



GO  
GO  
GO  
NON  
FEZZ



rajneesh  
spontaneous talks



world tour 2009  
russia



spontaneous talks  
mystic rose gatherings



## mystic rose gathering

rajneesh enters

everything becomes still

sitting in silence with closed eyes

soft music playing

the music builds into a rhythm

rajneesh gets up and we all move into dance

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

stop

the music stops

everything stops

we sit still in deep total silence

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

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

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

russia tour

7 june 2009

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



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

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

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



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

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

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

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

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

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



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

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

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

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

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

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

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



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

and today i saw you dancing  
there was nobody here  
just pure light...pure light  
even osho was looking  
what is happening in moscow  
aah...rajneesh is back and they are dancing  
aah...moscow  
heavens are looking  
they know what russia means  
i have been waiting to get here  
maybe i can dance in winter too !  
so much fire here !

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

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

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

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

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

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

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

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

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

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

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



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

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

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

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

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

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

the energy will go to the witness

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

do not get lost

when you are peaking and you are in pleasure  
just watch

the energy of pleasure will transform to higher states



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

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

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

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

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

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

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

let the distraction continue  
it is doing its job  
cars are moving  
you simply watch the traffic

the moment you say i am being distracted  
you got lost in your traffic

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

how long it will keep distracting you ?

just say ok ok ok ok

it will leave you

the more you say distraction

the stronger it becomes

because you are giving it energy

you are paying attention to the distraction

you are giving it more food

just remain aloof

do not judge

just watch

i will give you another key

look at a mirror

a very beautiful woman comes...

the mirror jumps out ??

an ugly person comes the mirror shrinks ??

no

it simply watches

no judgment no labelling

silently reflecting

whatsoever happens

good bad distraction attraction



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

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

**questioner** *of course there were...*

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

**question** *osho influences your life and your meditation ?*

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



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

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

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

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

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

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



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

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

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

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

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

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

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



### question

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

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

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

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

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

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

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

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

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

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



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

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

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

you came to figure it out  
and the witnessing stops

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

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

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



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



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



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



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

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

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

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

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



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

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

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

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

russia tour

moscow 6 june 2009



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

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



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

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

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

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

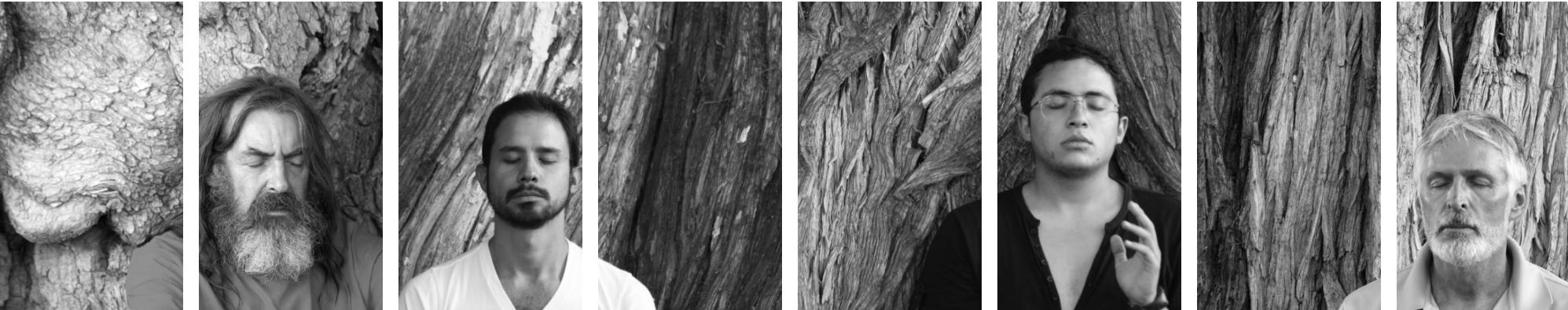
try to understand the difference  
change is a horizontal phenomenon  
a to b  
b to c  
it is going horizontal

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

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



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



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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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



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



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

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

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

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

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



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

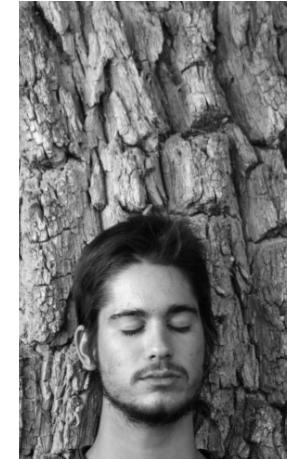
simple silence  
drop

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

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

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

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



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

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

**question** *i forgot everything*

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



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

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

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

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

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

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

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

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

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

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

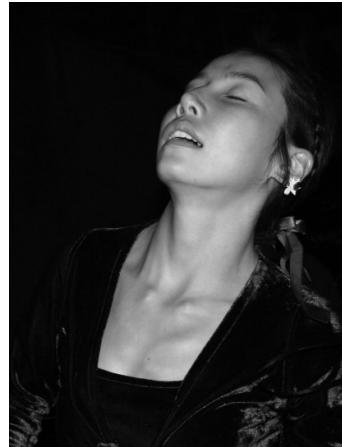


you have given me a home  
i am spreading in you  
you understand ?  
and i am grateful to each person who comes  
they are giving me something priceless  
their openness...their innocence  
and all i can do is share my love...my gratitude...thank you

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

i am blessed that they can accept a stranger like me  
so i thank you for coming and accepting my bullshit  
and you will soon understand the mystery

soon a mala will come around your neck  
you understand ?  
the chain of love  
and you will say...i am in love  
it is your sannyas !!



### question

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

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



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

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

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

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

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



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

**question** *how to bring in awareness ?*

there is no shadow  
just the absence of light

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

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

awareness is simply a knack and complete in itself

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



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

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

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



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

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

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

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

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

**questioner** no...

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

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

what is love ?  
i want to know...

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

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



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

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

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

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

opens the window to the inner being

a mystic is like a child  
utterly innocent

he does not know anything  
neither he wants to know anything

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

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



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

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

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

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

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



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

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

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

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

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



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

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

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

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

**russia tour**  
baikal 11 june 2009



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

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

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

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

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

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

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

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



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

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

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

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

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



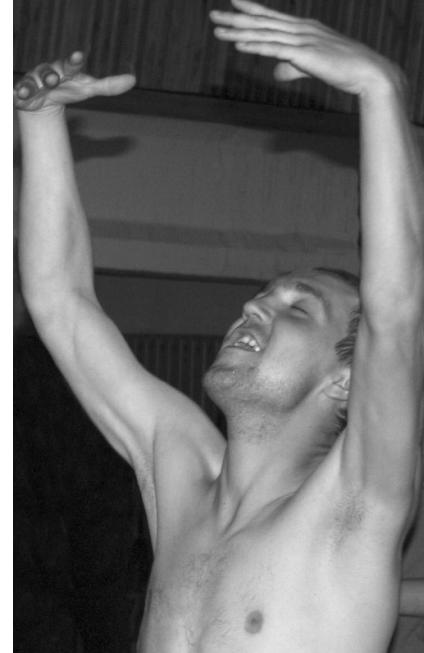
it will spread in you  
that is spreading meditation into meditateness  
the whole body is flowing totally with life  
just watch my hand  
it is flowing totally with aliveness  
that is what they call grace  
it is not difficult  
just a simple process  
and you do not need anybody  
just learn the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

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

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

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

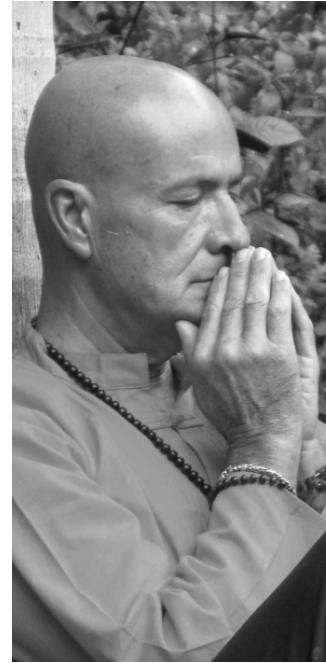
that is why in the east we call it darshan  
the disciple goes and simply watches the gestures of the master  
the way he walks...the way he sits  
the way he stands...the way he moves  
they can read the inner flow in the outer expression



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

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

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



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

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

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

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

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

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

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

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

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

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

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

silently relax  
be alert

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

come back...very good

*( rajneesh suddenly claps his hands )*

remember the stop  
everything stopped

so relax

*( rajneesh claps his hands again )*

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

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



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

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

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

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

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

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

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

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

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

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

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

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



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

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

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

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



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

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

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

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

**russia tour**

baikal 12 june 2009



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

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



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

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

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

something in you starts dancing silently

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



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

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

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

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

when you understand stillness then my job is done

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

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

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

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

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

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

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

drink this silence...



slowly i am going to bring you back

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

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

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

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

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

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

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

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

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



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

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

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

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

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

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

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

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

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

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



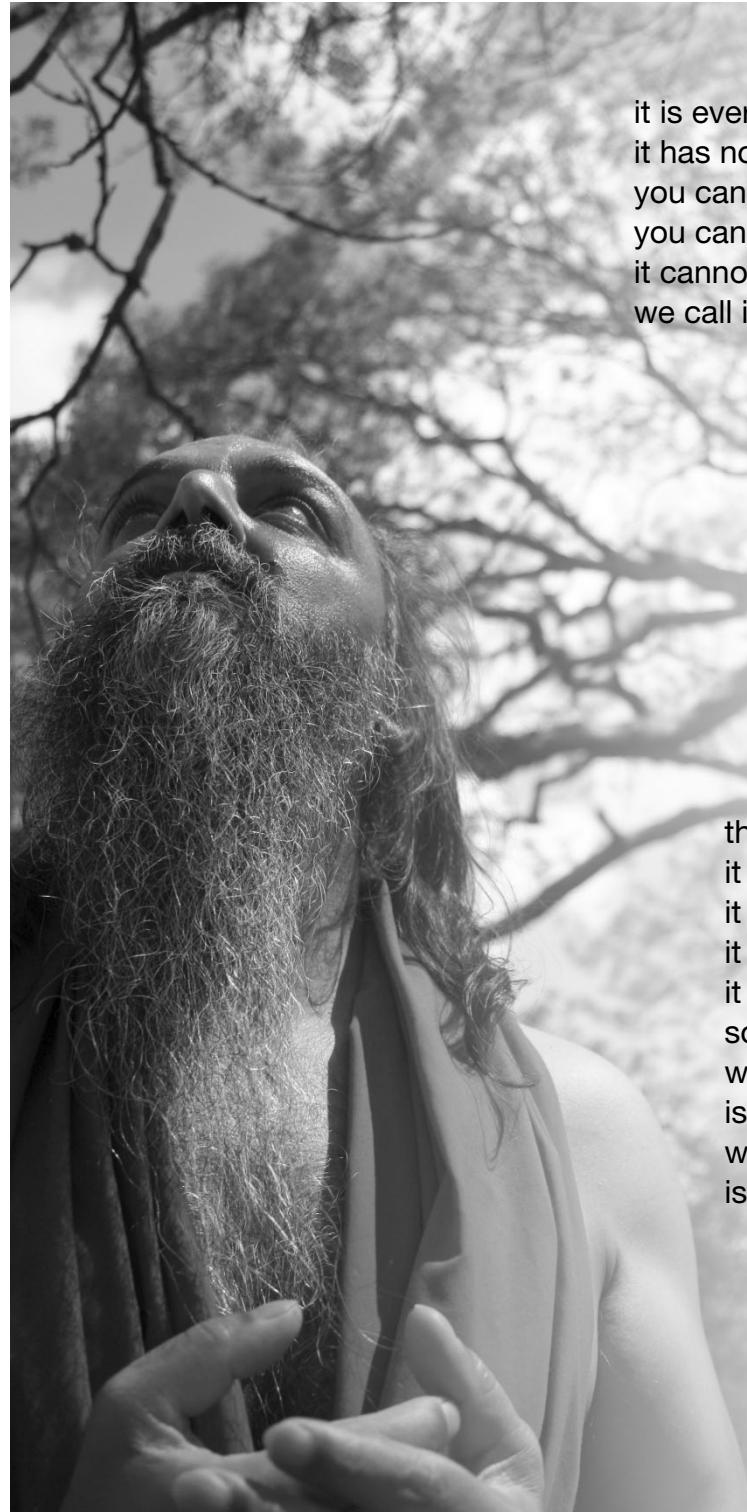
and today you have done it yourself  
now you are all masters  
go deep into it  
it will deepen your sleep  
you will come out so fresh  
that you have extra energy  
for meditateness in the day time

