

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

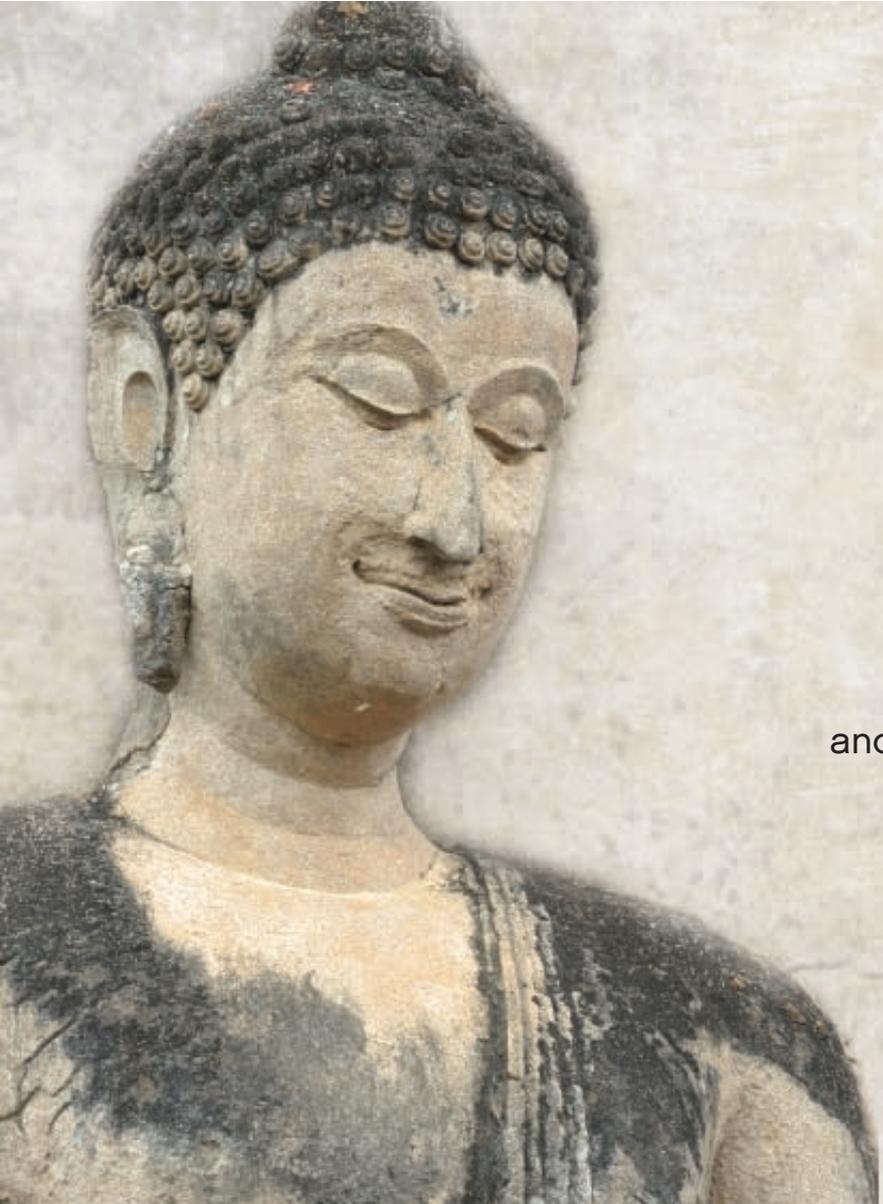


laughter is one of the deepest meditations  
when your head gets the joke it gets confused  
falls to the heart into the belly..ha ha ha ha  
you have entered the source of life  
laughter is no ordinary joke !

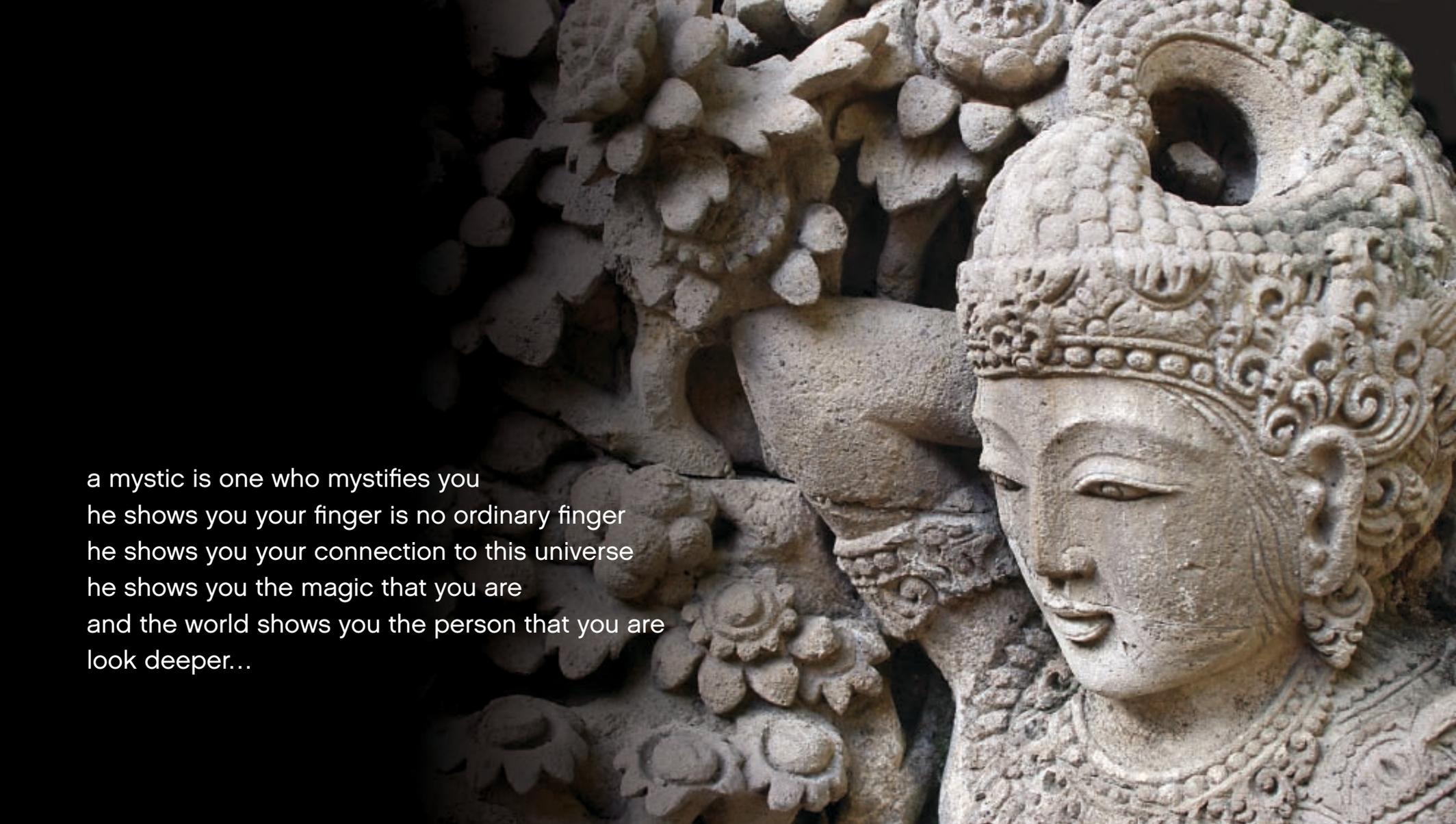
your head has to fall apart  
one big laughter and you are already home  
when you are laughing totally  
you are right behind the door to your life source  
the hara..you are staring at life...  
this is real laughter

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

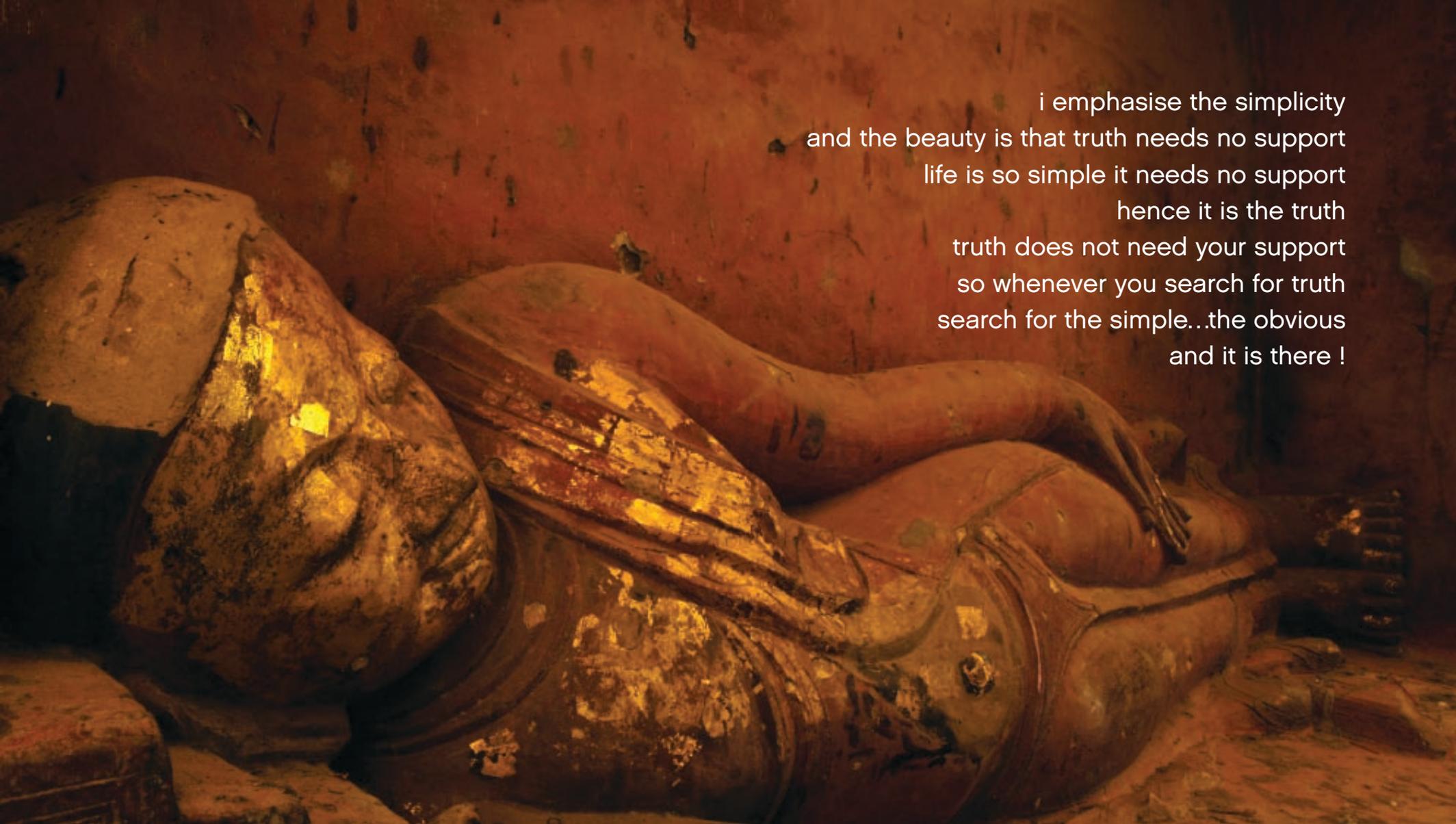




you have forgotten the way  
you have forgotten the hidden wisdom within you  
and that is the greatest message  
all the buddhas have simply said one thing to you  
that you are already a buddha  
they are not lying to you...it is not a lie  
they are encouraging you  
that you are already a buddha...it 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 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

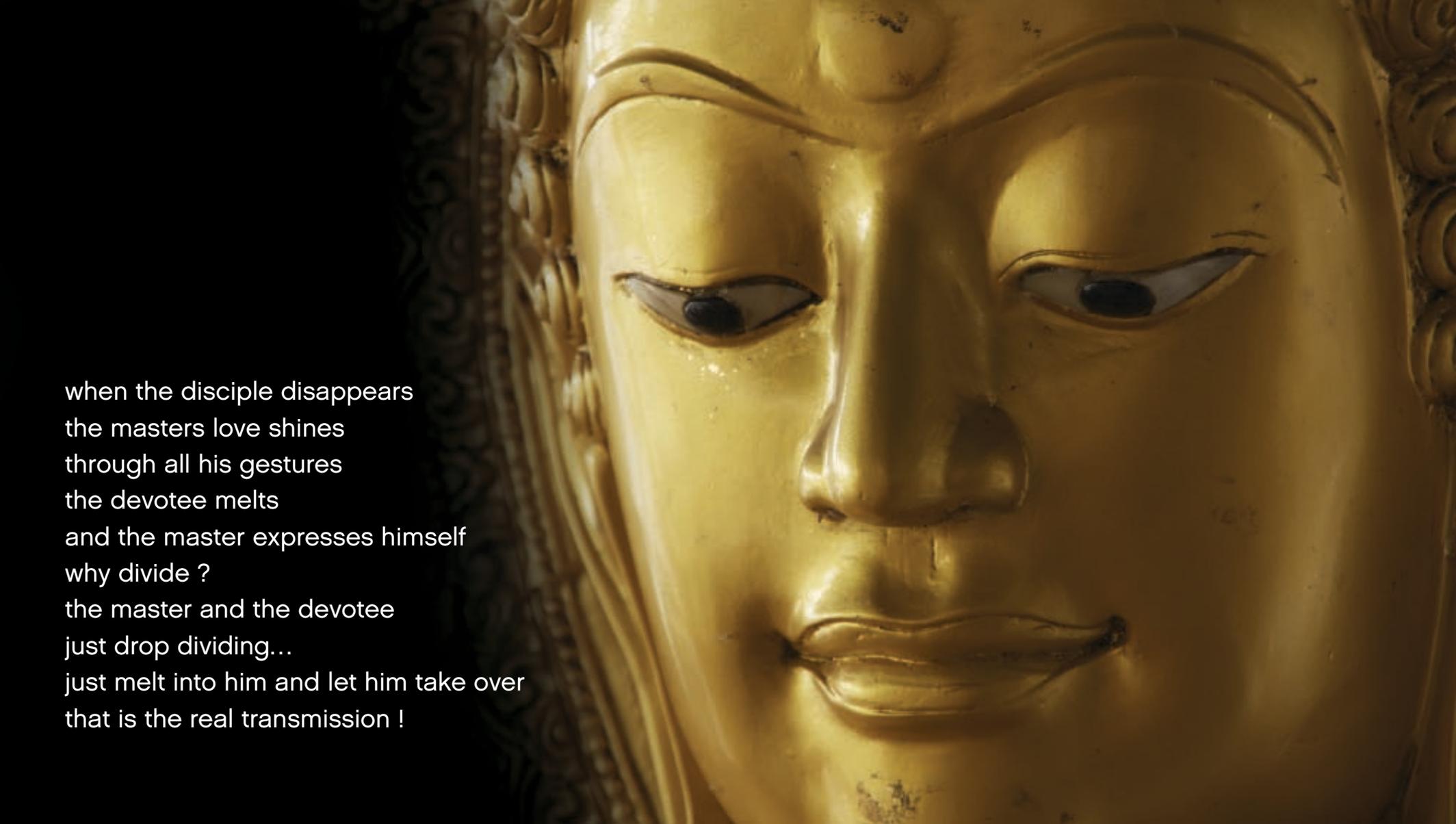
the whole mystery of this existence  
lies within the black hole  
in the absence of any object  
pure emptiness is the black hole

