
to utterly disappear into the master
is the way of the east...

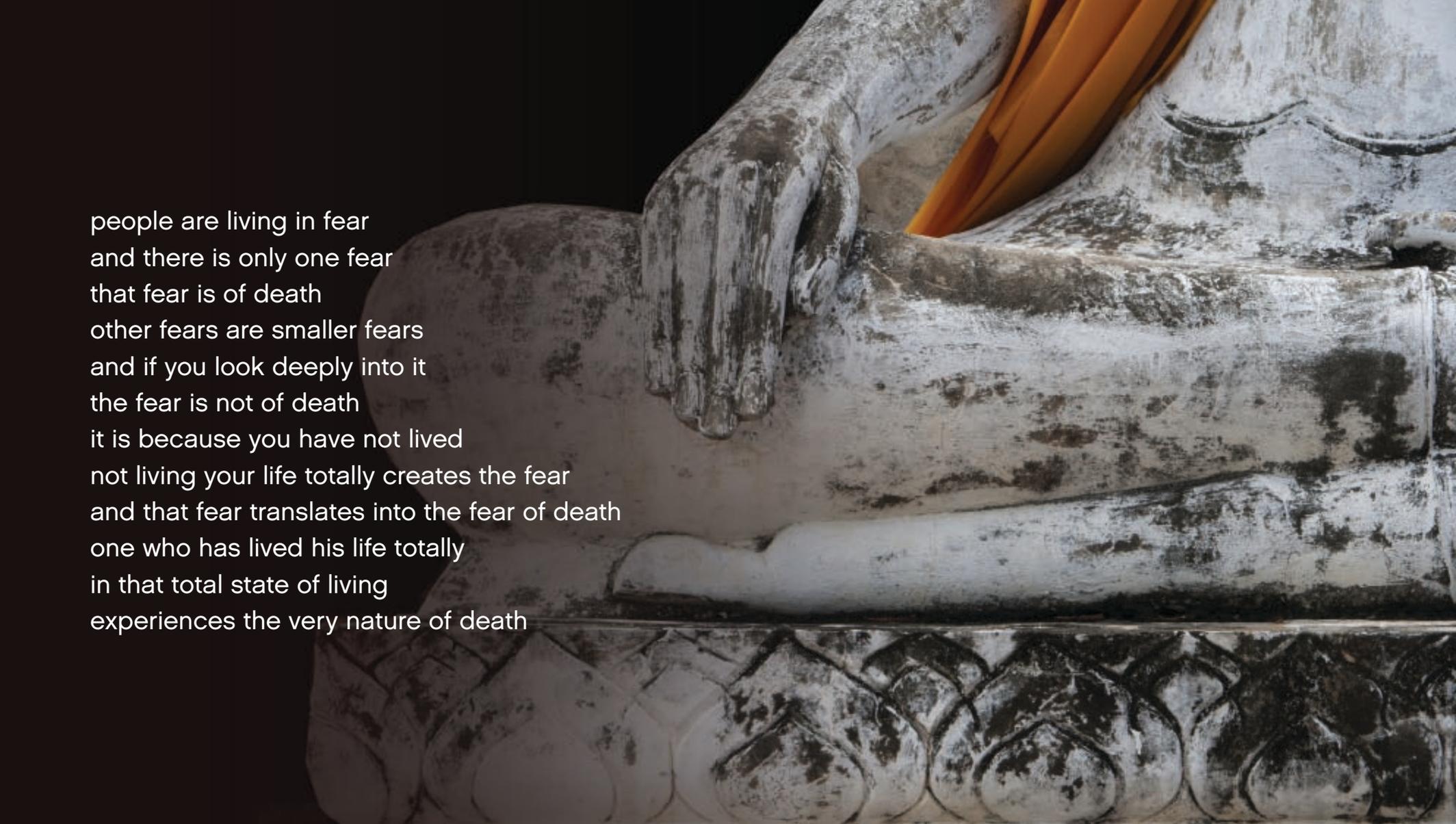


this body...this mind...will fall...
what will remain will be this essential silence
and if you have lived it...if you have danced it...if you can taste it now
the moment this body will fall you will have this taste surrounding you
and you know your eternity
eternity is this present moment
deeper and deeper and deeper and deeper
the sky is open when you are not present
what remains is the buddha



always search for simpler...easier...more natural ways
and they will be so much more powerful
but remember again the word powerful
you will become more sensitive...that is the power i speak of
you will flow more...you will become softer...
that is the power
power is not a position...power is flow...
everything you prevent from flowing becomes hard
it is bound to lose power
authentic power is allowing the flow with no hindrance
because nothing can touch it again
it simply allows everything to flow unhindered