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

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

i will discuss another aspect of sleep today  
the blackhole

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



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

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

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

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

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

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

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

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

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

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

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

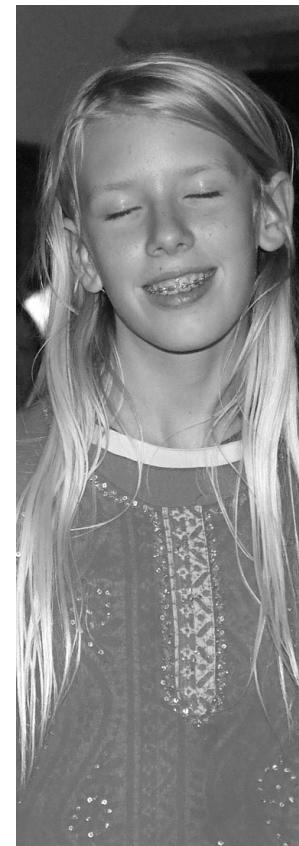


just become acquainted with it  
you will know many things  
that cannot be perceived otherwise

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

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

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



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

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

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

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

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



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

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

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

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

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



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

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

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

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

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

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

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

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

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

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

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

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

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



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

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

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

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

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





**russia tour**  
baikal 13 june 2009

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

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

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

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

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

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

life is so simple !

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

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

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

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

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



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

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



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

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

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

can you see the simple message ?

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



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

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

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



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

just as beautiful as this vast baikal lake  
as these mountains...these pine trees  
it is your very nature  
each time you get an opportunity  
go into any natural spaces  
and that one hour will be drunk deeply  
by this inner search...by this inner thirst  
seek your natural self  
and these are easy ways...nothing complicated  
do not go to seminars and talks and teachings and classes  
why fill yourself with more rubbish ?  
rather be stupid...know nothing...but yet able to celebrate !  
that would be the better way

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

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

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

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

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

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

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

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

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

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

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

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

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

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

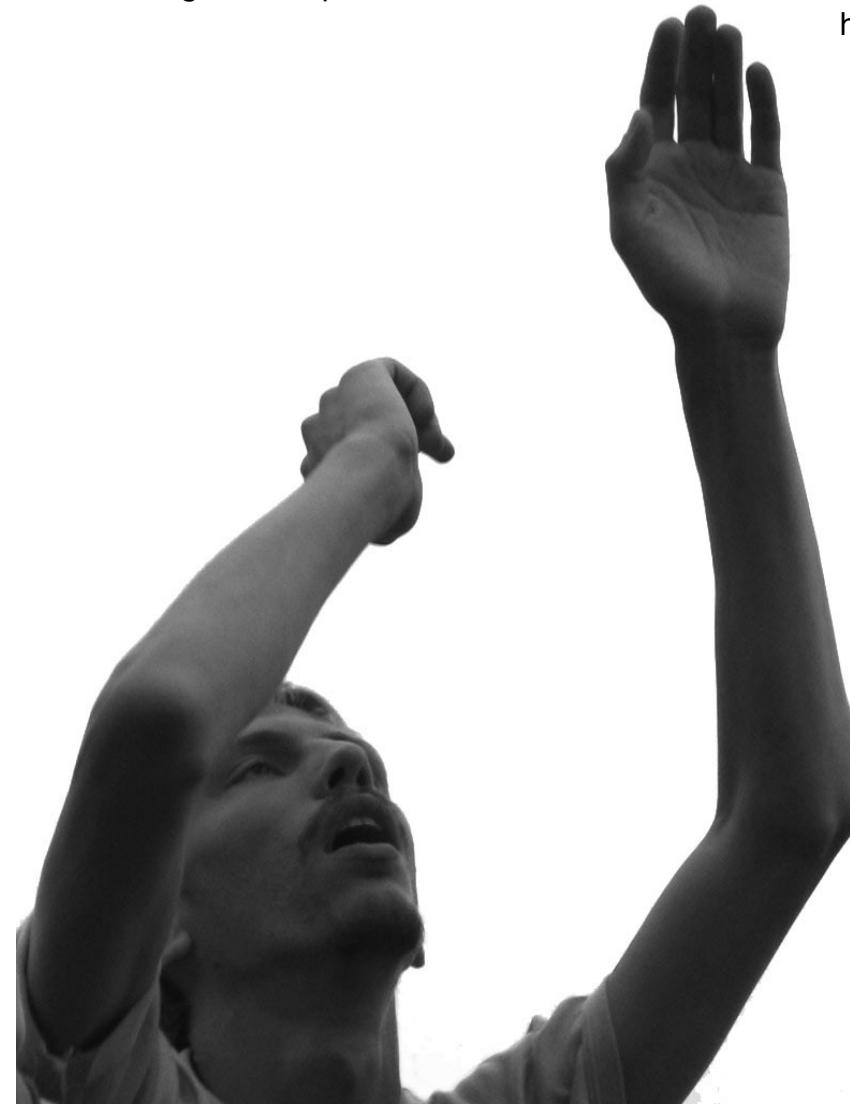
that is how human beings look  
running here...running there  
totally unsettled  
rootless...just running around...looking very busy  
a human being has to look busy  
opening a magazine...opening a newspaper...just to look busy  
carrying a briefcase...wearing a tie  
the people will respect him...just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

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

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

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

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



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

anybody has any question ?  
welcome...

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

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



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

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

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

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

what can a tree do to you ?

just by putting your spine at the base of the tree

it balances your energy...root and sky

something is pulling the energy from the earth upwards

and something is rushing downwards

the energy of the tree has an opposite pull

away from the earth

the higher it goes the deeper the roots

if a tree has five or six tons of weight

can you imagine how much power the roots have

to push five tons of weight into the sky ?

the amount of power and deep rooting !

that immense power at the base of the tree

can push the tree upwards...

the tree has another secret

it eats carbon dioxide

and throws out oxygen

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

you need immense amount of oxygen

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

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

from each and every pore it sucks out your carbon dioxide

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

the accumulation of the fat in the body

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

carbon dioxide and oxygen

needs to be balanced in the body

understand that oxygen is good for burning...fire

but it is not ignition

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

more prana in your body...enough oxygen

you create fire and you lose the fat

trees give you a huge amount of oxygen

and pull out your carbon dioxide

so it neutralizes your body

if you can put your navel close to the tree

the moment you breathe out

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

but also gives you a mysterious blue energy

it also pushes the blue light of prana into your navel

it enters you like a river

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

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

that is prana

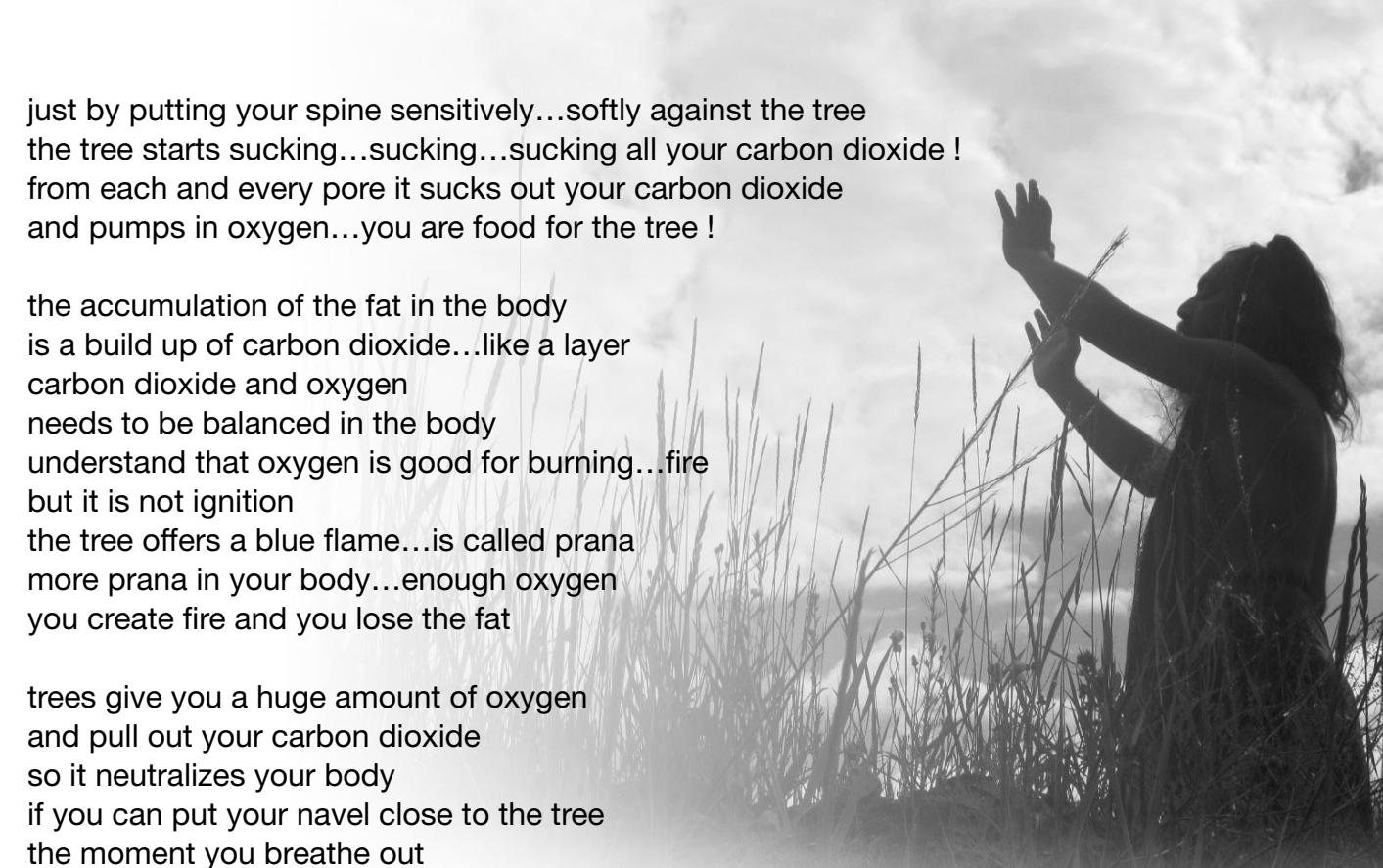
prana starts accumulating around the tree and hangs like a cloud