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

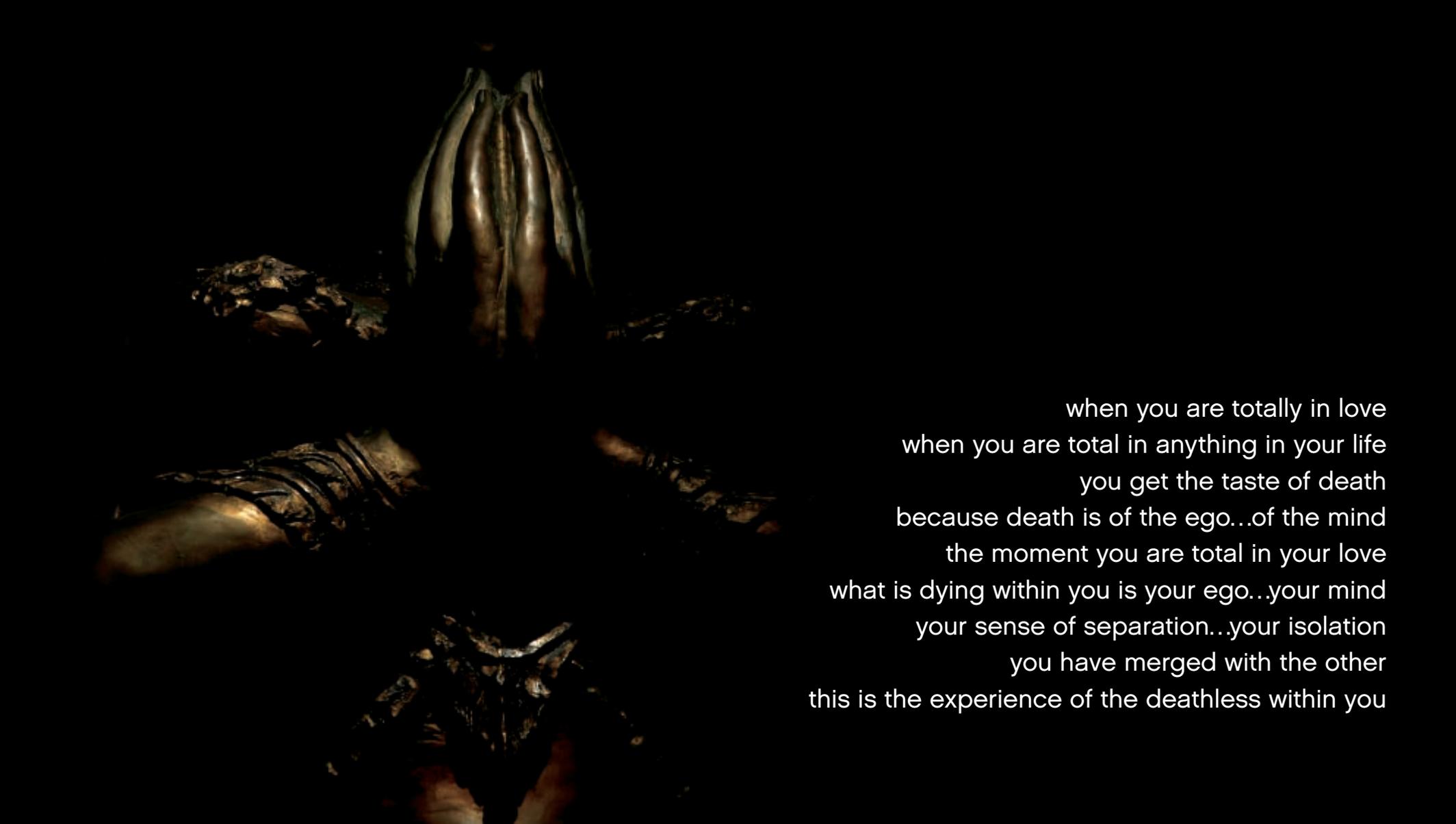


A close-up, golden Buddha face sculpture with a serene expression. The Buddha's eyes are slightly downcast, and the lips are gently curved. The sculpture is highly detailed, showing the texture of the gold and the intricate carvings of the face. The background is dark and textured, possibly a wall or a backdrop.

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



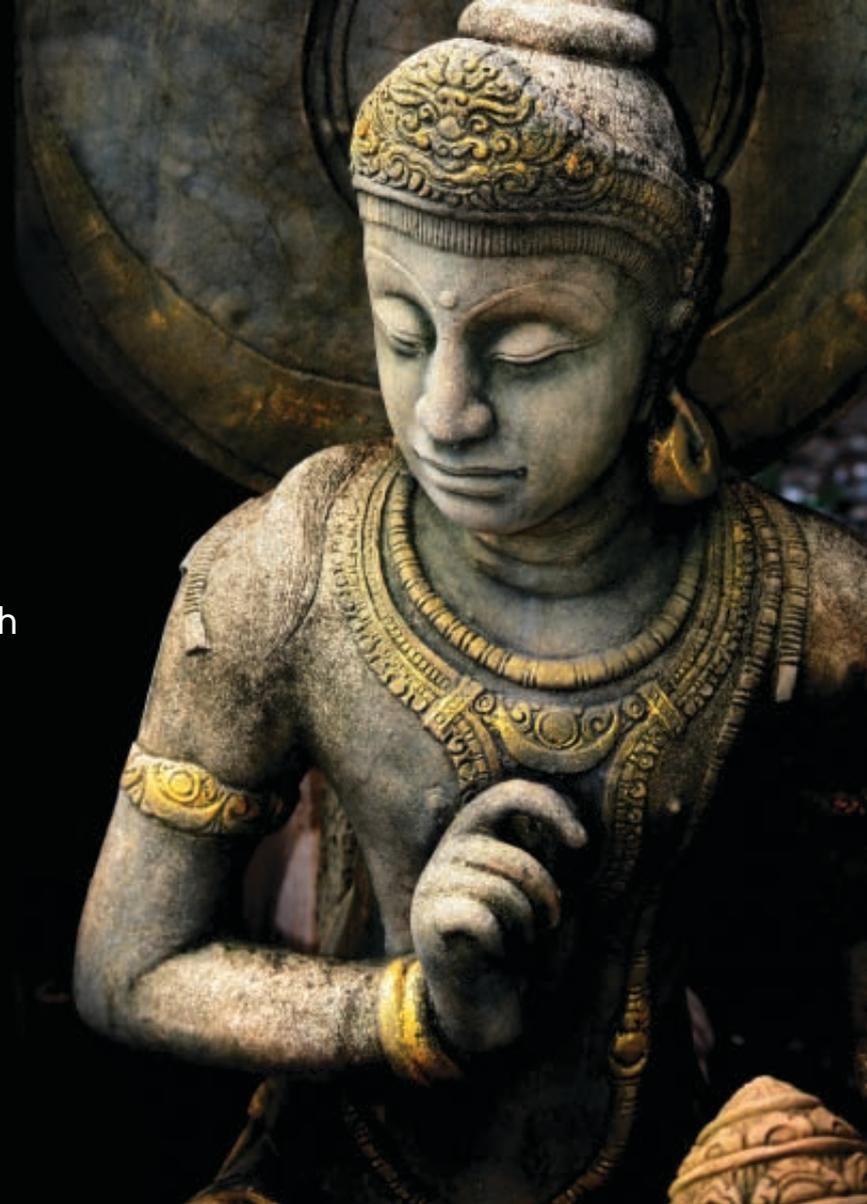
you are carrying the whole knowing  
the whole life source and life is a teacher itself  
can you create life ?  
understanding life you need to live life  
you need to live life so totally  
that it becomes your understanding  
through dissolving into that totality of life  
when life is flowing  
you 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 !



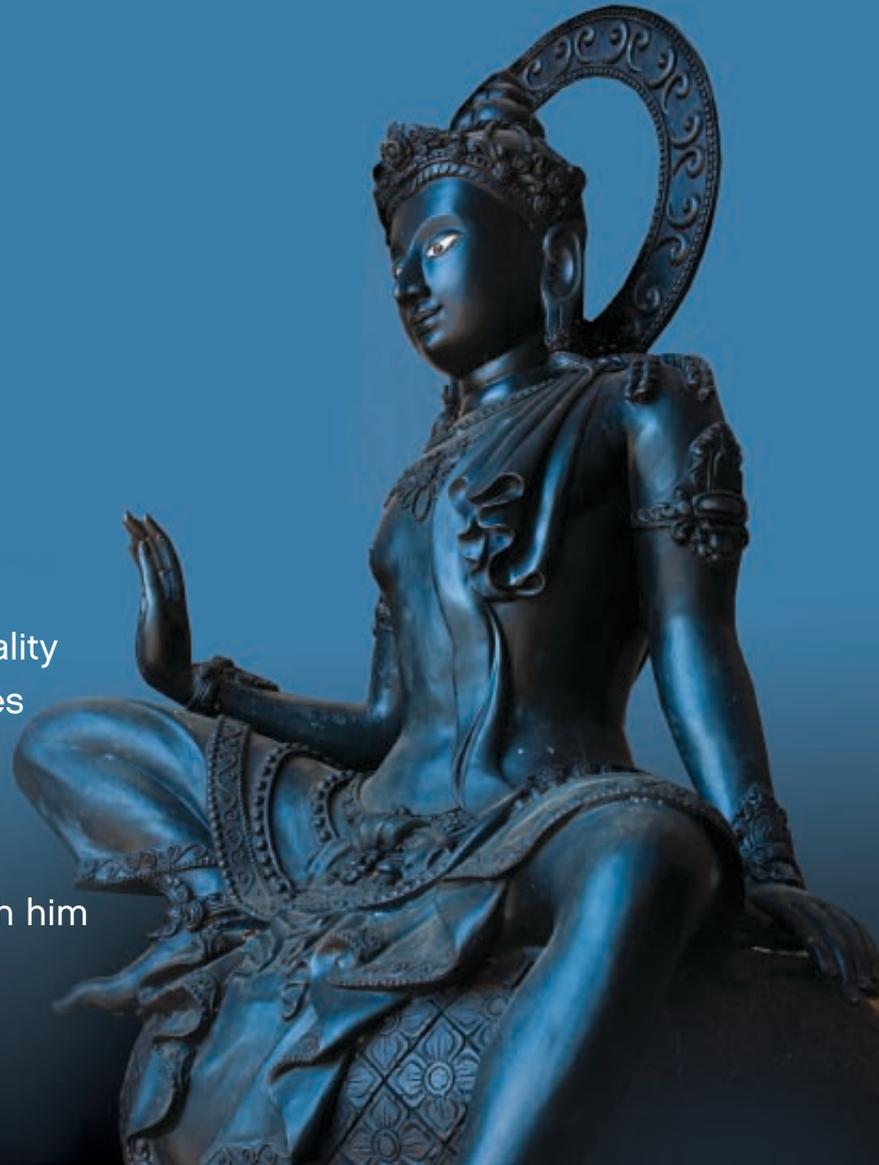
i am just celebrating the not knowing  
and enjoying my innocence and its expansion  
the greatest key i have known  
there is only one word for it...  
innocence  
this the most beautiful space for a seeker of truth  
if you can remain innocent and seek innocently  
for the innocent being  
there is 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...





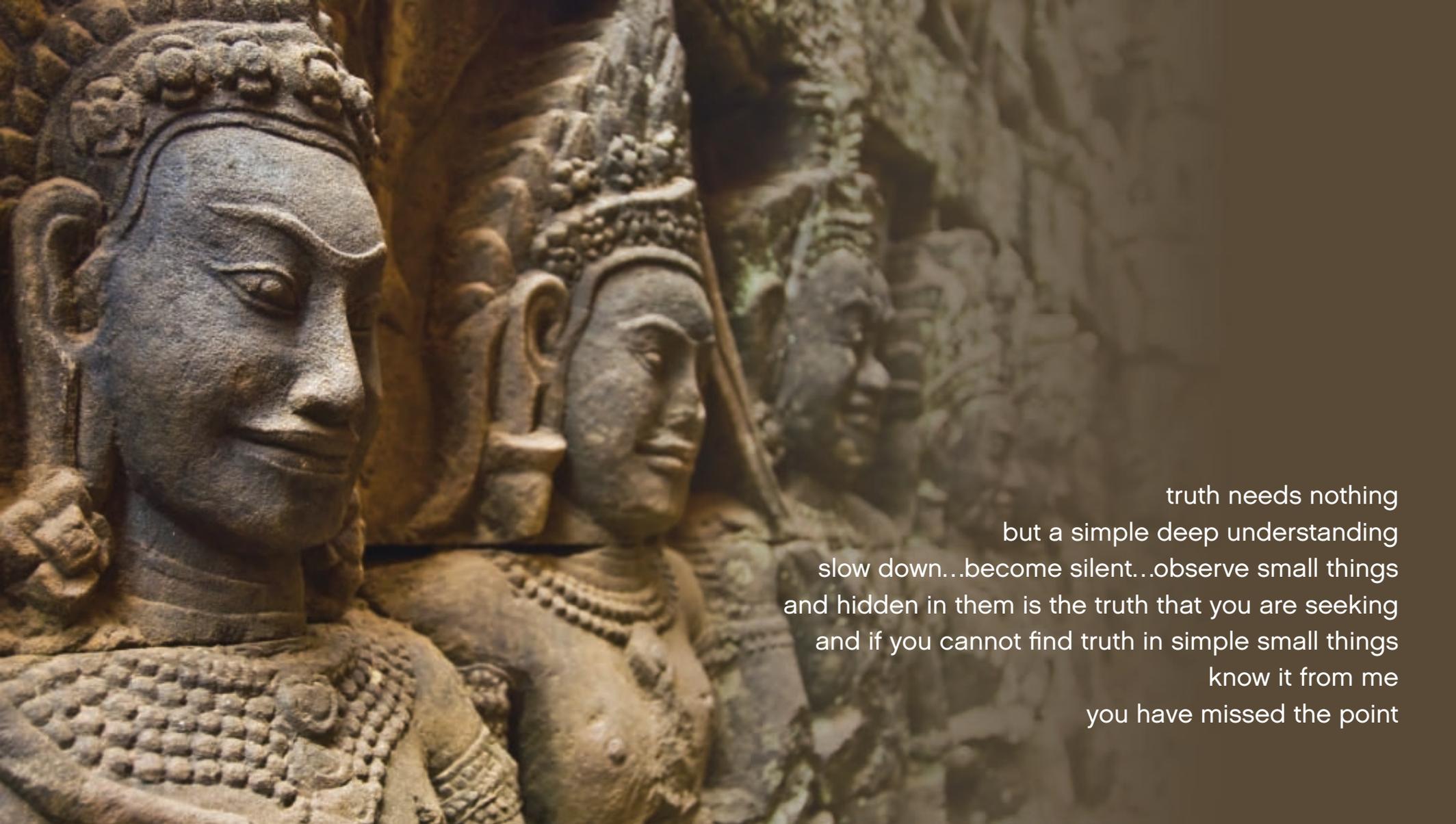
hidden within you is your nature  
is your enlightened state  
never born never died  
you are it  
hidden behind it  
in each of your acts...in each of your doings  
hidden behind...the witness...watching the act  
watching the emotion...watching the movement  
watchfulness  
never born never died

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...