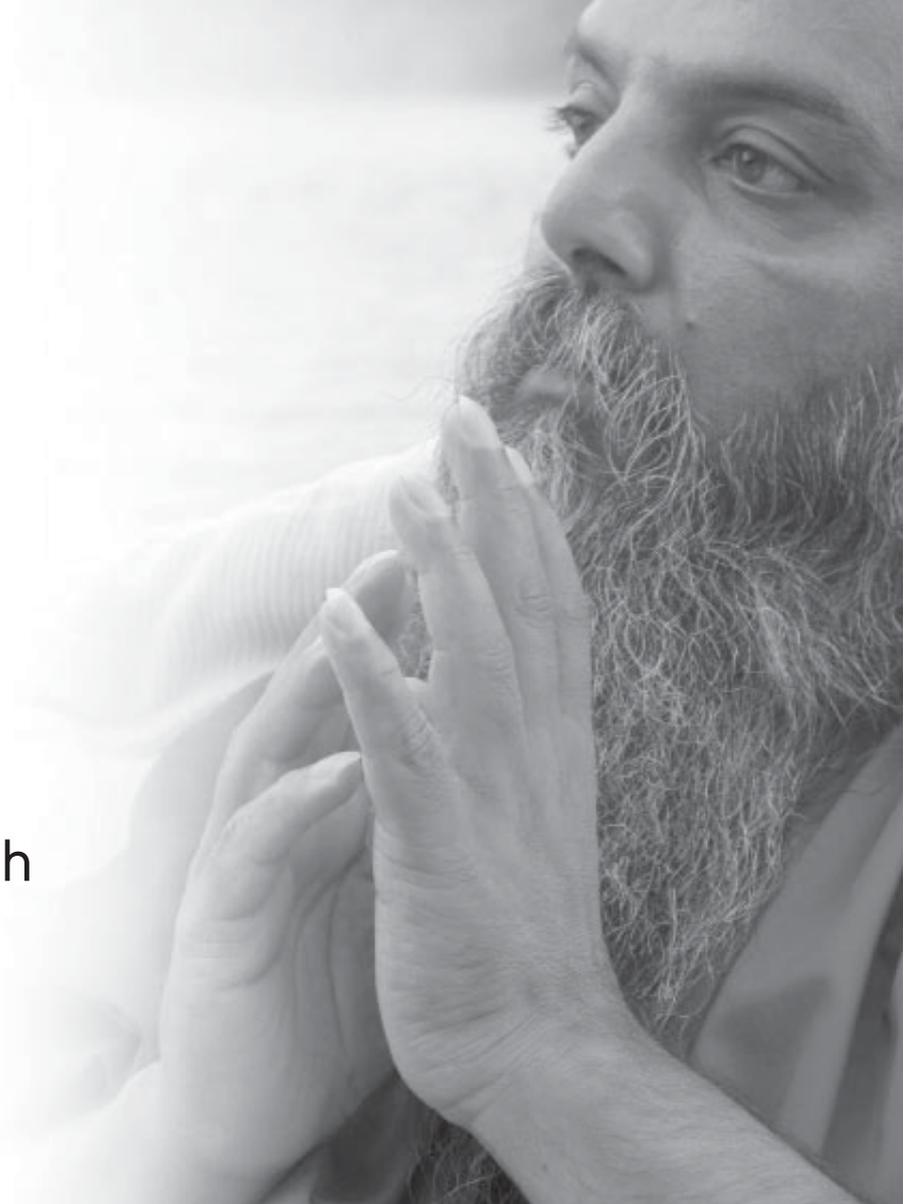
people are living in fear
and there is only one fear
that fear is of death
other fears are smaller fears
and if you look deeply into it
the fear is not of death
it is because you have not lived
not living your life totally creates the fear
and that fear translates into the fear of death
one who has lived his life totally
in that total state of living
experiences the very nature of death

you are missing it because it is so simple
the mind is used to complicated things
innocence is simply purely present
it misses nothing
you are missing because you are searching
drop this search...
how can you search what you already have ?
deepen what you have
drink what you have
understand what you have
understand that you do not need more
you are enough





o z e n r a j n e e s h



o z e n r a j n e e s h

spontaneous talks mystic rose world tour 2009 - 2010

excerpts from his books

go in go in gone

dissolve into love

stop drop dead

zero

yo gotta' groove in

i to i

websites

www.ozenrajneesh.com

www.ozencocom.com

www.oshorajneesh.com

www.oshococom.com

ozen rajneesh books

tears of the mystic rose his inner journey

go in go in gone spontaneous talks russia

dissolve into love spontaneous talks mexico

stop drop dead spontaneous talks europe

zero spontaneous talks india

yo gotta' groove in spontaneous talks ukraine

zipzap excerpts

chill in excerpts

tranzendance excerpts

vertical herenow excerpts

i to i notes