you just enter that space

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

it will fill you with prana

push in oxygen...and suck out carbon dioxide



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

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

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

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

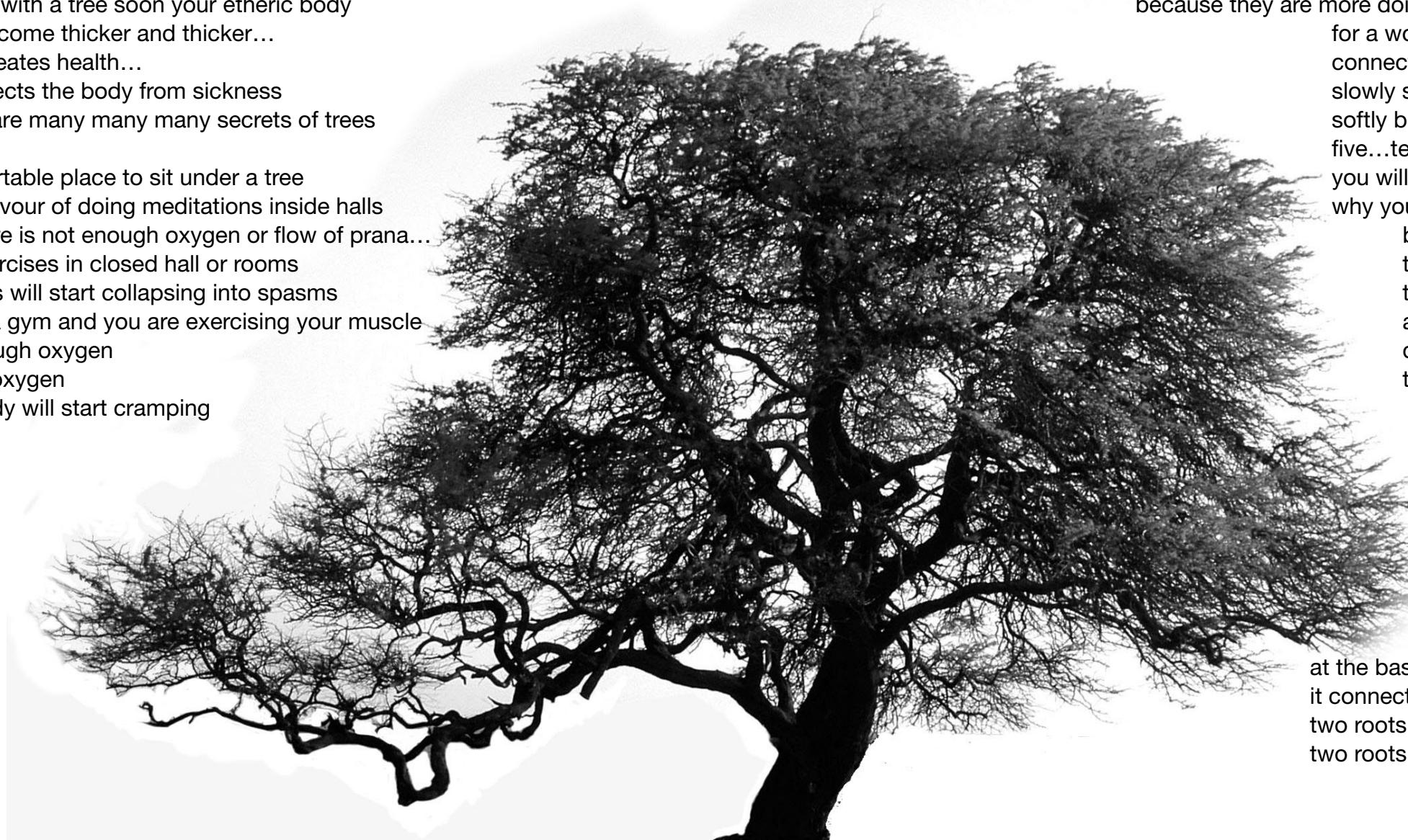
women generally gain more weight in the lower body  
because they are more rooted  
men get more weight on the upper body the chest  
because they are more doing oriented...

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

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

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

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



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

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

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

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



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

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

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

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

**question** *why do you walk so slowly ?*

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





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

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

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



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

any other question?

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

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

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

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



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

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

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



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

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

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



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

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

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

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

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

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

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

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

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

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

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

**russia tour**

krasnoyarsk 19 june 2009



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

( people say yes )

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

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

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



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

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

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

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

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

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

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

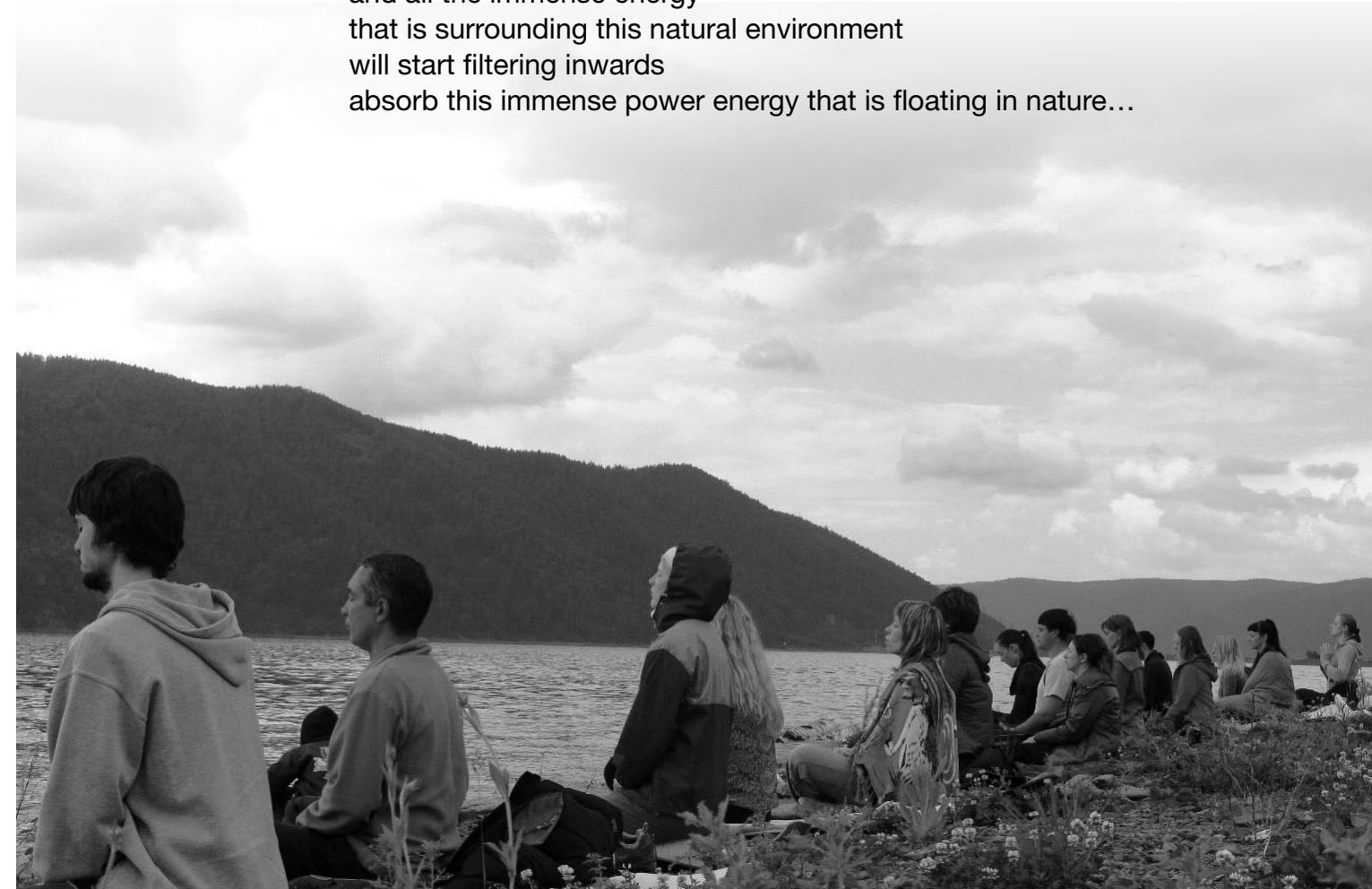
i have explained this many times  
that when you look at somebody  
energy is moving out  
but if you look with an empty eye  
that window that is looking out  
is also the window to absorb inwards

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

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

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

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



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

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

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

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

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

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

the individual comes first  
you cannot sacrifice the individual for any society  
even if you wish to...  
society is never happy with the individual  
show me one person  
an integrated being of the caliber of osho or a buddha  
and the society is happy with them ?  
show me one of the worst cases like hitler  
and is society unhappy with them ?  
in fact strangely hitler was supported by society  
and yet created chaos  
everybody was backing hitler  
and he was dividing people...he himself was divided  
but society was not objecting

society protects and encourages division  
because the individual is fire  
and that fire is not that he is disturbing somebody  
his fire is simply his innocence  
and that disturbs the society  
society survives on corruption and division  
it feels comfortable

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

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

today one woman came to me  
and she asked...i have a family and my work...  
what to do ? which way should i move ?  
i said...you are a compassionate person  
living your life meditatively within your family  
you can remain an individual and live in the family

the individual is in harmony with himself  
for him there is no problem  
the society has a problem with the individual  
the family has a problem with the individual  
the individual has no problem with anybody  
he can live alone or he can live with others  
because he has come to a certain fulfilment  
and he is ready to share

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

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



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

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

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

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

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

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

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

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

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



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

two thousand what ?  
i have no clue...