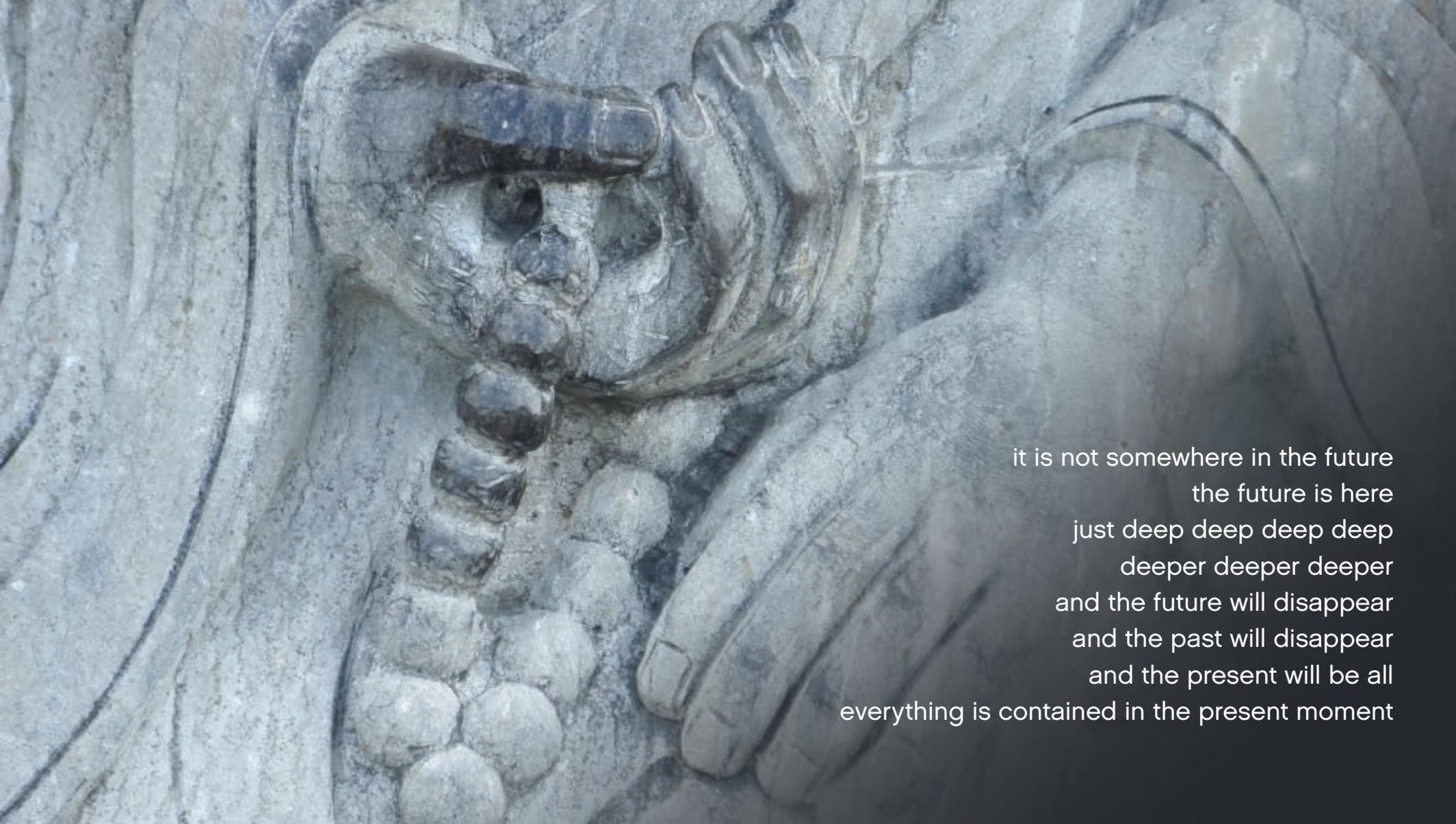




truth needs nothing  
but a simple deep understanding  
slow down...become silent...observe small things  
and hidden in them is the truth that you are seeking  
and if you cannot find truth in simple small things  
know it from me  
you have missed the point



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 metallic texture of the statues. The background consists of alternating horizontal bands 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





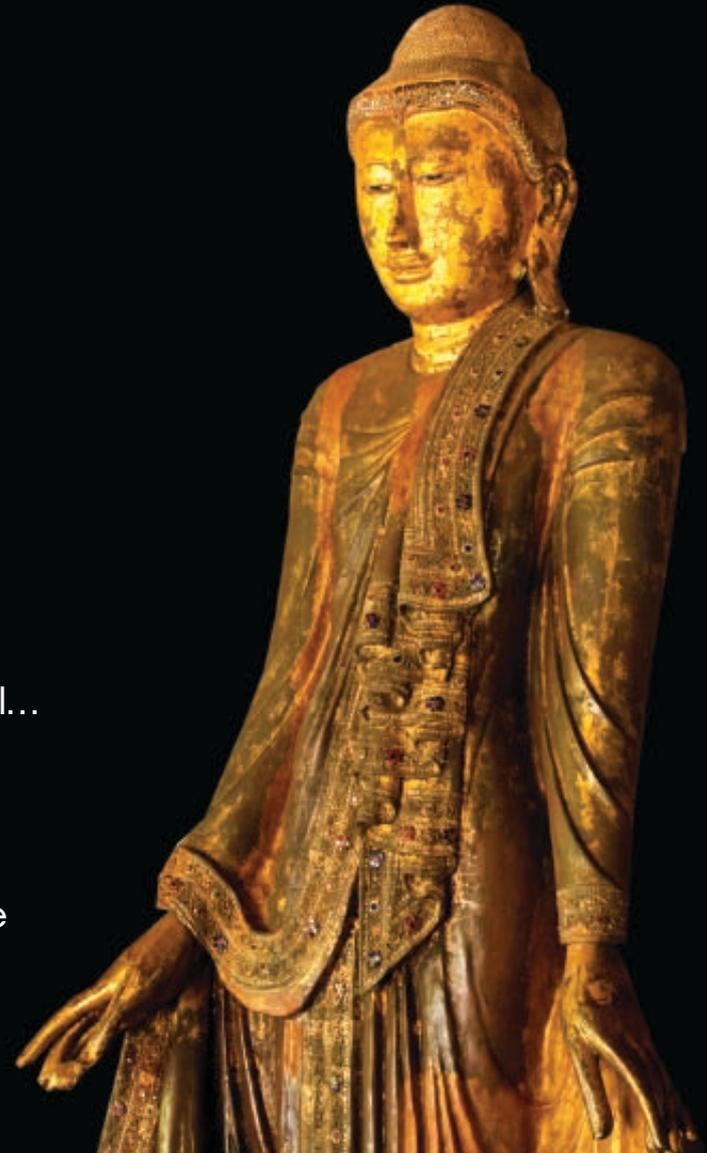
as far as i know you do not need to drop anything  
deepen deepen...go higher...go deeper  
nothing to drop !  
in the first place how you get hold of it to drop anything ?  
you must be a master then !  
do not drop anything  
specially in the inner world  
deepen it !  
and the more you taste...deepen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

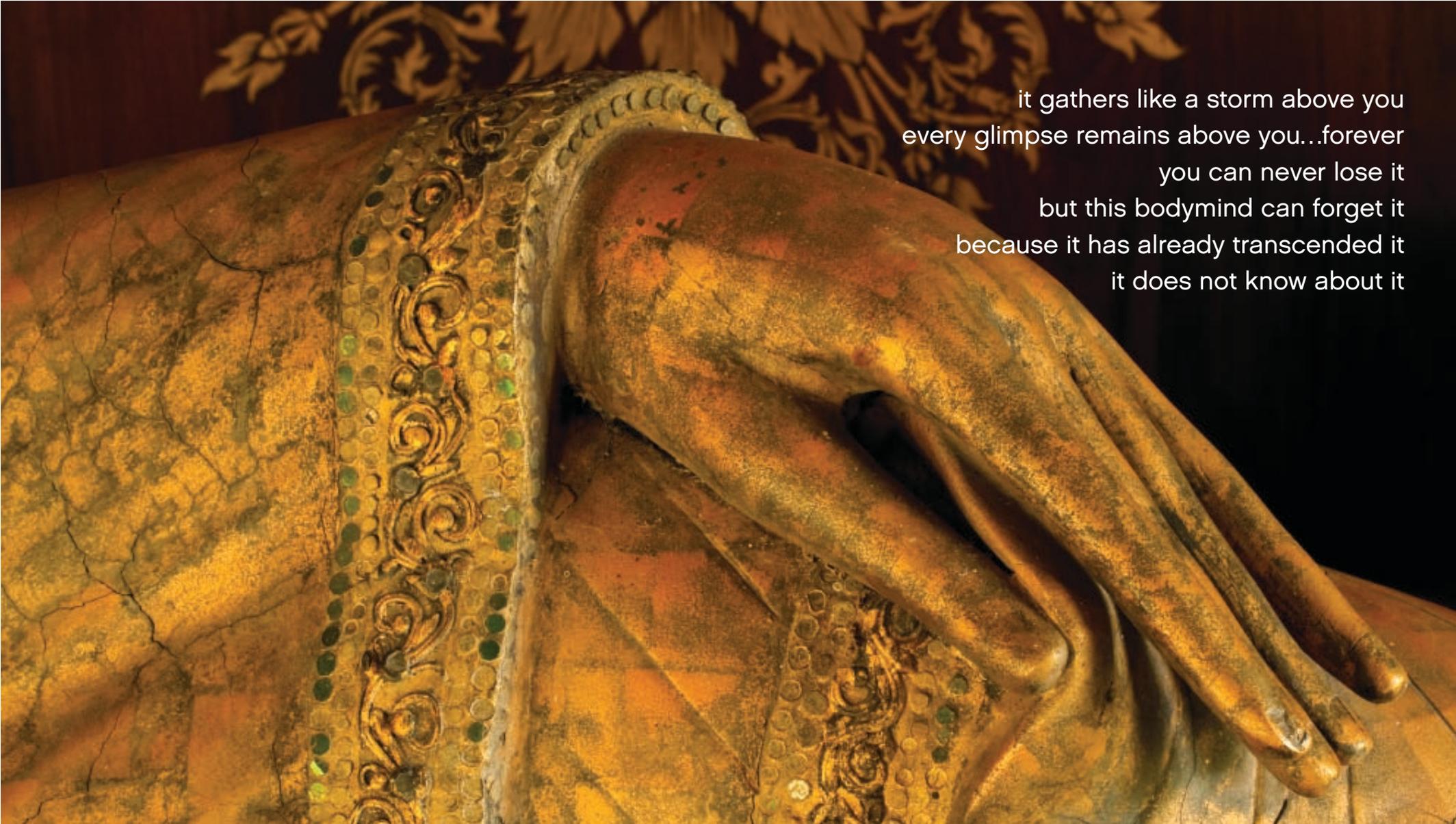


you will remain mystified  
your eyes will be open like a child  
that innocent eye is love  
it is wonder  
it is an open secret  
it leaves you vulnerable...innocent  
sensitive and silent  
it is the greatest mystery  
and i hope it remains the eternal mystery !  
let it always be the unknown  
then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



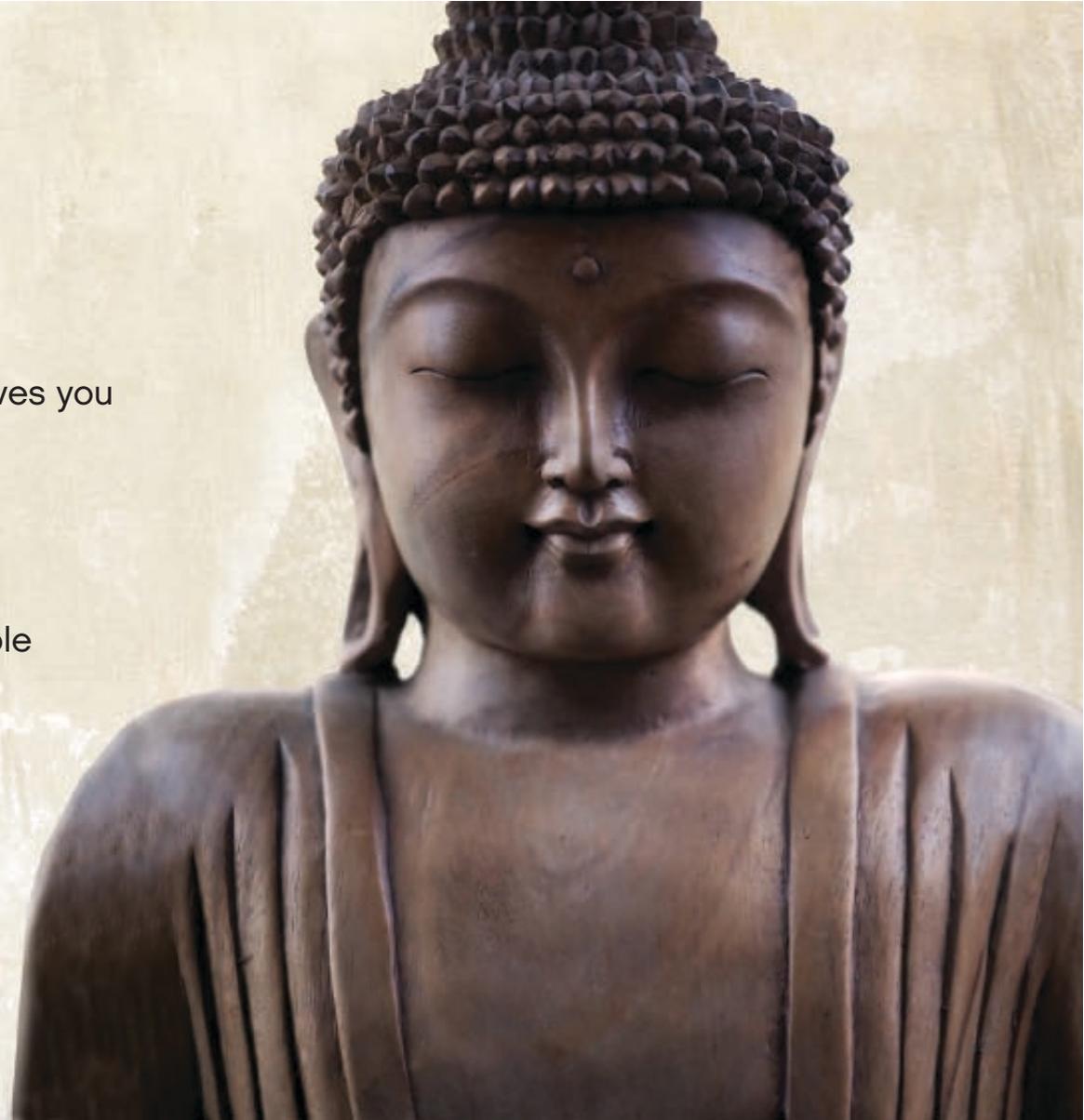
i say again and again  
there is no such thing as meditation...live meditatively  
allow these spaces to express themselves through you  
and you are an illumined being

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

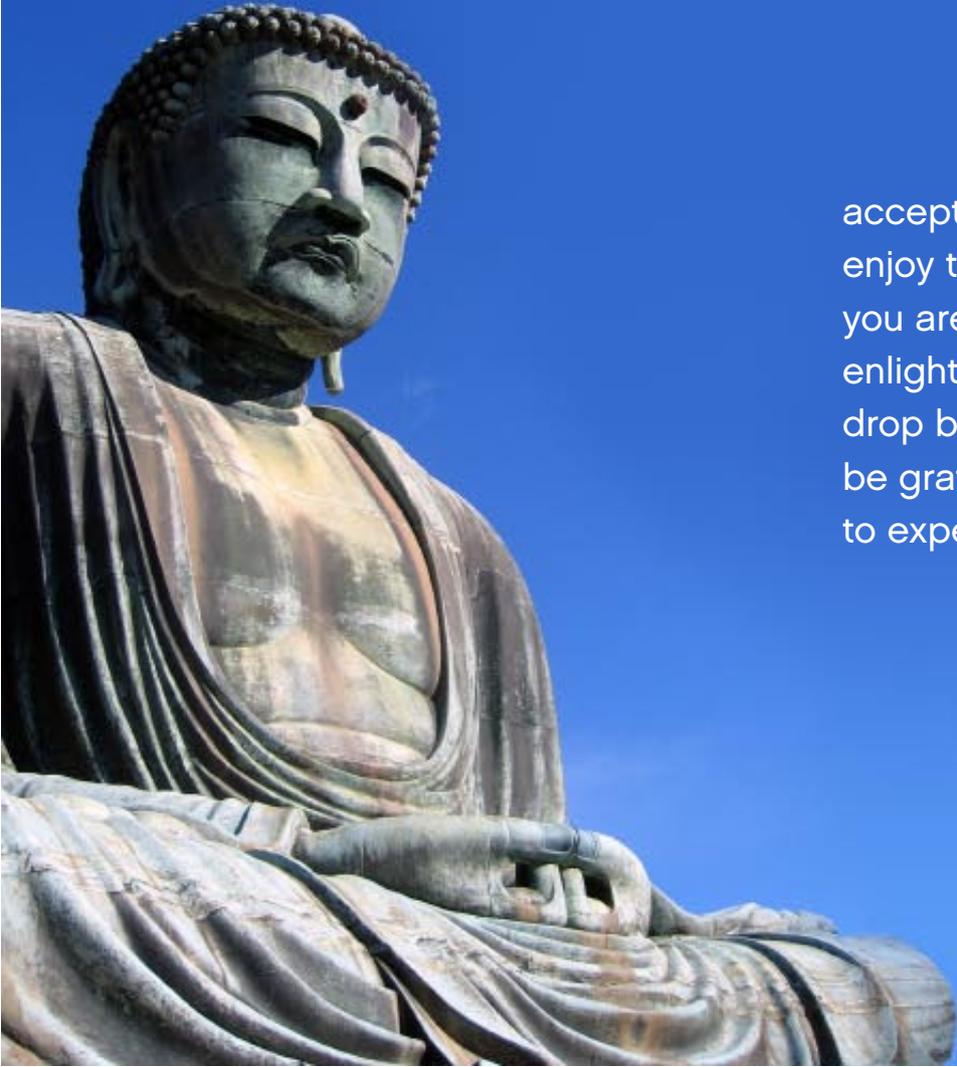


when you watch a mystic  
just by watching you learn  
just by watching  
that is why in the east we call it darshan  
the disciple goes and simply watches the gestures of the master  
the way he walks...the way he sits...  
the way he stands...the way he moves...  
they can read the inner flow in the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