**question** *2012...*

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

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

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

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

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

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



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

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

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

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

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



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

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

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



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

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

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

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



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

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

just a simple message  
creating teachers gurus masters healers therapists

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

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

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

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

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

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

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

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

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



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

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

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

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

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

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

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

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

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

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





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

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

**russia tour**

krasnoyarsk 20 june 2009

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

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

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

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

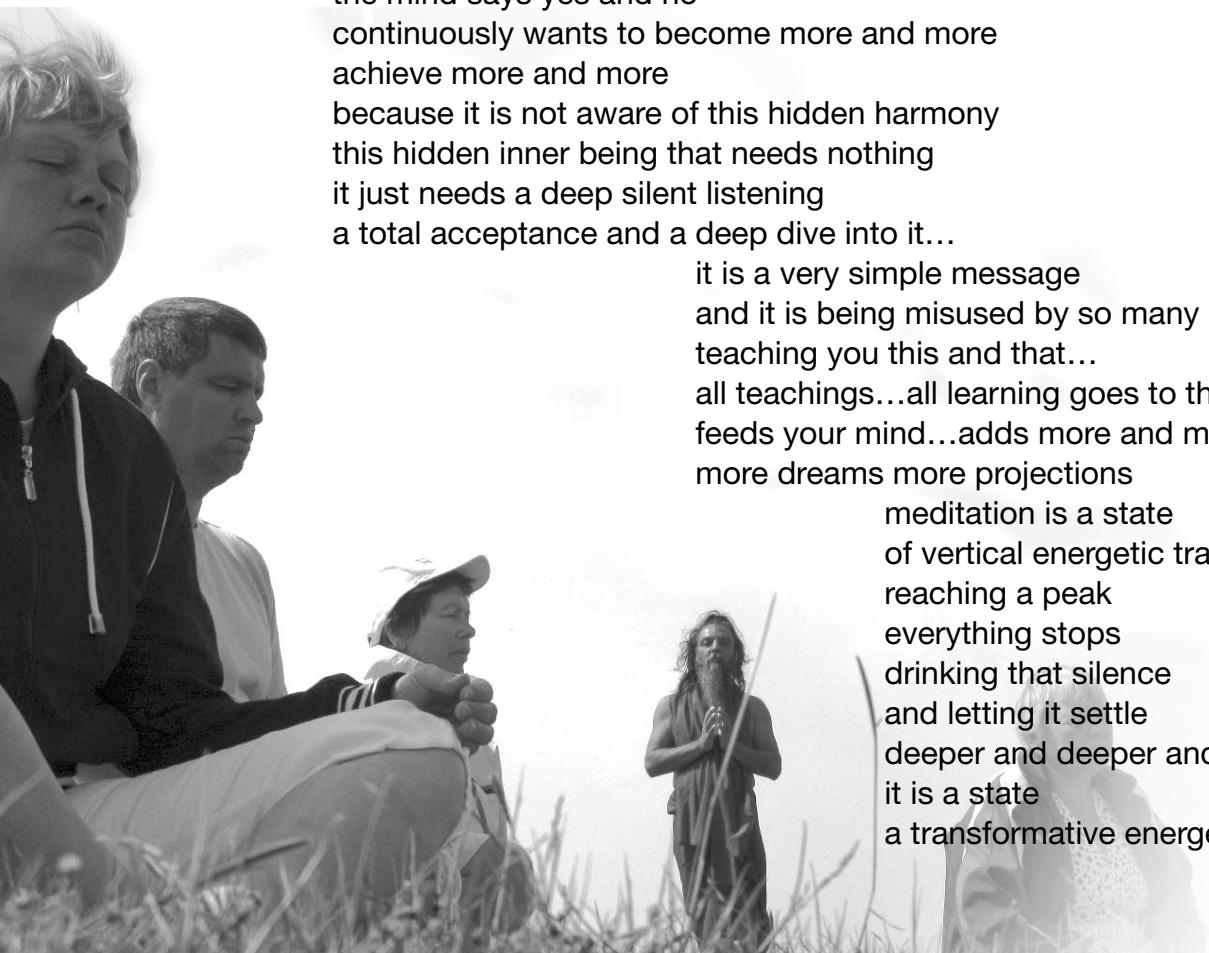
it is not a knowledge...it is not information  
it is a state  
drink it

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

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

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

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





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



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

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

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

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

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



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

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



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

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



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

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

**question** *do you like it in siberia ?*

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

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

these are the deepest characteristics  
and the beauty of russia is they are still innocent  
innocence is the door  
it is truth itself

you are asking about siberia  
there must be some tigers here  
hidden siberian tigers

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

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



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

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

i said why ?

he said there are twenty people there

i closed my eyes

twenty people there

they said nobody has gone there

so i said ok ok

twenty people ? i am going

the organizer said we will lose in one city eighty people

in another city sixty people

and this time many more will come

and you want to go siberia for twenty people ?

i said twenty yes...twenty better than eighty

so we went to novosibirsk

you cannot imagine !

and everybody who has travelled with me knows this

twenty or twenty five people came

but each one of them was a tiger

when i met them they were ready

they were ready to drink

i was amazed...so total !

it was the best experience

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

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

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

and here is pushpa sitting

yes siberia has something unique

perhaps it is their winter

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

they have to dive deep into this long winter

and waiting for the spring

that is truth itself...

wait for the spring...

struggle deep inwards and wait for the spring

great awaiting and a deep thirst

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

i guess that is the secret of siberia

all sleeping tigers

these winters are creating a spirit in them

a waiting in them



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

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

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

**questioner** *thank you for the answer...*

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

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

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

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

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

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

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

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

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

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

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



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

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

**question** *are you painting ?*

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

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

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

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

**question**

*will we have any tai chi practice during the camp ?*

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



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

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

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

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

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

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

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

**question** could we privately talk afterwards ?

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

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

**question** *just to share an experience...*

you can share now here

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

i agree with you

i am already a master of tai chi

i agree with you

but you have to learn a hundred and eight forms

there are hundred and eight forms !

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

it is not spontaneous movement

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

from that point of view tai chi is the most simple  
but then you do not need to learn tai chi  
if you have already found the inner unmoving formless state  
then why learn tai chi ?  
why not just a simple walk ?  
why not every single movement of your hand ?  
why not drink a cup of tea ?  
why not cook in the kitchen ?  
life is tai chi if you have found the inner stillness

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

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

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

this very instant !!!

peak...stop...watch...you are enlightened  
it does not take long and you cannot achieve it  
you drown into it and you are enlightened  
why do you think that enlightenment is something  
you need to achieve ?

learn the taste of the state  
and drown into it...again and again and again  
so there is no achievement  
and certainly no time

can you reach instantly this peaked state ?  
no mind and stop...you are enlightened  
now taste that one drop of honey  
and slowly learn how to drink the whole bottle



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

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

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

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



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

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

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

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

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



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

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

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



**russia tour**  
novosibirsk 25 june 2009

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

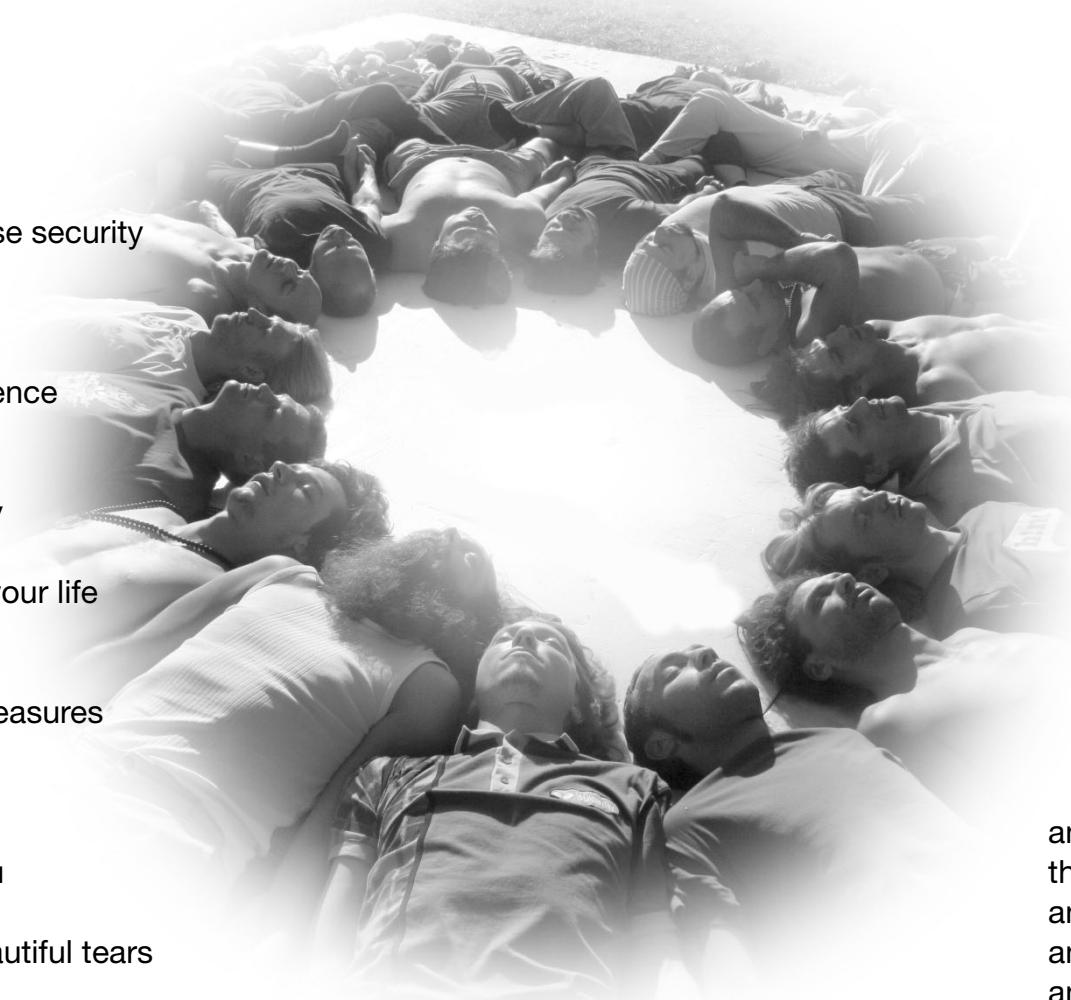
see what are the important qualities  
see the real values of life  
if you can understand it you do not need anything  
just taking a walk in forest  
sitting by the lake...seeing a bird fly  
how much have you paid for these experiences ?

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

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

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

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



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

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

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

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

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

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

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

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



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

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

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

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



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

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

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



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

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

anybody wishes to ask the question ?

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

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



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

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

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

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



and came to the one...the third eye  
which is the point of awareness  
in last stage we lie down...  
still...unmoving...we do nothing...

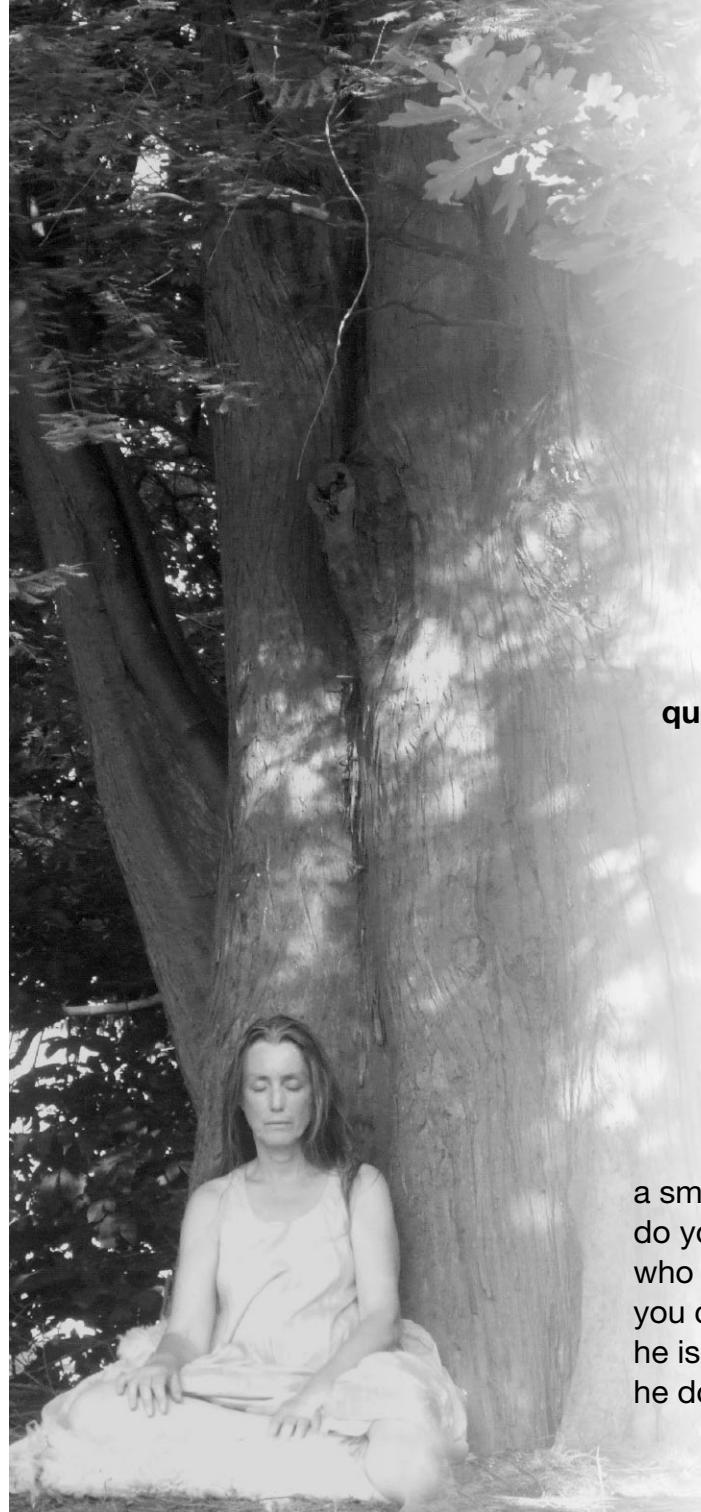
where is the meditation in this ?  
it is only in the last stage...when you are lying down  
that the energy reaches to the seventh  
the very centre

the first three stages were preparation  
shaking...expressing...stilling...stopping...  
can you see the four stages  
had you not created intensity...expression...stillness...stop  
you would have not come to the stop

the last stage is meditation  
we did so much  
to come to the peak  
the peak is a mountain of total silence  
pure stillness and you drink it downwards

the nectar you gathered after much effort  
much expression  
and intense desire to still it  
then came the stop  
you would have not reached there  
without creating these preparations  
these stages...these devices

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



the other way is to descend  
descend descend descend...downwards  
let go...let go...let go  
and simply fall into the whole  
now you are on the path of surrender  
that is the way of surrender

whatsoever you do  
try to find the inner balance  
that still point...and you will know  
how much to do and how much not to  
do  
you will find this third factor

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

impossible ?

it is easy...

first day is first day

try a few days...

catch the inner rhythm

no matter what

you are walking every day

how you are managing to walk everyday ?

is that not impossible ?

a small child will find walking impossible

do you find walking impossible ?

who taught you balancing when you walk ?

you can ask the child to try to walk

he is trying to find the balance

he does not know how and each step he falls down

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

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

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

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

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

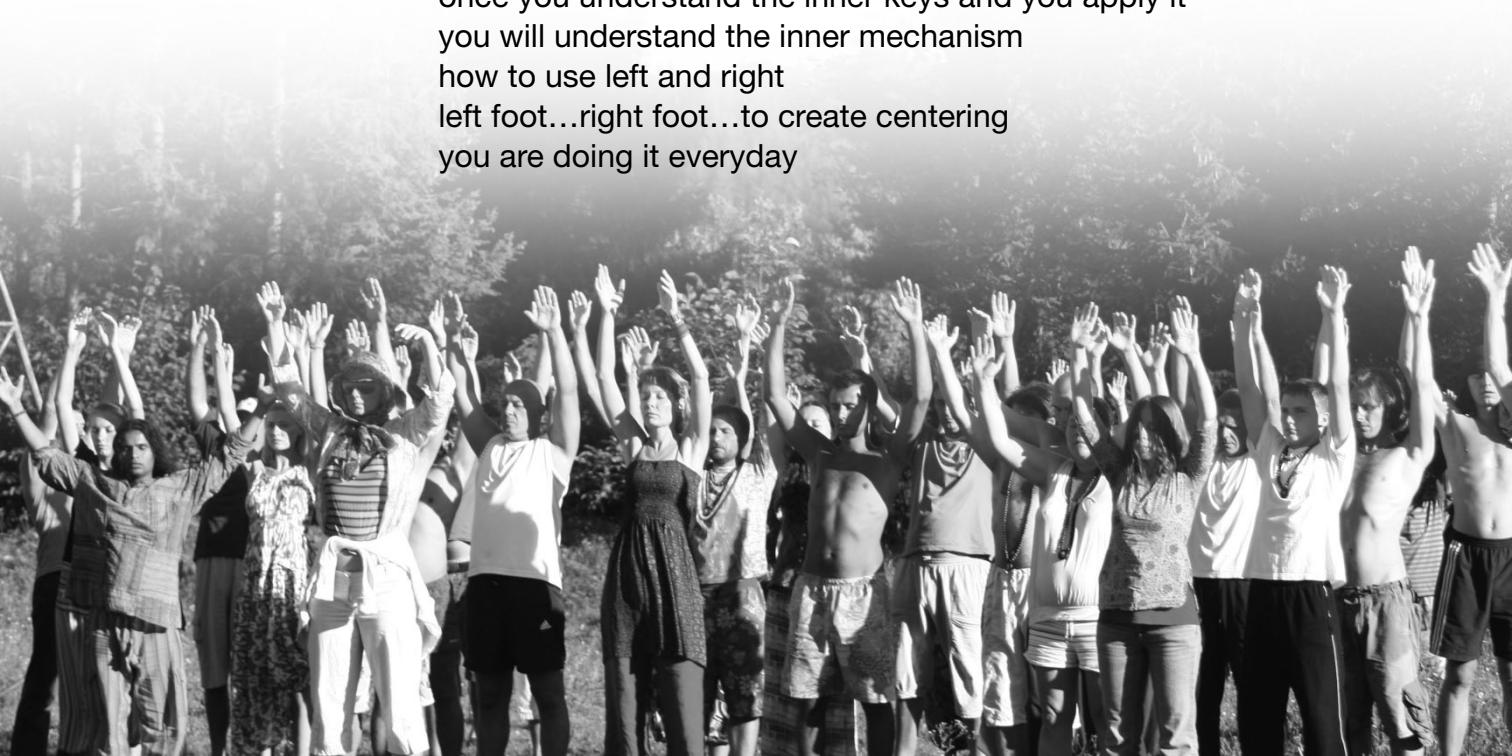
vipassana is by far the easiest method  
because you already know how to walk  
how to use your walking intelligently  
now that is up to you

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

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

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

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



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

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

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

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

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



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

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

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

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

mallika is so beautiful  
perhaps she comes in my dreams !

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

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

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

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

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

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

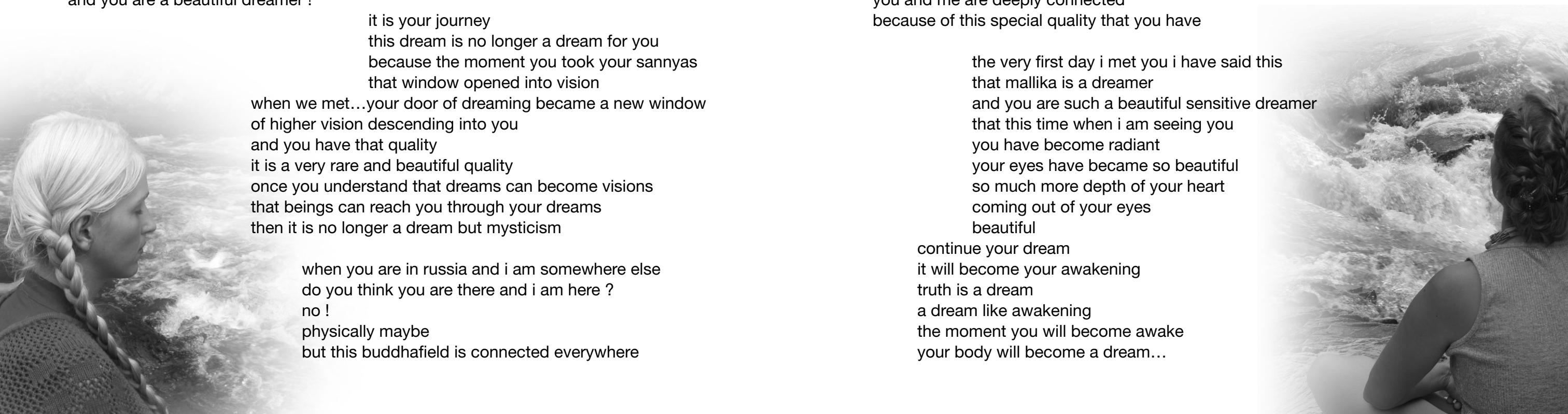
these are vertical beams of light that can reach everywhere  
and all the vertical beams present in the world now  
can catch the message

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

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

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

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



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

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

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

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

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

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

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

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

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



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

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

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



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

she looks like an angel with wings  
you can see the photograph !  
there are wings around her...  
i am not joking...wings of light !  
you can see the light surrounding gunjan  
like wings are flying  
so she is now a special angel for me  
she protects me...yes !  
you protect me

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

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

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

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

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

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

## russia tour

novosibirsk 27 june 2009





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

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

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

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

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

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

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

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

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

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

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

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

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



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

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

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

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

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

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



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

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

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

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

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



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

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

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

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

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



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

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



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



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

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

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

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

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



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

everybody is free and freedom is my first message

you wish to be unconscious...you are free

you wish to be conscious...you are free

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

in fact a master does not judge

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

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

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

seek freedom for yourself and for everybody you know

live your life totally

allow everybody total freedom

to live their life the way they want

we are not here to judge anybody

we are here to share our love

to see the beauty in the other

whatsoever is wrong in that person

help that person

help his strengths

do not look for his weaknesses

see the beauty in each person

each person is so beautiful in so many ways

each person has their own individual uniqueness

each person has so much to contribute in their own way

let us help and support whatsoever they are

support them totally so they can flower in their own way



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

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

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

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

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



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

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

for example...