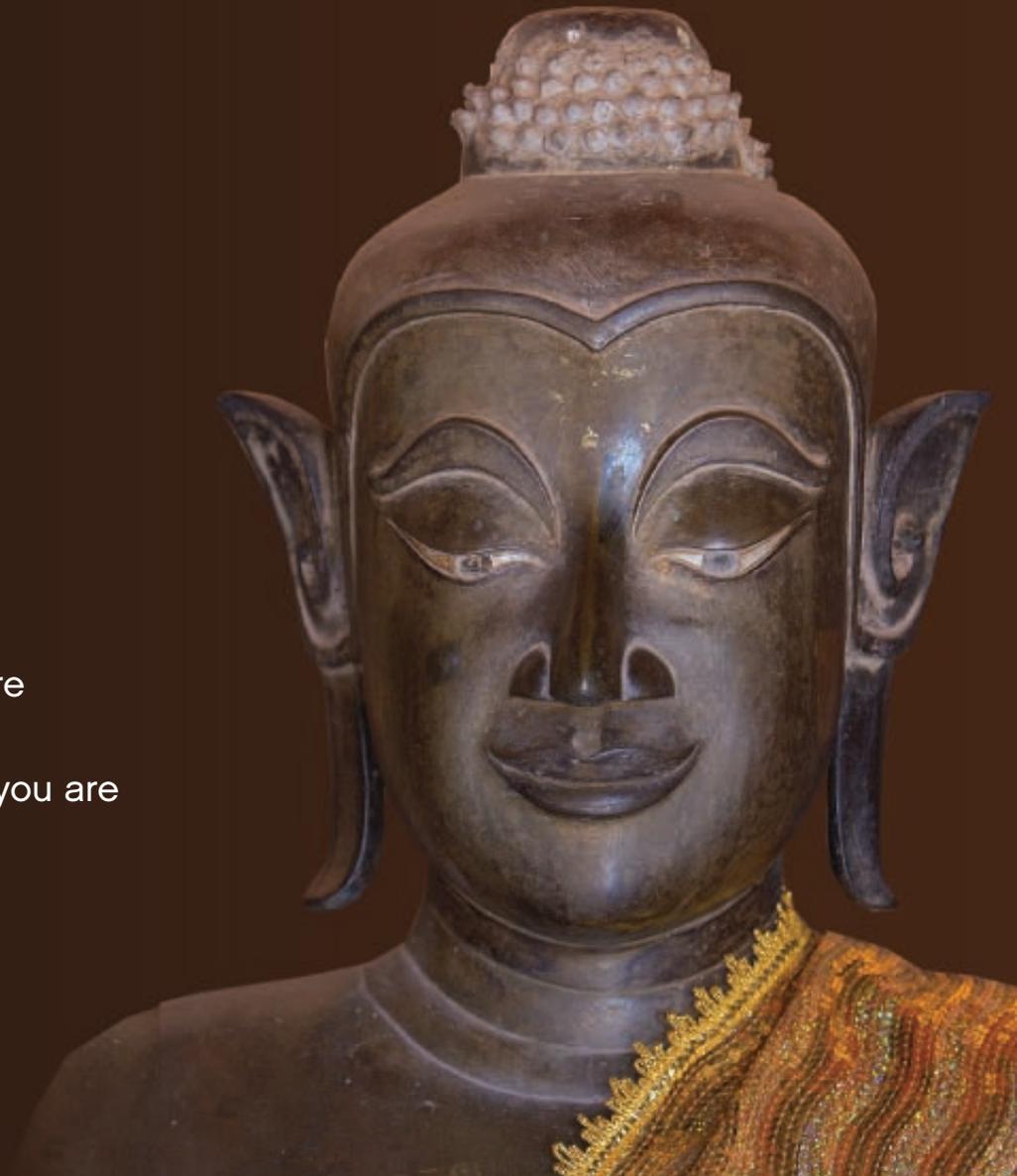
your gratitude will create an opening  
that moment is so beautiful...

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...

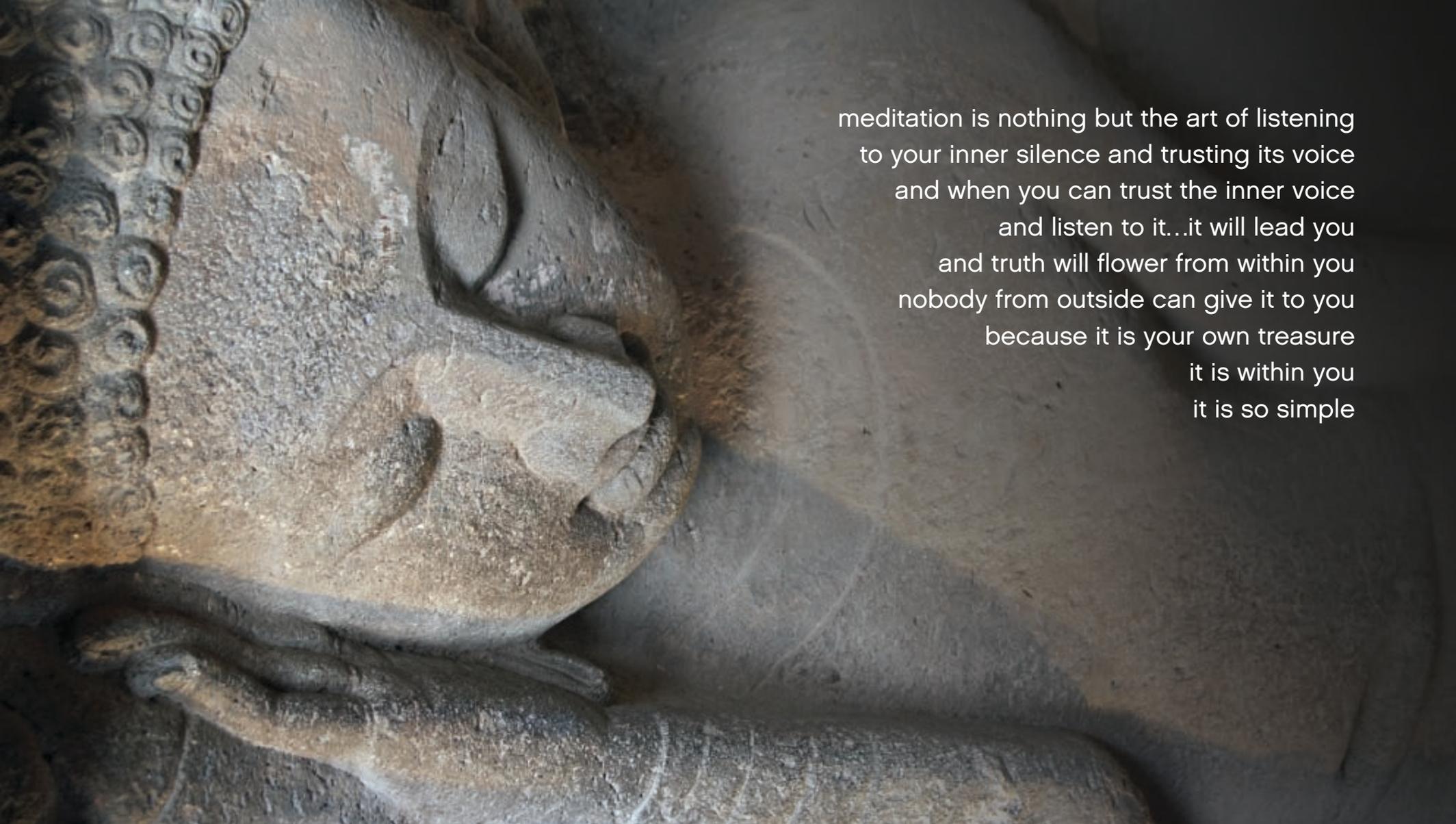


you will have to accept this foolishness  
just walking slowly...looking at flowers  
nowhere to go...how stupid i look !  
but i can tell you from my own experience  
it is utterly ordinary and that is why you have missed  
i know it...i am living it...  
this grace surrounds me  
and it consists of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



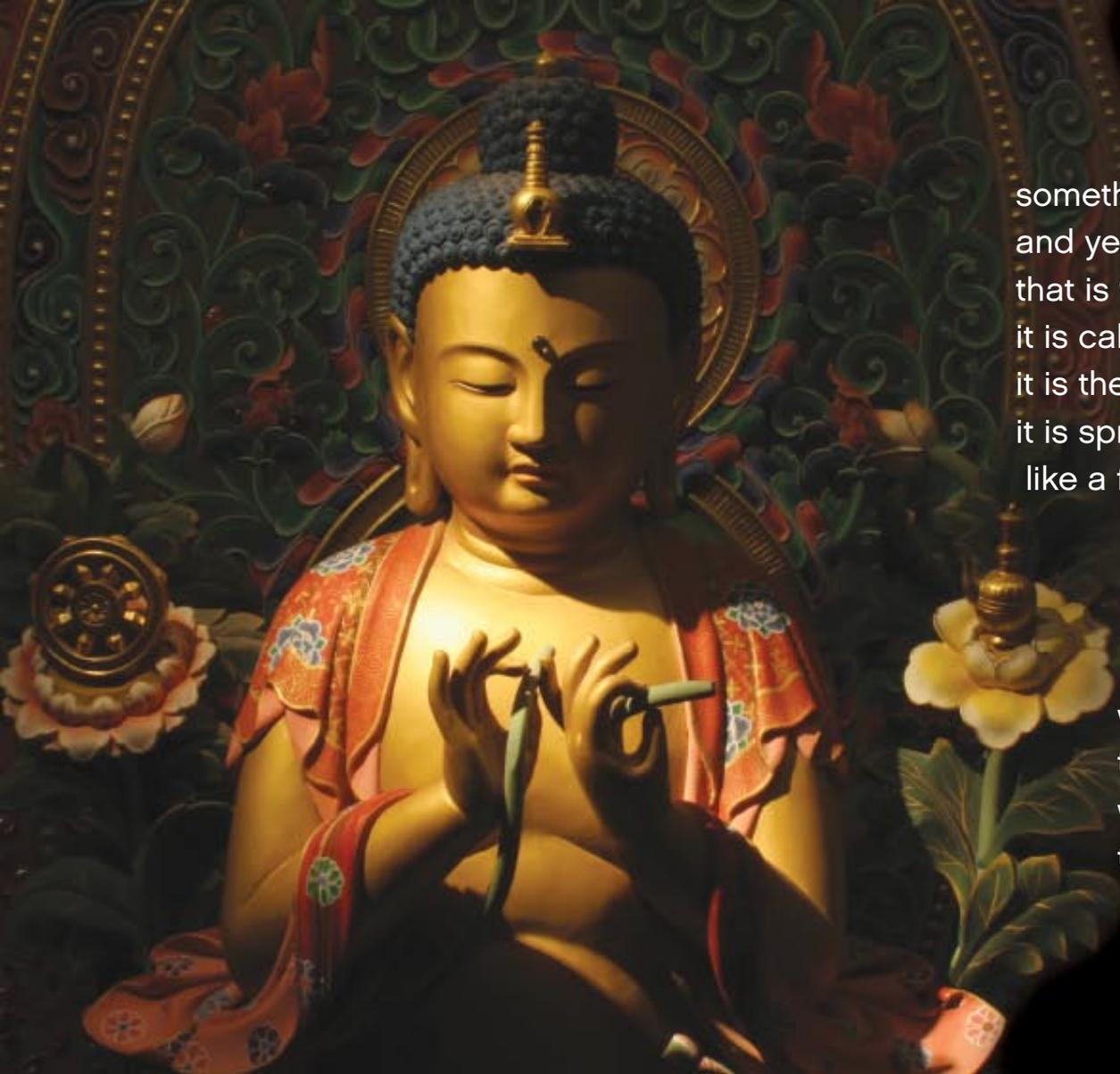
such a vast celebration  
the sky dancing with rain  
such a celebration !  
the air has become sweet  
it is such a gift  
everything showering...everything showering  
such a sweet sound...so much music in the air  
something like this is the sound of samadhi  
just showering...like a buzz

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





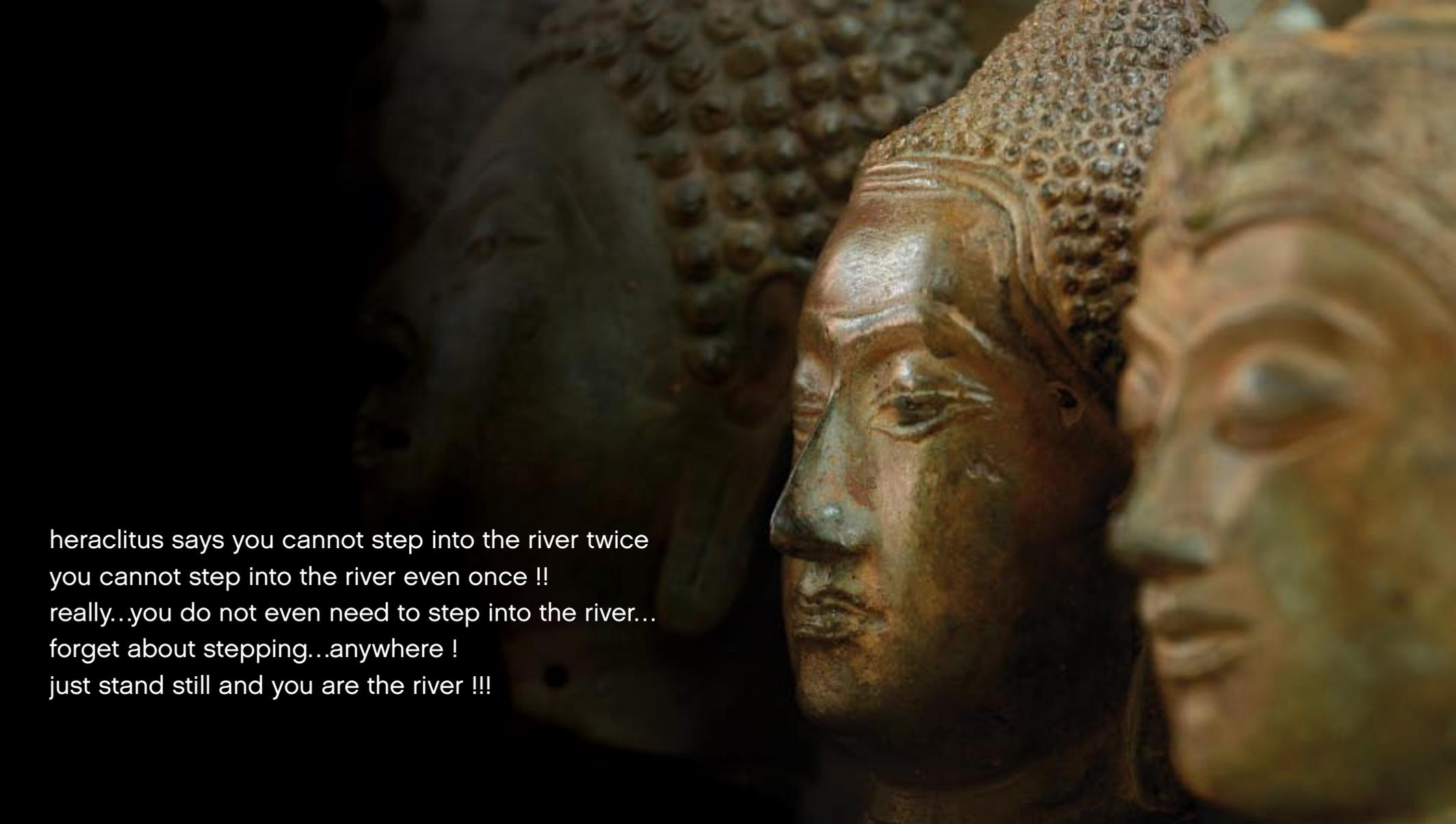
religiousness is one  
this humanity is one  
we need to realize the beauty of all who search  
we should not be egoistic  
that this is my religion  
it is simply religiousness  
it can beat in every heart beat  
in every being



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 ?