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

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

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

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

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

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

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

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

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

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

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

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

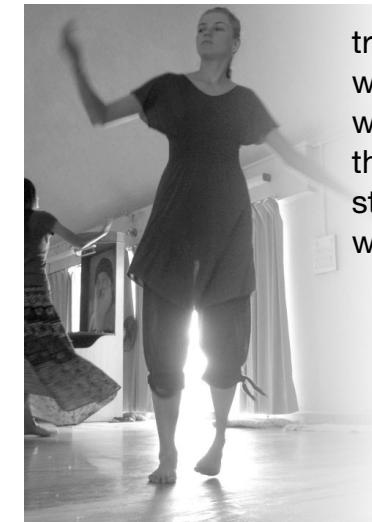


the inner journey creates a lot of sensitivity  
and one needs to be protected  
we need to protect the innocent

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

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

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



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

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

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

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

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

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

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

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

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

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

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

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

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

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



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

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

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

**russia tour**

ekaterinburg 4 july 2009



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

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

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

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

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

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

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

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

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



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

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

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



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

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

**question** *normally i have a lot of energy...i want to express my energy  
but being here with you these days i feel as if i am frozen...  
i feel as if everything is shrinking in me... stuck and i cannot  
express myself...*

you say you have a lot of energy and normally express it  
how do you express your energy ?  
you run...you shout...you dance...you sing...??  
i condense people  
i catch you and hold you like this  
you cannot breathe  
everything stops !  
with me the air stops  
i stop things  
simply stop

you do not understand energy  
expression is not energy  
stop is energy !  
you will see people running shouting screaming jumping laughing  
you think that is energy  
it is all rubbish

when you peak...everything stops  
you cannot even move  
you are simply stopped  
that is energy

if you do not like this energy  
then you are free to leave  
i am not a usual kind of person  
i will stop you...freeze you  
it is difficult...very difficult  
a real master is not easy

people think they know what is energy  
and the moment they come here they freeze  
and they feel they have shrunk  
you will understand it  
if you have the courage to  
i am very different  
with me you will experience the stop  
you can see...the air is not moving

you will not come across a person like me  
i do not know whom you have met before  
whom you have felt expanded with  
have you met somebody ?

then how you can make a decision so quickly ?

if you want...i can make it very easy  
i can loosen up  
very easy...a child can do it



but to stop in this space  
you need very high peaked energy  
just by looking at a person everything will stop  
so do not make such a quick decision  
that everything is shrinking me

you have your own methods of meditation  
you and your friend here  
both have a certain technique  
what you both were doing is a very powerful method  
but it is forcing

i watched you both...i could not say anything  
it is not my business  
both of you were sitting and going into heavy movement  
through rapid breathing...that is forcing  
you are forcing your movement and sitting  
that is dangerous...it is dangerous !  
because you are not using your whole body to move  
you are not going with a natural flowing movement  
you are creating forceful movement

this method will create power in you  
but not flow in you  
so i would say it is a wrong method  
since you are telling me something  
i am telling you something  
drop the method  
go into natural flow  
find the natural rhythm

what you are doing is trying to move upwards by force  
you are using rapid breathing to climb  
but who told to do that ?  
the method is to go from here into the earth

all your energy should go deeper...deeper...deeper  
to the feet...into the earth  
and let the earth move upwards  
slowly slowly slowly

have you done dynamic ?  
ho ho ho...into the earth  
upper body is light...soft and loose  
no upper body movements  
upper body has nothing to do with you  
it is the earth  
this has to become stronger  
and slowly the movement will come up

and this movement is light and weightless  
no weight...it is empty  
you feel the difference ?  
this is what you are here to do  
not force upwards but push downwards

wait... it is too early to make a decision  
i never shrink anybody  
but around me you will feel shrunk  
it can happen

one of the biggest mistakes on the path is to label energy  
do not label...watch  
watching is the key  
labeling is poor judging  
this is good...this is bad  
this feels good...this feels bad  
these are all mental judgments  
just watch  
good or bad is not the question  
watching is the question !

watch...and let the energy move  
watchfulness is simply watchfulness  
how can you make a judgment and label ?  
that is the first mistake

i have been explaining from where to watch  
peak...stop... and watch  
if it is not good...it is not good  
if it is good...it is good  
if it shrinks you...good  
if it expands you...good  
you simply watch

your work is to watch...not to label  
the watcher has to become stronger in you  
and the watcher only happens  
when you come to that state of no mind  
watching from that state is the learning...  
watchfulness...not judging and labelling...

whenever you are in a group energy  
although i allow people do their own methods  
it is better to join with the group  
they are dancing dance  
when they are sitting sit  
go with the flow  
just be silent and watch it

i remain in a state of stop so long  
that it becomes uncomfortable  
i am not a comfortable person  
i am not here to put you to sleep  
you will be uncomfortable with me  
that is very good...it is a compliment !  
it shows there is some difference energetically  
so just wait and watch...

**question** *is the watcher physically above me?*

yes...

the watcher is a certain state

at a certain height

it is certainly above you

it is above you...watching...

just like the sky...it is a watcher

it is a state...it is above you

hanging above you like a balloon

hence you cannot find it

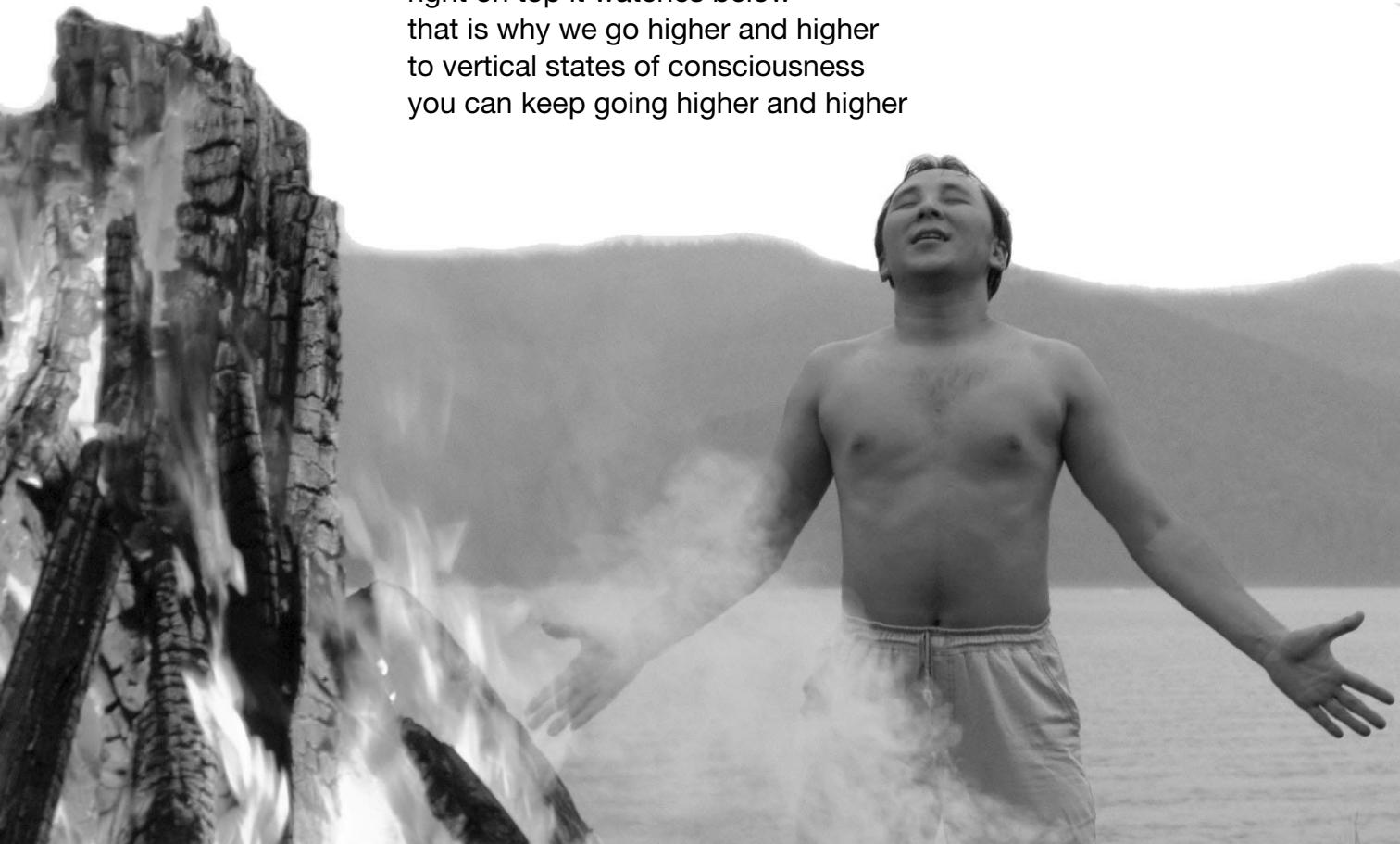
because it will be vertically above you

right on top it watches below

that is why we go higher and higher

to vertical states of consciousness

you can keep going higher and higher



just a simple understanding

there is a witness above you at a higher state of being

but it is present

it is present to you

how to reach that vertical peak ?

that is why we create stillness

and slowly slowly...we peak vertically upwards

it does not need much energy to peak

anybody who knows the state of orgasm knows how to peak

and when you peak...do you know you are there ?

you do not know whether you are russian german indian or french ?

you do not even know whether you are a man a woman rich or poor ?

you are just in that state...no mind

it is above you

when you reach that state

just become silent for one moment

that is the watcher

it has no judgment

it does not know anything

it is simply present to itself

it is not running around to judge somebody

it is simply hanging silently...in utter bliss...

it is not looking for anything

it has the quality of a mirror

it is simply above you

as a pure still silent witness

it is a state of no mind complete in itself

that is a pure witness

it is the ultimate state of consciousness

when you arrive to that state

absorb it into a deeper level

let it filter downwards...

you can peak for one moment  
slowly that peak will descend  
it is natural...it will descend slowly  
it comes to your third eye  
it comes to your throat centre  
it comes to your heart centre  
slowly slowly slowly it descends  
it creates stillness in the whole body  
and this bodymind will become silent  
do you understand ?  
it is above you and it is simply silently...watching

so you do not need to run around to find it  
it is there where you are  
peak and stop  
drink it...live it through all your movements  
it will filter through all your actions  
it will become your meditative state

it is good you are asking these questions  
because today is the first day  
you need to ask certain questions  
so you can break the walls  
it is good

**question** *will it prevent me from doing everything ?  
what will i do with it ??*

once the witness gets stronger and stronger  
it becomes very difficult to do many things  
many things that you were able to do before  
slowly slowly become difficult  
you will lose many things

when you go on the inner journey  
you will lose mechanicalness  
you will lose that certain kind of dizzy sleep  
it will always keep you alert and awake  
in fact when you will find the treasure  
a great difficulty will arise  
now what to do with this ?  
this happens to everybody  
what to do with it ?  
nothing !  
it will do you  
you have to listen to it  
you have to follow it  
it will lead you  
what to do with it ?  
become more silent  
become totally still  
and let it lead you

and it may not lead you the way you want to go  
it may take you somewhere totally different  
and that is the price you will be paying  
it will take away all your comforts  
all your sleep...all your dreams  
all your desires...all your luxuries  
you will start losing everything...one by one  
and when you become totally empty  
nothing to hold onto  
then it will take you also

it will take everything that you have  
everything that you think that you have...  
and it is better  
because anyway it is going to be taken away  
the day you are going to die...



you better let everything go  
before it is taken away from you  
enlightenment is another name for death  
pure death...with no unconsciousness  
pure death !

watch it with a laughter  
no unconsciousness  
you will see them take your body away and you will laugh  
that is the real answer

remember...you are going to die  
you cannot live forever  
but that witness will remain  
it is not comfortable for this bodymind  
definitely uncomfortable !  
it is like sleeping on a razors edge

you are earning your treasure  
that is how you earn it...  
continue !  
do not ask what am i going to do with it  
it knows what to do with you !  
it is your life source  
it entered you...gave you this life

it will come out...leave you and say bye bye  
what will remain...knows what to do  
the witness knows exactly what needs to be done

but i am not answering your question  
i know you are not asking this question  
i am scaring the other people with your question !!  
you never had this smile the last time when i met you  
this time you have such a big smile !



i cannot recognize you !  
your smile has become so beautiful...  
last time when she came she was very uncomfortable  
but now she is so comfortable...such a big smile

**question** *can you compare vishnu and shiva to osho?*

i do not know who is vishnu...  
i do not know who is shiva...  
but even if i knew them i can tell you  
that osho is nowhere close to vishnu or shiva  
osho is far more juicier !

he is so whole...he is so acceptant...he is so full !  
his wisdom...his knowing  
his experience...his sharing  
his love...his compassion  
everything is on a different plane  
he is from a different world !  
he is so total

he is the first master who i would say is master of masters  
he worked with so many different individuals  
from so many parts of the world  
india...africa...europe...america...the whole world  
he has worked with human beings across the world  
he is the first master who accepts women totally  
no master has worked so openly with women  
he has so much regard  
so much reverence towards women  
he is a total breakthrough !

i can never compare vishnu or shiva to osho  
yes shiva was perfectly ok where he was  
but osho is of a very different kind...master of masters

he has spoken on buddha nanak farid meera kabir raidas  
every single living master !  
shiva was very poor in the outer world  
but in the inner experience of shiva or vishnu or budhha or osho  
the inner zero experience  
is the same  
there is absolutely no difference

inner experience  
the outer expressions  
the outer work of a master creates a new dynamism  
a new inner juice  
and certainly osho is master of masters  
just from simple understanding

so let us drop the past  
bye bye vishnu...bye bye shiva  
let us live with the present  
let us come here to these days

living masters are very difficult  
because they confront you all the time  
you can dream about shiva and krishna and mahavir and buddha  
they are so far away and in so many dreams  
meeting a real person is totally different  
no comparison !

so i would say...bye bye to shiva  
good for them  
who wants to live two thousand years behind ?  
why not look at yourself ?  
you drop these people  
india is full of religions living in the glory of the past  
and you can see the present india  
vishnu...rama...shiva...krishna

look at the people in india  
they have no quality of religiousness  
how many indians have gone to osho ?  
they do not even have the guts  
total hypocrisy !

india is no longer a spiritual country  
it has nothing to do with the spiritual  
nothing...the most retarded  
there is more fire in russia than in india  
i say there is a greater spiritual future in russia than in india



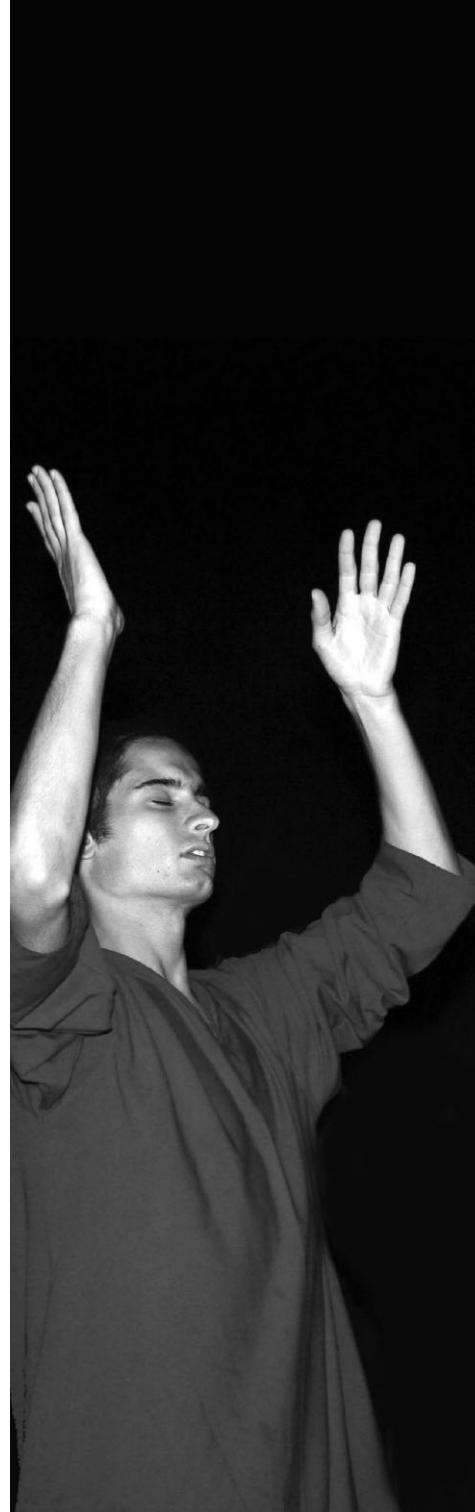
forget about shiva !  
i never discuss about the masters in the past  
osho is the present moment  
always go to the present

but your experience in india must have been good  
because you have a certain flavor around you  
a certain taste of understanding  
i can taste it  
it has been beautiful for you

sometimes dead past masters open doors  
because you can live in a certain fantasy  
you can see krishna  
krishna is a perfect master  
why ? because he is not present !  
the moment he will come present you will run away  
you can see  
the whole of india ran away from osho  
they condemned him...ridiculed him  
laughed at him...rejected him completely  
yes !  
understand what i am saying  
no comparison to osho as far i am concerned  
even if he was not my master  
i would still say the same  
he is raised the very level of consciousness to a new height  
he has made it so much more colourful  
he has accepted all paths and all people  
from sufis...to bauls...to taoist...to zen  
no comparison to osho

i love my master  
whatsoever flows around me  
is a small river from his ocean  
i am just a small river...he is a vast ocean  
but my river is growing vaster and vaster  
people like you are making me grow...  
and i am growing !

growth has been the way of osho  
enlightenment is just the beginning  
after that comes a new growth  
how to share...how to express...how to spread  
how to expand into the wisdom of a master



enlightenment does not make you a master  
a master is a different opening  
i am not a master...certainly not...i am a devotee  
and i am growing and i will grow  
give me ten to twenty years  
some flavours of my master  
a certain taste may come through  
that only a devotee can carry  
it is not a question of enlightenment  
it is a question of my love  
yes my love for my master will give you a certain taste  
hmm ?

**question** *what is the difference in vibration  
between shiva and vishnu ?*

i do not know their vibration  
i never met shiva...i never met vishnu  
how i can know their vibration ?  
how ? you tell me...

**question** *shiva is pure consciousness...  
vishnu has a different kind of energy...*

who cares ?  
i do not care !  
i am not even bothered...living into the past !!

**question** *vishnu is energy... it is nothing personal...*

i am more concerned about you than about vishnu...  
whats your name ?

**questioner** *ma sahaya*

are you interested in vishnu or in ma sahaya ?  
are you interested in your meditation or in vishnu ?

**questioner** *we are one...*

no you are not one !  
if you are one  
then you are enlightened !  
you are still two  
forget about all these religious people

i do not know vishnu  
and neither i want to know  
i know people who are in front of me !!

call vishnu to my camp i can discuss with him  
if he wants he can come here  
i do not care about past glories  
    who told you india has something great ?  
    people go to india  
    because of some vishnu...shiva...krishna...  
    do not be hypnotized by these people

**questioner** *i got an experience of vishnu...*

you can experience a master five thousand years before ?  
you cannot even experience your present moment !  
please do not give me this kind of questions and answers !!  
you are sitting here alive  
vishnu was five thousand years ago !  
you can experience the person five thousand years before ?  
you cannot experience yourself here now  
please !

understand what i am saying  
i am trying to help you to come herenow  
you want me to give you a message about vishnu ?  
no...i am not that kind of person  
cut all that rubbish away...you come here !  
do not go back five thousand years in the past  
and all those experiences are rubbish  
bogus...imagination...fantasy...dream



this silence  
is the search  
how to dive deeper and deeper  
into the state  
of utter stillness ?

deep silence  
such a simple message  
and so much talk about silence  
how to reach it...how to drown into it  
can you understand how ridiculous it is

have we gone so far away  
that we have forgotten  
how to listen to our inner being ?  
have we lost this simple state of innocence  
and gathered so much rubbish  
that we need to learn  
how to be still and silent ?

the message is very simple  
but nobody wants to understand the simple message  
the simple does not suit the ego  
you are a powerful person  
you can move the world  
you can do so much  
sitting silently...doing nothing  
how the world will move ?  
maybe it will stop spinning and collapse

**russia tour**

ekaterinburg 6 july 2009



this ego of becoming...of doing...keeps you away  
from the simple innocence of your inner being  
again and again i will say to you  
that your entire search for truth  
is hidden within you

it is within you  
in the deepest state of silence  
and utter stillness  
it reveals itself to you

you do not need to add any knowledge  
you do not need to add anything...all adding...is looking for change  
as if more understanding...more knowledge will give you the way  
you already contain the truth !  
how to listen within  
and transform your inner being is simple

transformation is not information  
transformation is not change  
change means not accepting yourself  
the way you are  
something is lacking in you  
so you need to learn  
and add something to yourself  
to become more than who you are  
all learning...all teaching...all therapy  
everything is asking you to change

the moment you go for therapy  
you are saying i am not enough onto myself  
i need to learn something to change myself  
but you do not need to change anything  
you are perfect just the way you are

try to understand what the buddhas mean  
when they say that you are perfect the way you are  
they are indicating that within you

there is the silent buddha  
awaken it...

how to awaken it ?