A close-up photograph of three Buddha statues. The central statue is in sharp focus, showing its face in profile with a serene expression. It has a dark, textured hairstyle. To its right, another statue is partially visible, with a smoother, more traditional hairstyle. To its left, a third statue is visible, with a dark, textured hairstyle similar to the central one. The background is dark and out of focus.

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

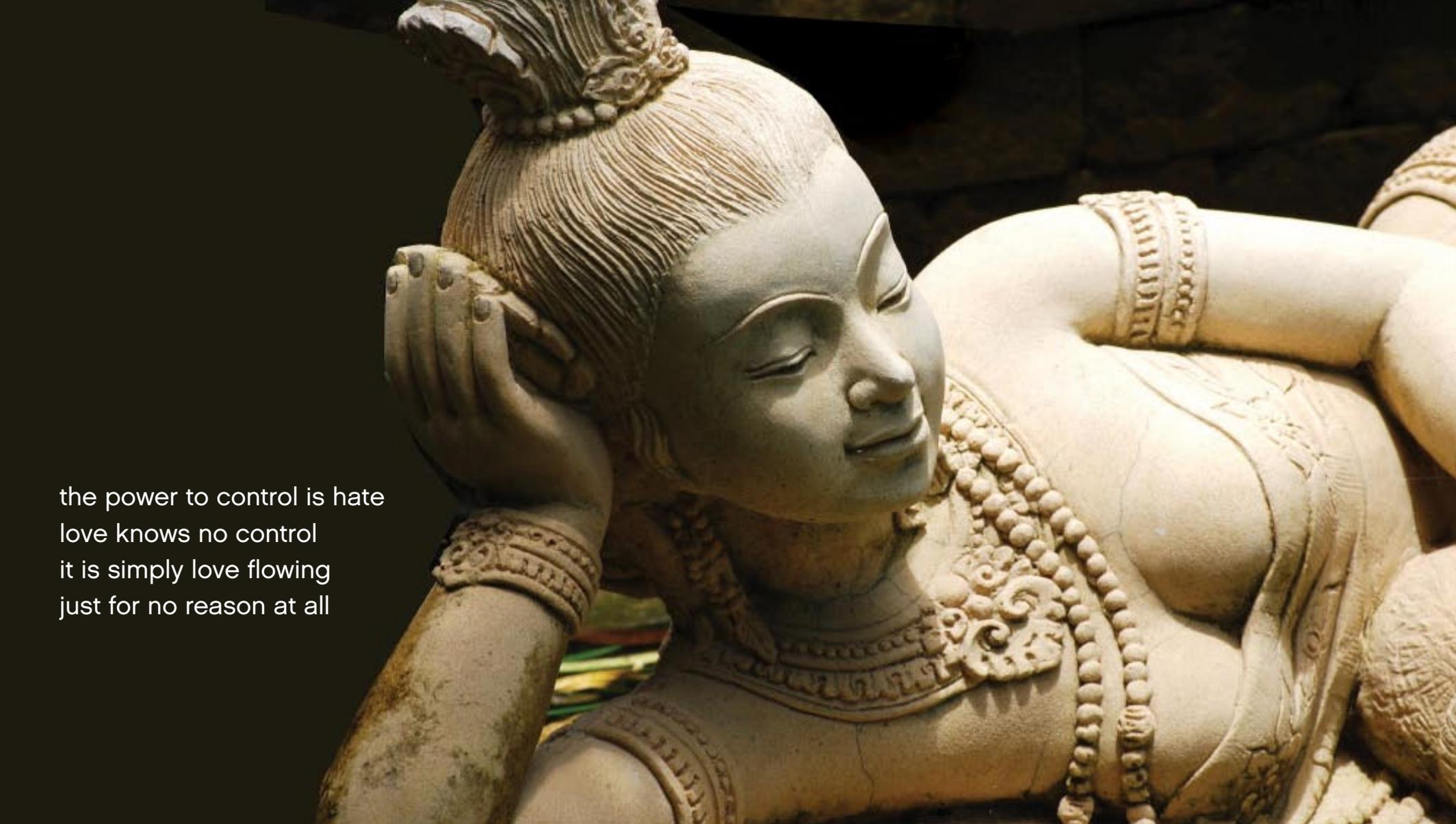




devotion...love...surrender  
acceptance...gratitude...compassion  
you are all these qualities  
you have so many beautiful qualities within you  
tasting these different delights  
the journey is so beautiful  
you cannot imagine living any other way  
just drinking from the source  
again and again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

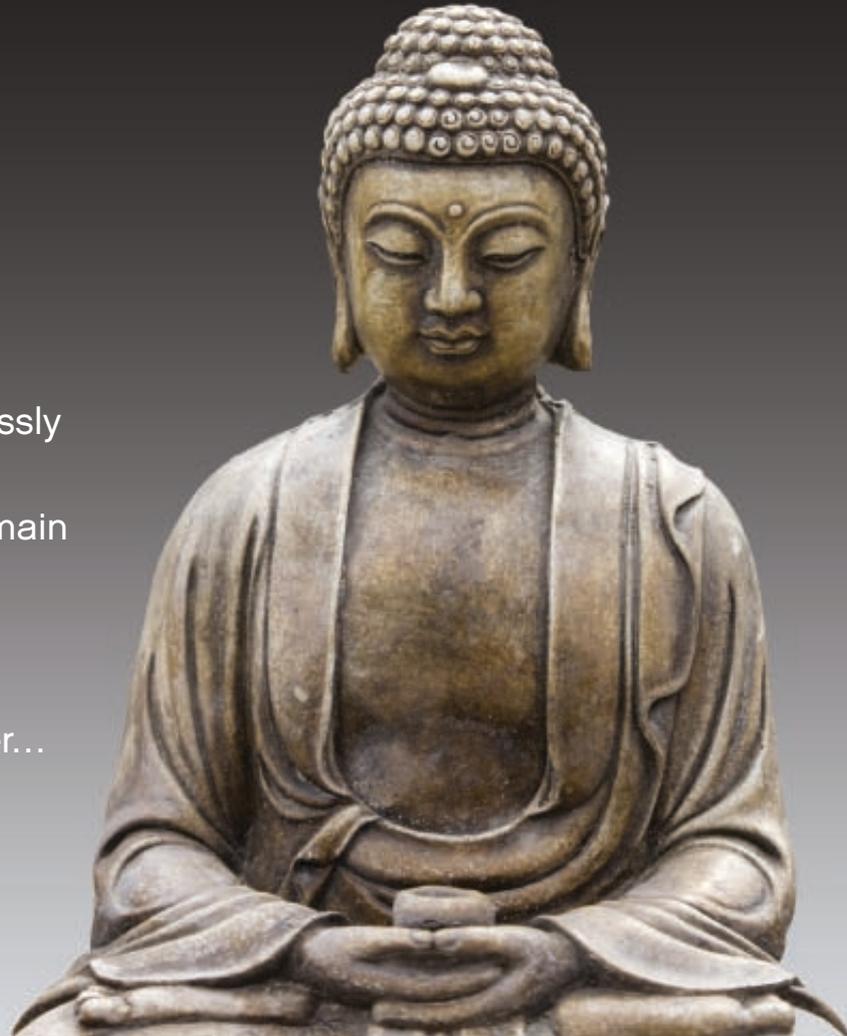
the seeker of truth is a warrior  
he accepts himself perfectly the way he is





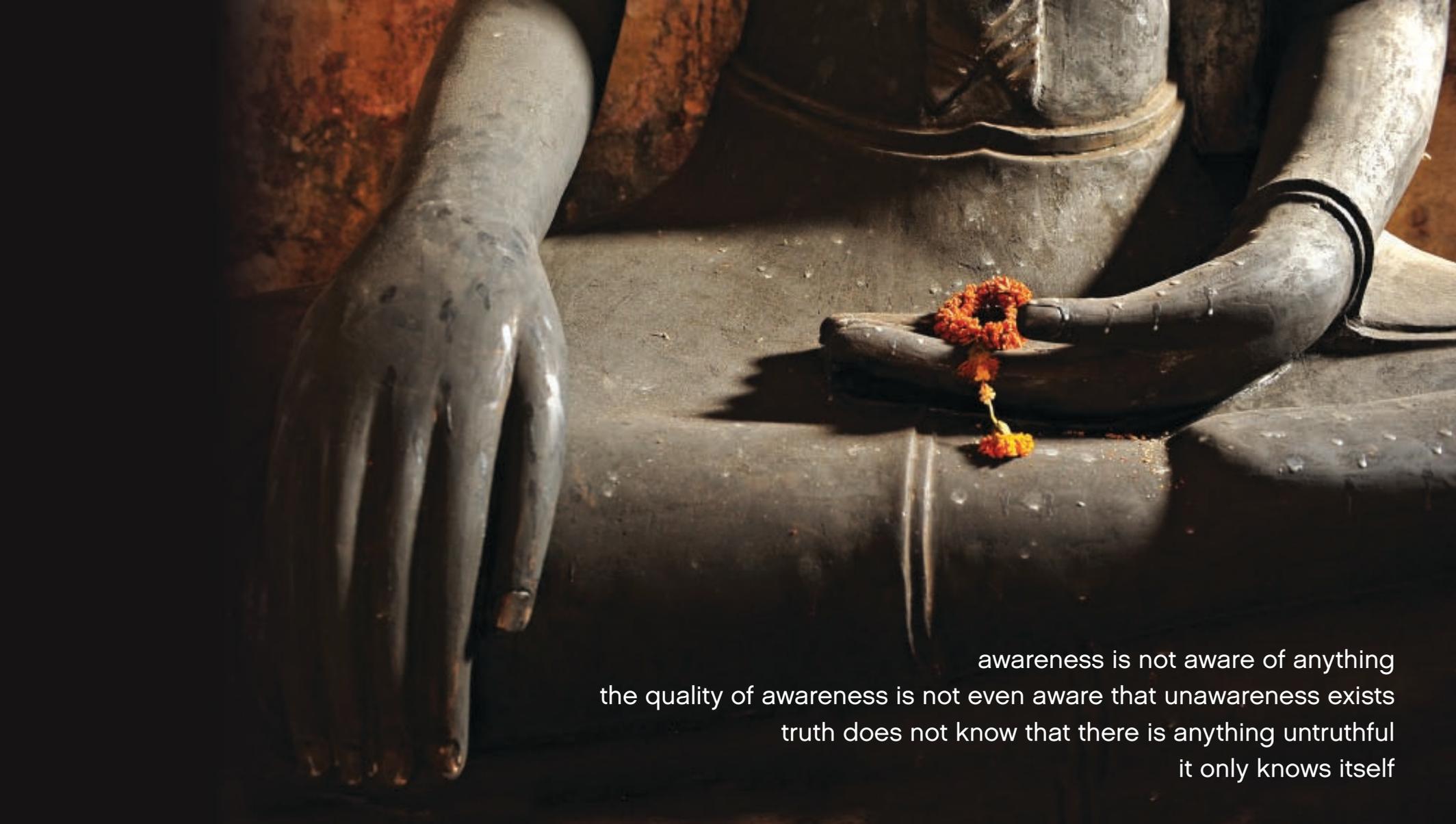
the power to control is hate  
love knows no control  
it is simply love flowing  
just for no reason at all

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

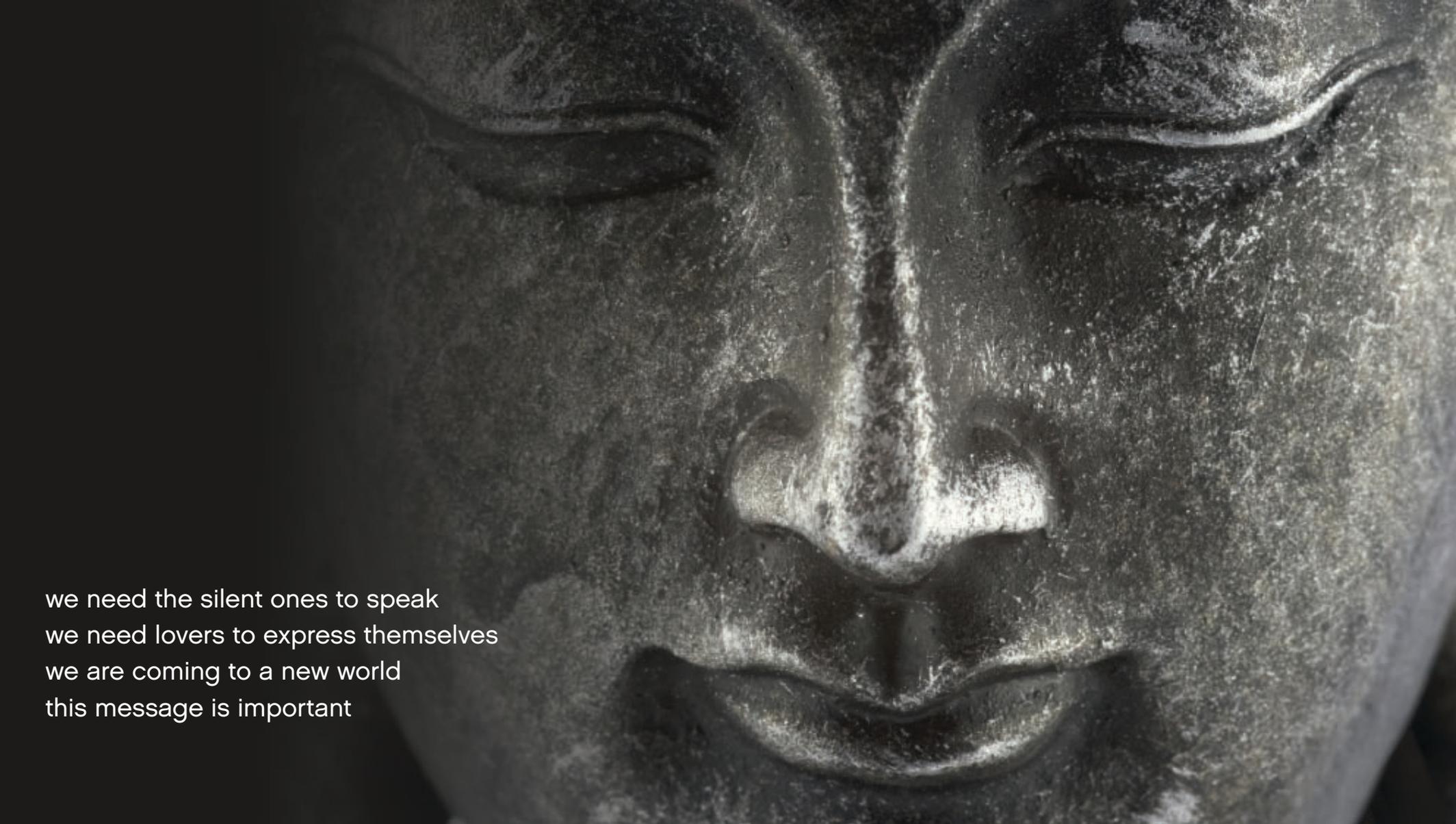




freedom is first  
and love out of freedom is freedom  
that word responsibility simply does not arise  
love is enough unto itself  
that word responsibility is when things get ugly  
when the love disappears  
you are not responsible for anybody but for your life  
and once your life will flower  
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



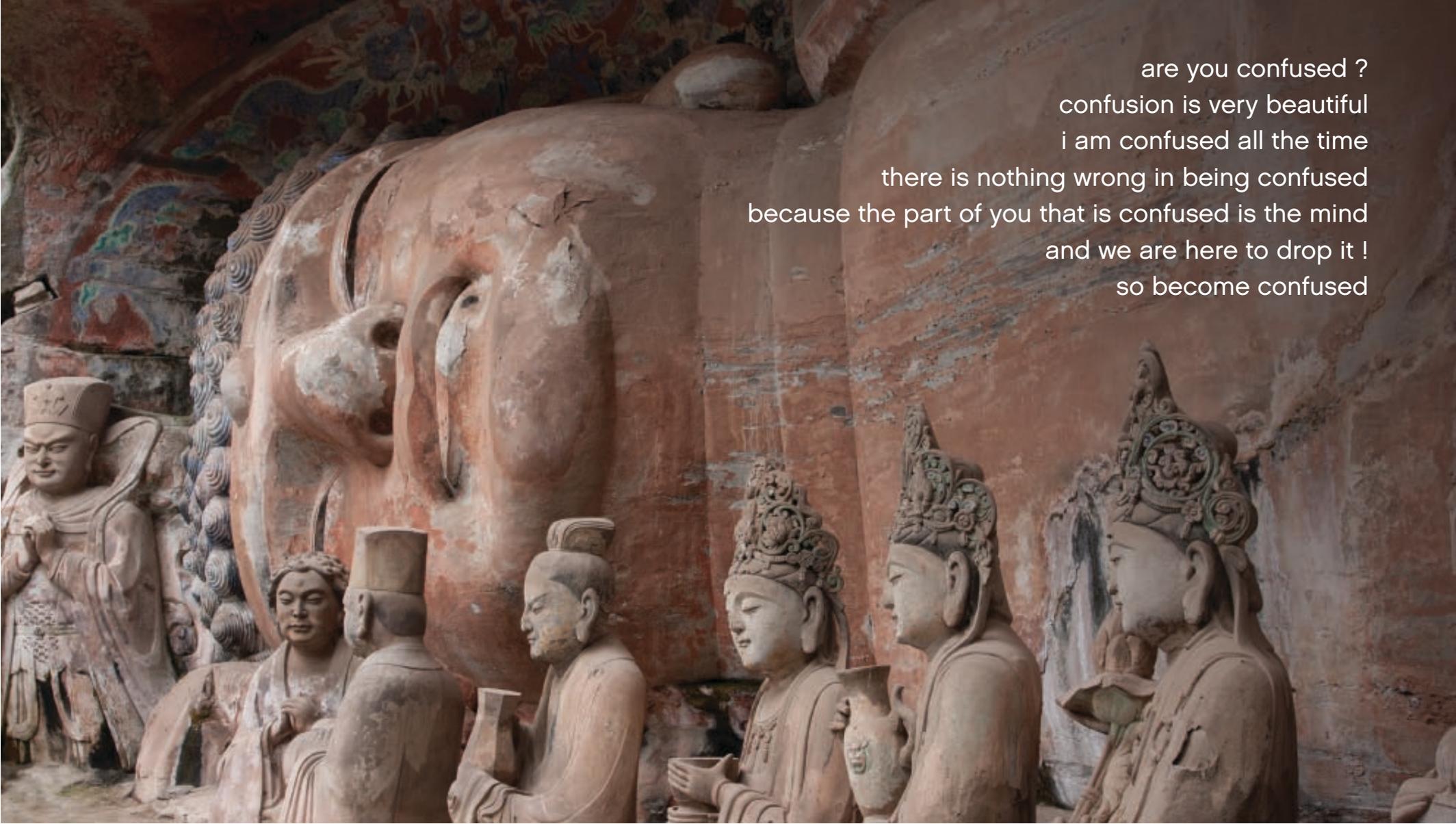
awareness is not aware of anything  
the quality of awareness is not even aware that unawareness exists  
truth does not know that there is anything untruthful  
it only knows itself



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

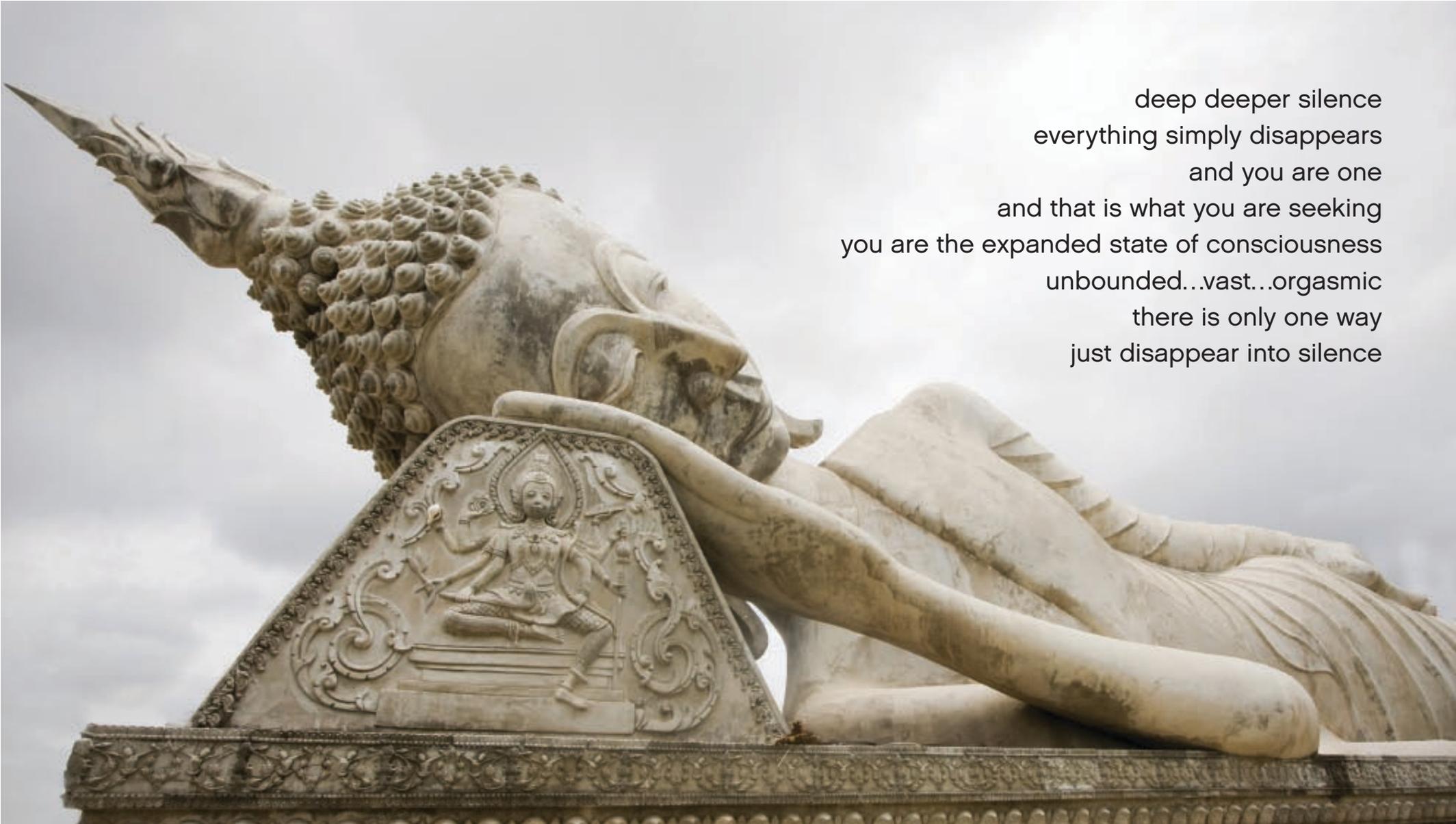




are you confused ?  
confusion is very beautiful  
i am confused all the time  
there is nothing wrong in being confused  
because the part of you that is confused is the mind  
and we are here to drop it !  
so become confused



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

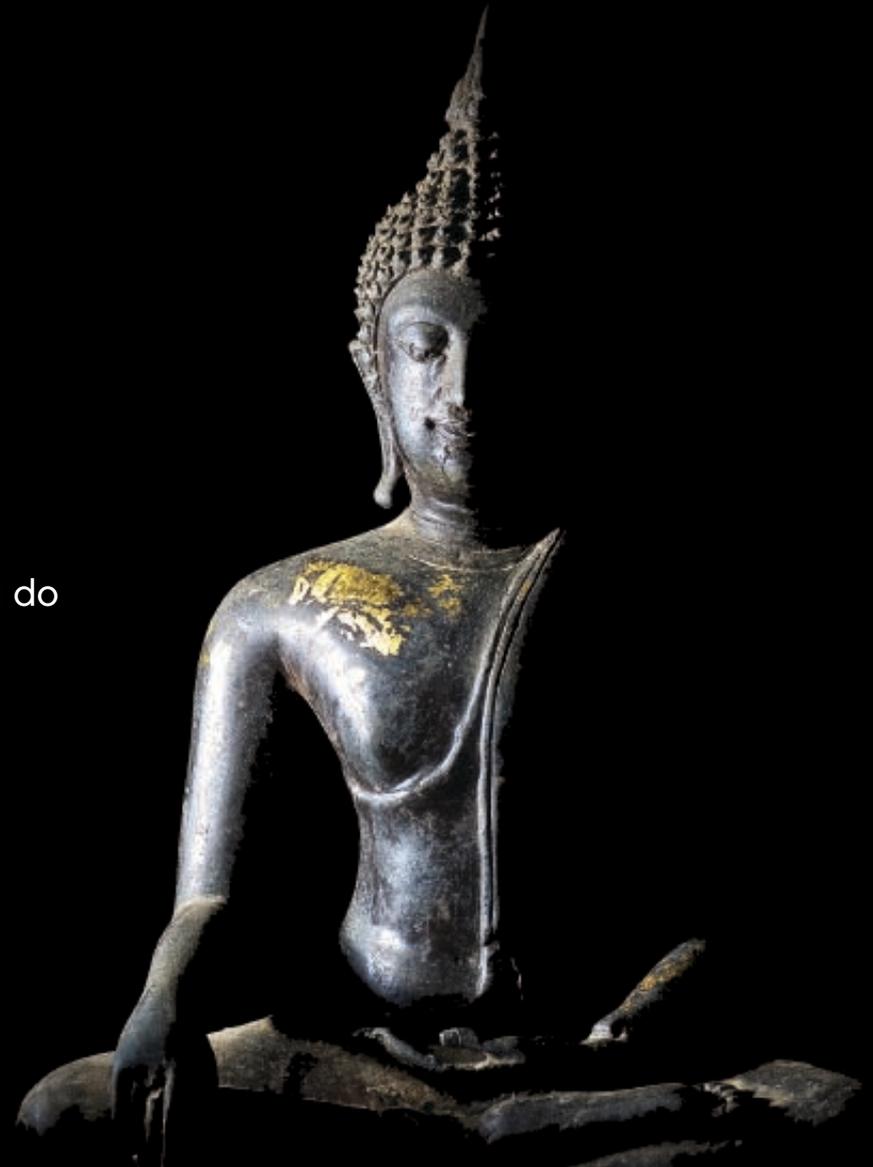
the power of love is too strong  
the very force of life  
the whole power of life is overwhelming  
the power of hate...blindness...  
is just a little darkness  
life struggles for life



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



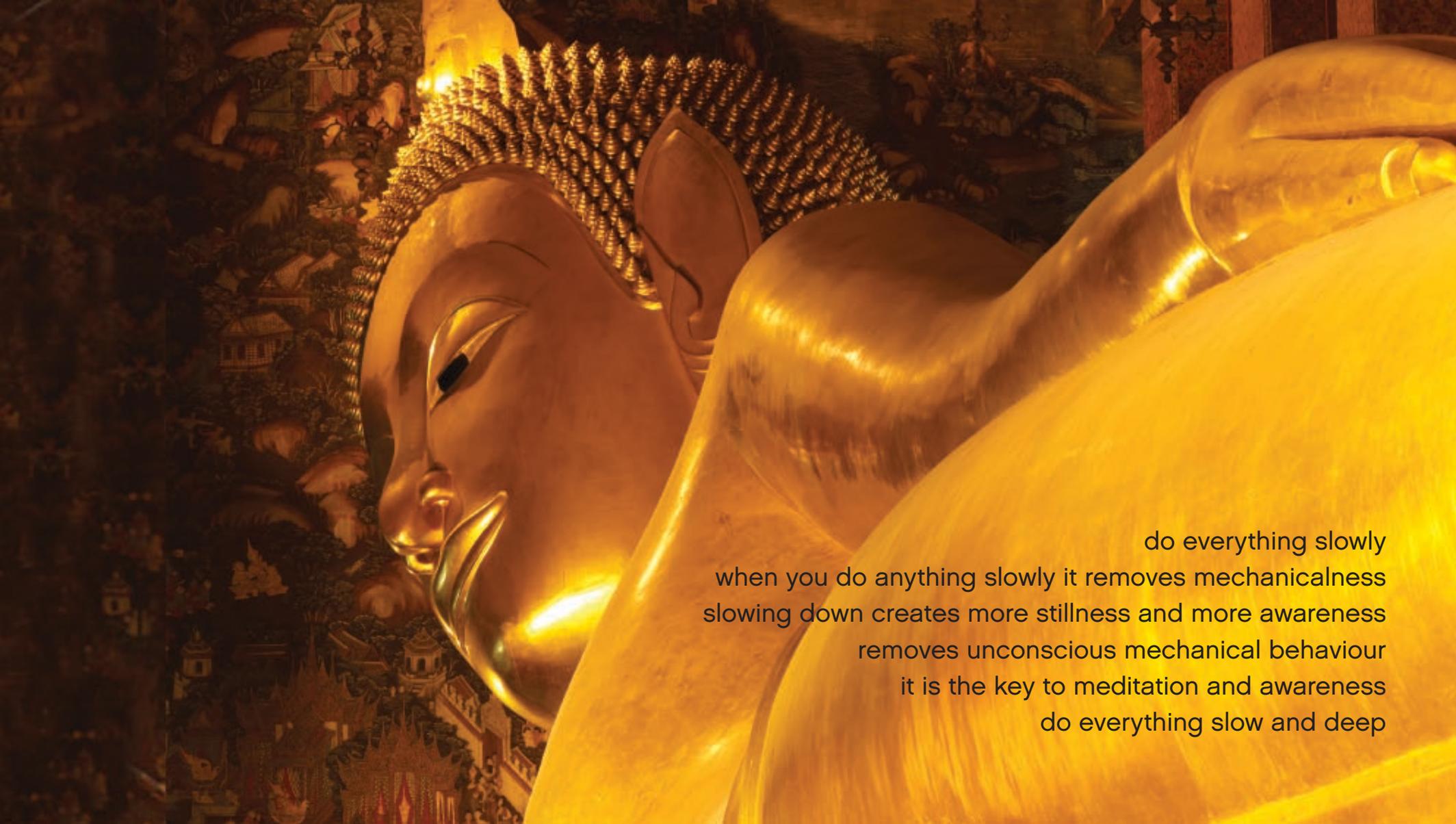
if you do not light your inner temple  
nobody can do it for you  
it is hidden within you  
nobody can reach it  
it is your treasure  
it is your temple

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 !





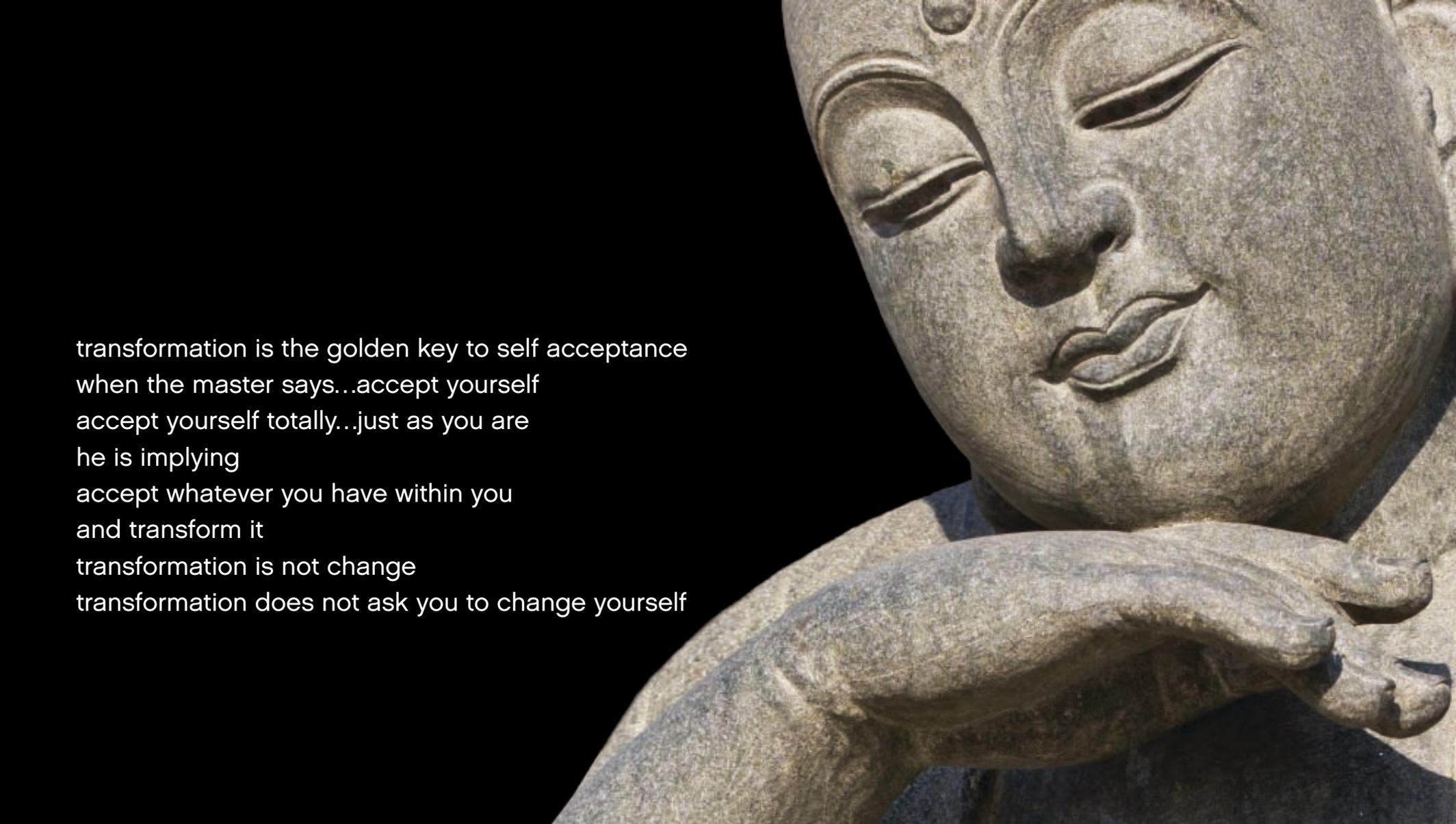
enlightenment is not a great achievement  
it is not something great that you will find  
it is in the simple innocent actions done completely  
in the simple day to day living  
with an extraordinary sense of meditateness



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



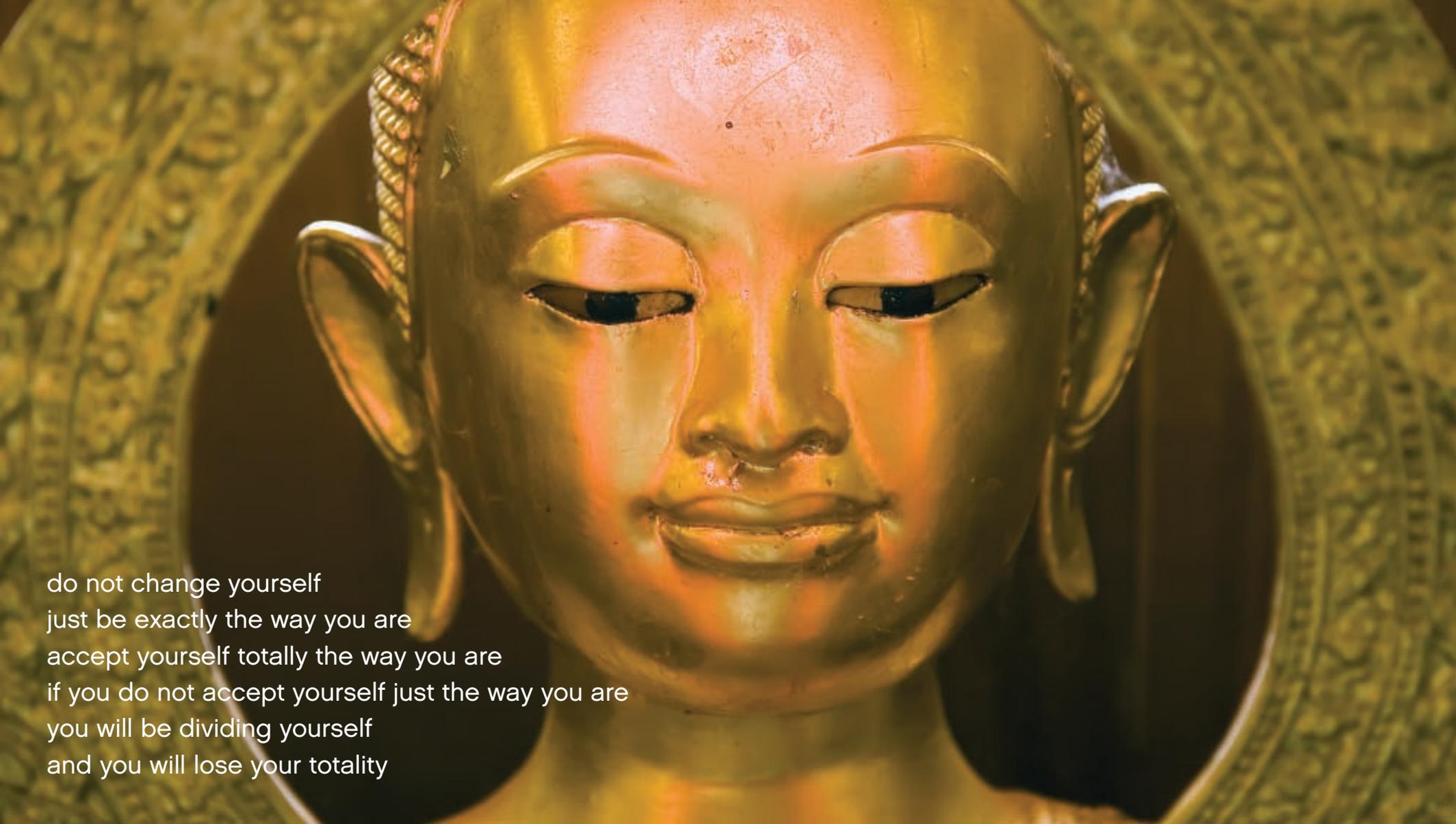
transformation is the golden key to self acceptance  
when the master says...accept yourself  
accept yourself totally...just as you are  
he is implying  
accept whatever you have within you  
and transform it  
transformation is not change  
transformation does not ask you to change yourself



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

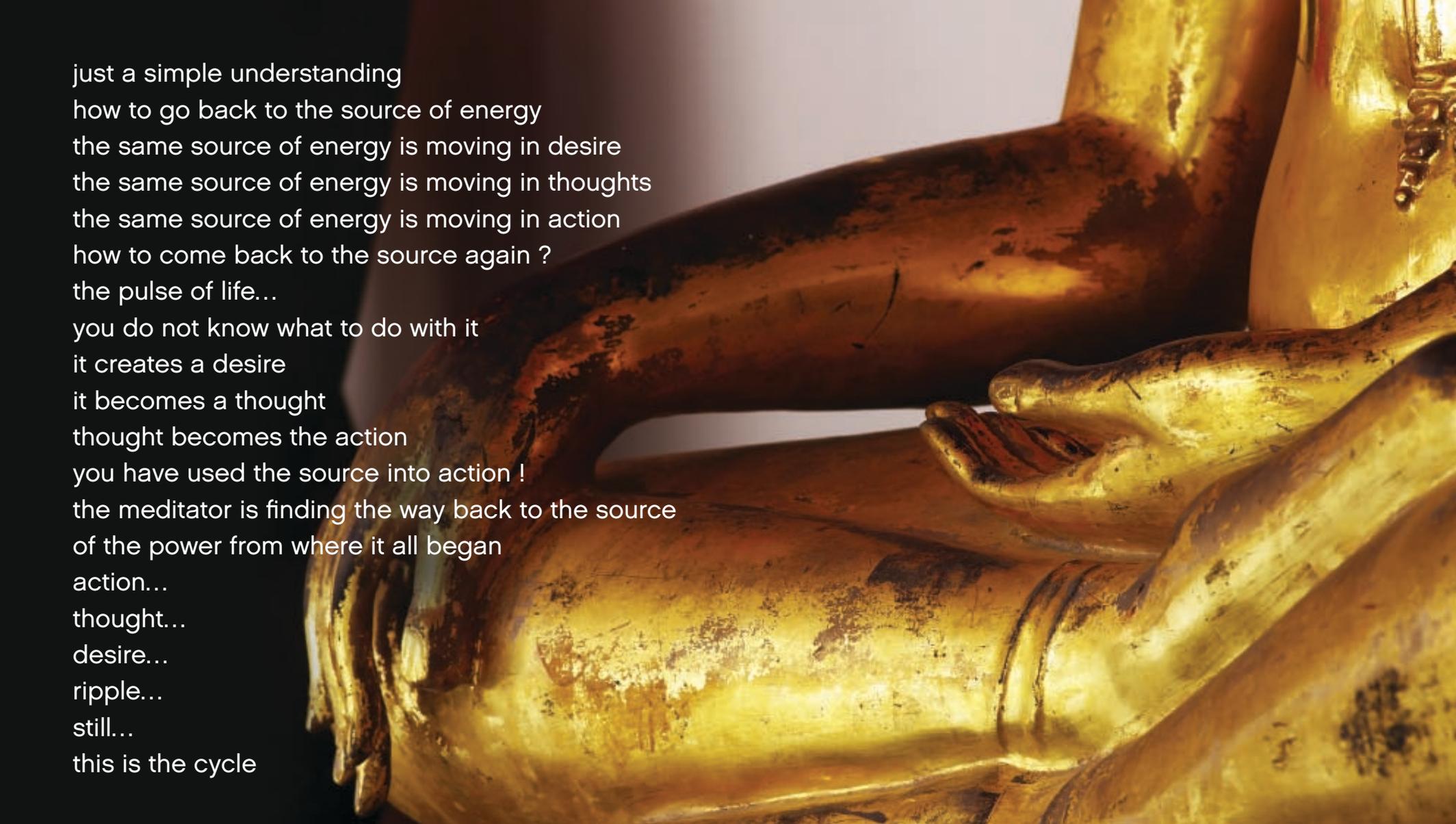


mind can be used and should be used intelligently  
and ego simply means identification with a process  
disengage from the process  
then it is not ego...





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

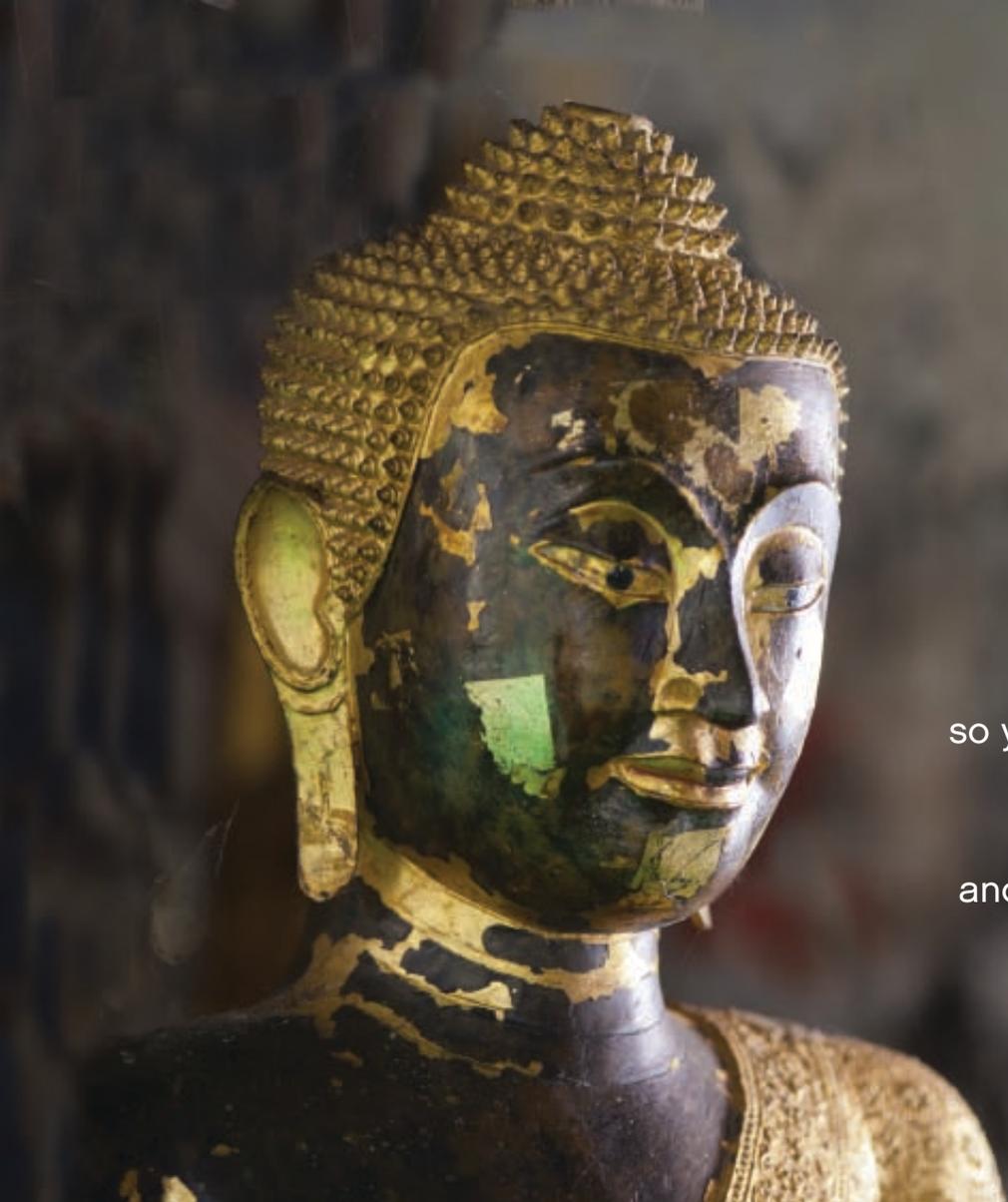
your silent sitting will no longer be dead  
this sitting will be alive and vibrating  
in a heightened state of consciousness  
this stillness while sitting is so deep and utterly content  
because it is drunk  
from the highest peaks of consciousness



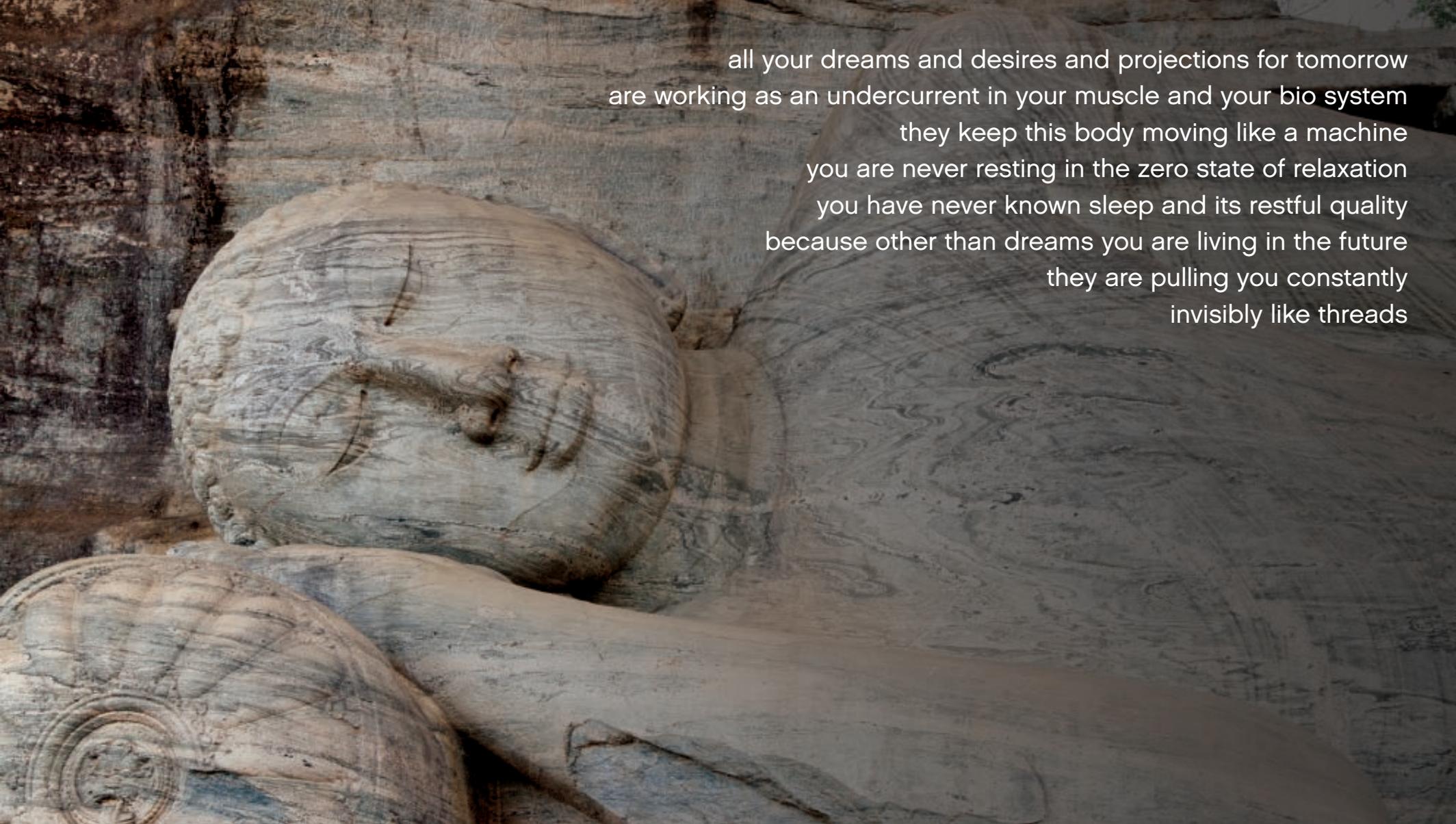
a mystic cannot speak it  
that would be ridiculous  
to speak of something so unspeakable  
the only way he can express it  
is through a dance...a song...a celebration  
a silent gesture...a silent movement of the hand  
an innocent smile

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





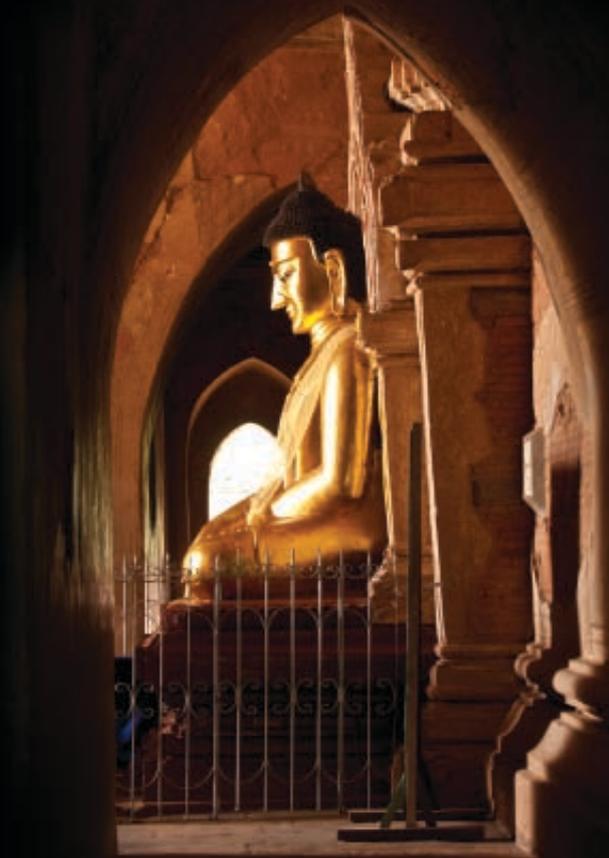
when every gesture can become meditative  
you do not need to do meditation anymore  
this is meditation itself  
you are not falling out of life  
you are living the flow of life meditatively  
i would recommend meditateness  
rather than this abstract idea of meditation  
forget meditation  
do your 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



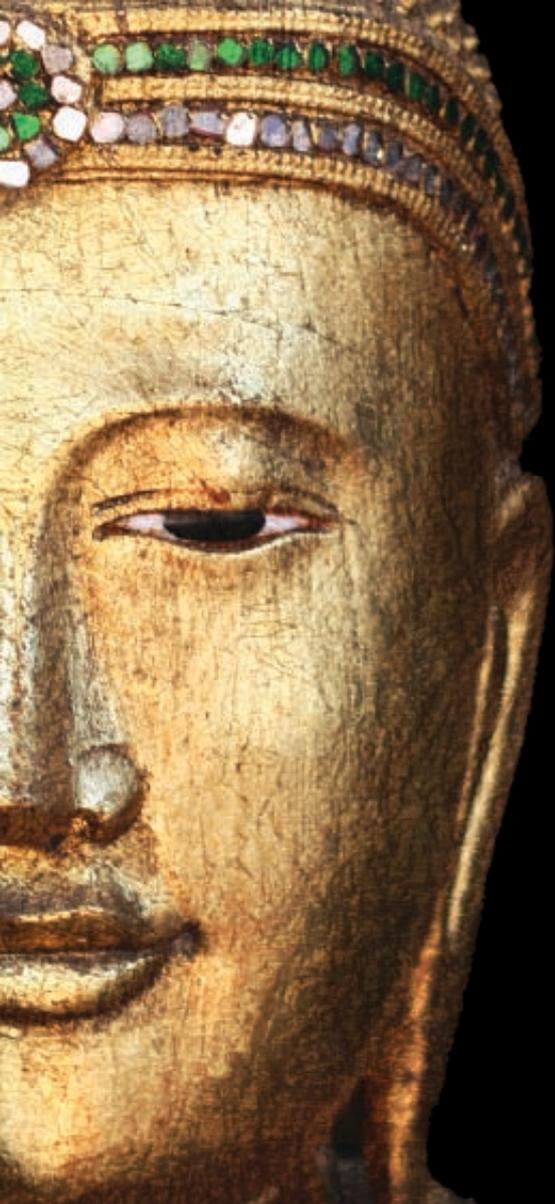
the only thing you need to resolve is your inner being  
that is within your hands  
it is within your grasp  
it is your very nature  
first resolve your inner being  
and everything around you will resolve automatically  
you cannot resolve anything...but dissolve yourself  
a deep surrender  
a total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



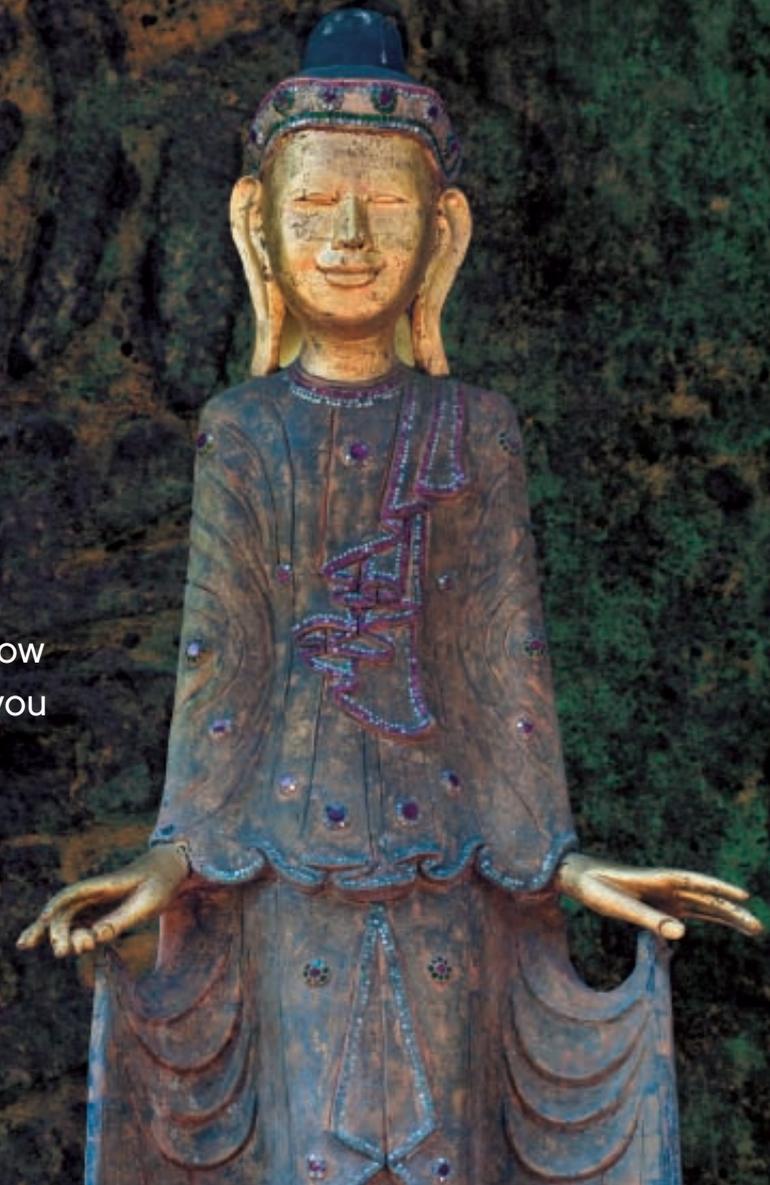


if you see a beautiful rose you absorb the beauty  
and a smile comes to your face  
if you see a beautiful sunset  
you absorb something and it settles into you  
seeing a buddha is like seeing your inner sky  
a reminder of who you are  
hence in the east you go and sit by the master  
just sit  
just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

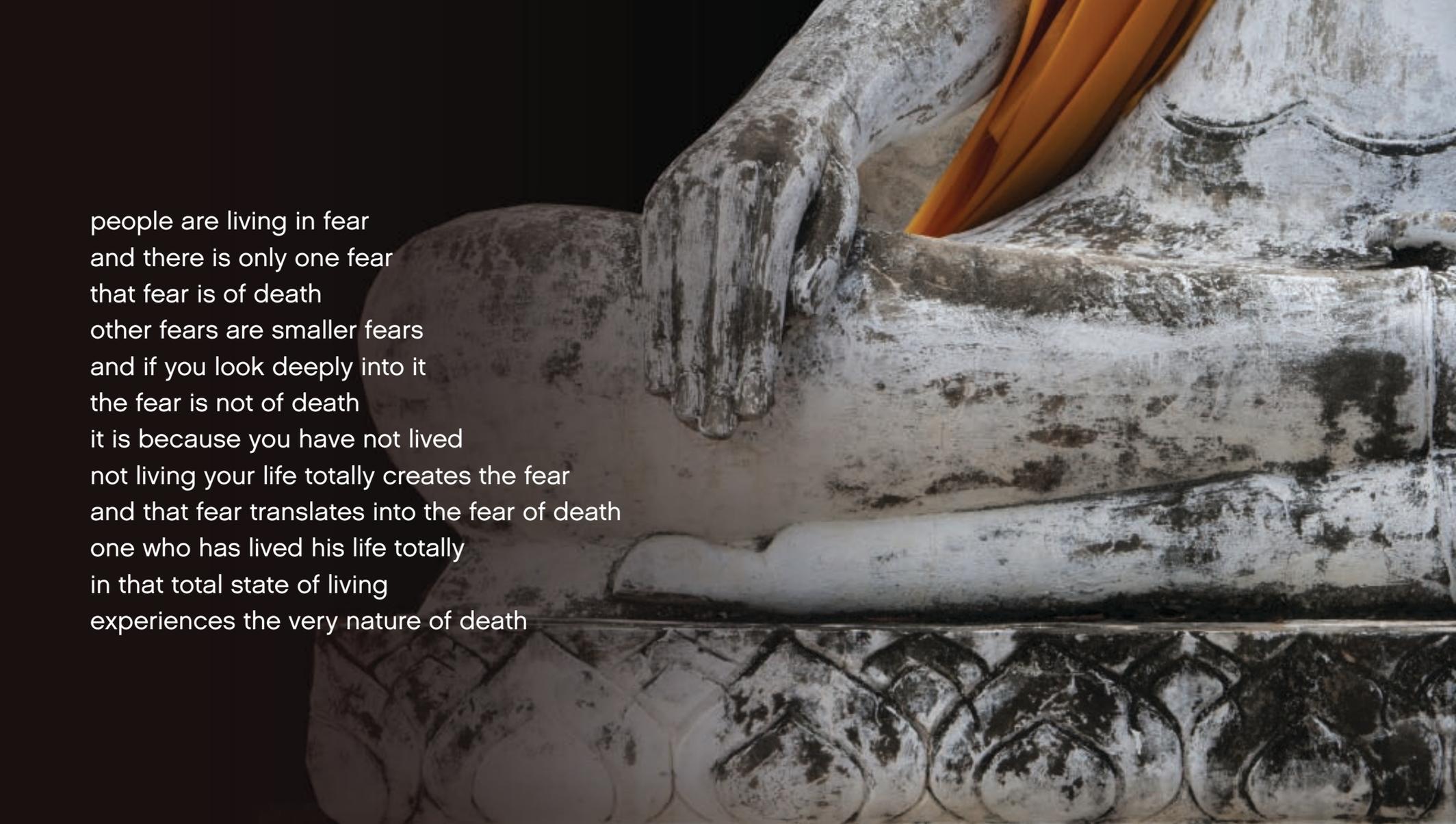


this body...this mind...will fall...  
what will remain will be this essential silence  
and if you have lived it...if you have danced it...if you can taste it now  
the moment this body will fall you will have this taste surrounding you  
and you know your eternity  
eternity is this present moment  
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](http://www.ozenrajneesh.com)

[www.ozencocom.com](http://www.ozencocom.com)

[www.oshorajneesh.com](http://www.oshorajneesh.com)

[www.oshococom.com](http://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