you need to understand the word transformation  
the moment you understand  
that you do not need to add anything to yourself  
you begin to understand the word transformation

transform whatsoever you have within you  
move the energy vertically upwards  
whosoever you have

use it to transform...vertically...higher and higher

you do not need to go outside yourself  
just inner vertical energetic transformation  
and learning how to peak  
to the highest possibility in you

the moment your energies  
are transformatively moving vertically upwards  
it hits the highest centre in you  
and that is your state of no mind...  
the windows are vertically above you  
the state of no mind lies in your peaking

what is the dance ?

it is the vertical transformation of your energies  
to move higher and higher towards a crescendo

the moment you reach that peak  
that orgasmic centre in you  
everything becomes silent  
you disappear  
you are no more man or woman  
rich or poor  
russian indian african...  
you are simply that orgasmic silence...

you are transforming your inner being to its highest potential  
and that is your living master  
each moment you dance and you peak  
you arrive to that enlightened state  
you are face to face  
in that orgasmic moment  
with your own living master

hence i dance  
peak  
stop  
drink...drink...drink  
let that peak descend deep into you  
that is transformation

vertical transformation needs nothing  
just a simple dance  
a totality of being  
a deep thirst to reach higher and higher within you  
and the moment you will reach  
you will know

drink...drink...drink  
let it go deep  
again you peak  
drink it and draw it down  
and live your life meditatively  
let it spread...this orgasmic silence  
let it spread into your day to day life  
and soon  
you will be utterly filled  
utterly fulfilled in an orgasmic celebration  
the word bliss...the word no mind  
is a living experience  
just dance...be total...disappear  
and you will know



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

your silent sitting will no longer be dead  
this sitting will be alive and vibrating  
in a heightened state of consciousness

this stillness while sitting  
is so deep and utterly content  
because it is drunk  
from the highest peaks of consciousness

now you understand what we do every evening  
a small glimpse...a small taste  
sitting silently  
gathering your energy  
vertically transforming it  
higher and higher through dance  
coming to the crescendo  
slowly bringing it down  
allow it to settle

you see the journey  
it is from here to here  
herenow  
this vertical moment  
you do not need to even step outside yourself  
do not change yourself  
just be exactly the way you are

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

just a little knack  
how to peak and be still  
this peak creates the stillness  
the moment you will peak  
stillness will be so natural  
a simple answer

and each one here  
knows perfectly well the way  
remember again and again  
it is a vertical journey  
the path is within you  
in fact you are the path itself

each time you dance and peak  
you are becoming the path  
and slowly slowly you dissolve

there is no path  
there is no goal  
you have dissolved  
into this vertical tunnel of light  
there is no one

you have become the living answer  
can you see you are free  
you do not need anybody  
you do not need any therapy  
you do not need to learn anything  
unlearn...see the treasure you have  
be grateful for what you have within you

just listen deeply and silently  
and there is no door for you  
it is an open sky  
it is freedom waiting for you  
it is a treasure that has been given to you

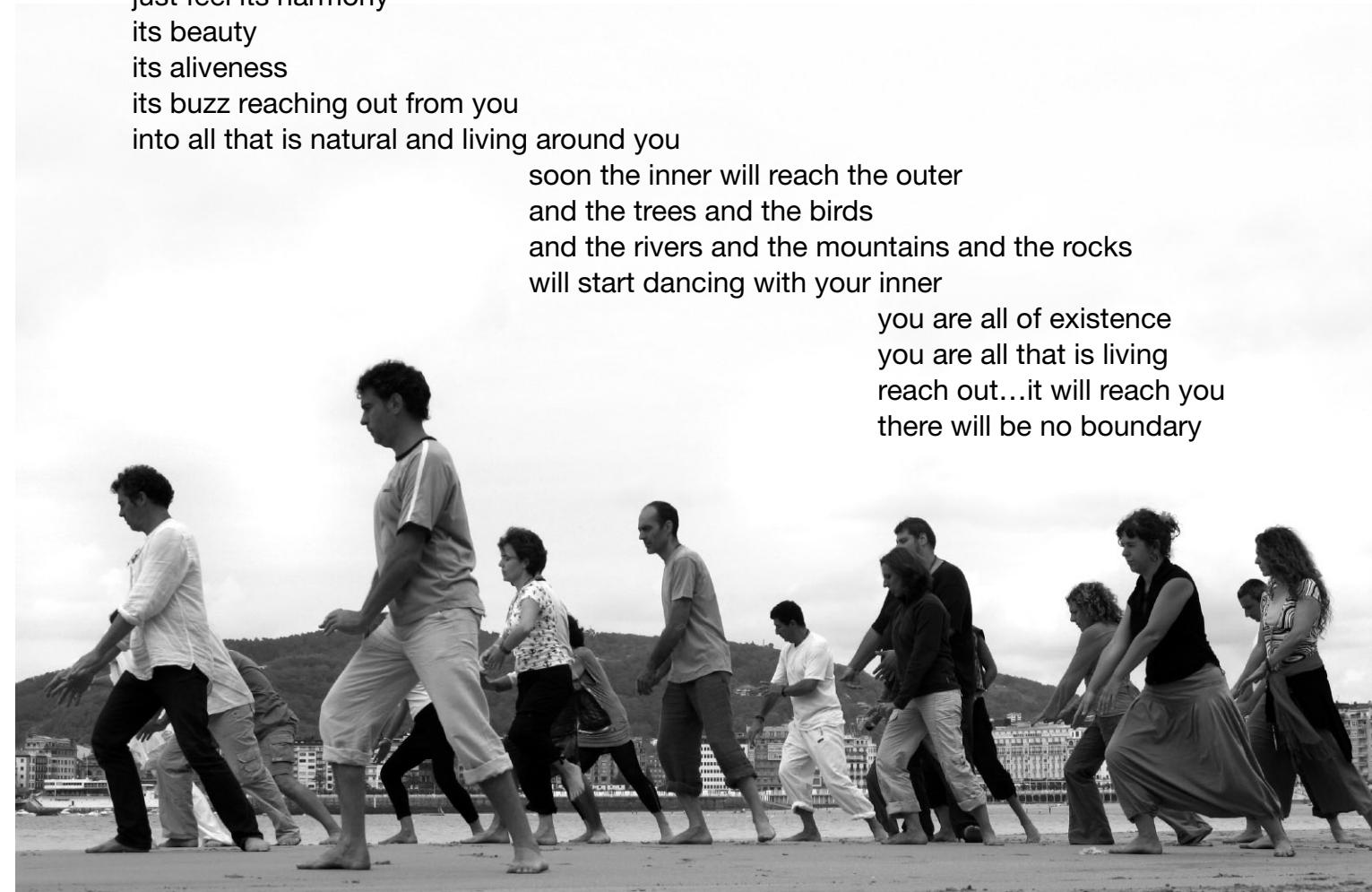
accept yourself  
love yourself  
and you will hear it knocking on your door  
trust its silent voice  
learn to trust when it comes to you  
deep trust and surrender  
and you will grow stronger  
and that inner voice  
will become louder and louder like a buzz

it will not say anything to you  
just feel its harmony

its beauty  
its aliveness  
its buzz reaching out from you  
into all that is natural and living around you

soon the inner will reach the outer  
and the trees and the birds  
and the rivers and the mountains and the rocks  
will start dancing with your inner

you are all of existence  
you are all that is living  
reach out...it will reach you  
there will be no boundary



the greatest art is to learn how to be silent  
in silence there are no walls  
you become transparent  
it is easy to say become silent  
but the mind keeps on moving

how to reach that state ?  
the simplest way i know  
is to dance your way to the divine  
and in that silence of peaking  
you can drink it easily

**question** *what is meditation ?*

when you say meditation  
it implies that there is something that you can do  
but meditation is not something that you can do  
because if i give you something that you can do  
the human mind is such  
that it will be continuously doing...doing...doing  
people think meditation is something they do  
to achieve something

the same mind that says  
do and you will earn  
do and you will become

people think that they will meditate continuously  
six hours...ten hours...twenty four hours  
just tell anybody to do meditation continuously  
and the door will open for you  
they will do it...that is easy



people think that meditation is a goal  
hence i say again and again  
there is no such thing as meditation !  
all meditations created by masters are simply devices  
to teach you how to be total in a certain space of time  
how to be total ?  
in total movement...total expression  
total stillness...total stop  
the moment you can learn totality  
and how to come to that stop  
then you have drunk from that meditation

once you have drunk the state  
you need to live the state  
hence i say meditateness  
as a quality of living your life

for example kundalini meditation  
first step your are shaking  
that is not meditation  
it is the body shaking  
bodymind shaking

then you come to dance  
the emotions are shaking  
bodymind emotion  
preparing to arrive to the state of no mind  
then you sit still  
things become silent  
last stage you lie down  
the last stage is meditation...

hence it is very clear that you cannot do meditation  
all stages of meditation are preparation  
just warming up the bodymind  
to come to a peaked state of no mind

the moment you arrive to that state  
you finish the meditation  
and then you start running  
i have done the meditation  
now i will live my life  
smoke a cigarette...find a girlfriend  
run after something or the other...

after you finish  
taste your meditateness  
live meditatively  
i call it living vertical awareness  
being in the state of meditateness  
please try to understand

all meditations leave you nowhere  
meditation is not an achievement  
it is to learn how to drop this achieving mind  
to slow you down...to still you

you disappear as an ego  
you start losing all your knowledge  
and by and by  
you become vacant and empty  
what are you achieving ?  
pure emptiness  
that is the achievement

learning to lose all boundaries  
all definitions  
learning to lose  
is the way  
learning to disappear  
to dissolve  
to become one with this beautiful universe



why you want to be separate ?  
be an achiever ?  
the more you will achieve  
the more you are  
the less life will enter you

this outer existence  
that is just dancing with life  
cannot reach you  
because you are in between  
let these boundaries disappear  
you are nobody  
just a pure emptiness  
unbounded  
weightless

there is no such thing as meditation unless you can live it  
walking...sitting...brushing your teeth...having a shower  
just breathing...just living with awareness  
with a certain grace and an inner flow  
moving from the centre to the periphery  
then all meditations will disappear  
and a new quality arises  
you understand ?

whenever you do a meditation  
the inner secret  
is to dissolve yourself  
finish your meditation and live it

the moment you do any meditation  
come out of it and spend the next twenty thirty minutes  
feeling the silence and stillness  
feeling the flow of life within you

i do not do any meditation  
i simply flow with life  
hungry...i eat  
sleeping...i sleep  
waking up...i wake  
i follow a natural rhythm  
more and more naturalness...

any question ?

**question** *how to be with the sense of guilt and sense of being  
offended ? it prevents me to go deep into meditateness  
into meditative states...*

two different worlds...

be offended !  
let them offend you  
you simply enjoy  
everybody attacks me  
i simply laugh

if you are offended  
it means something is hurting within you  
you do not know yourself  
the part that they can offend in you  
is your ignorance

if you think that you are an idiot  
somebody calls you an idiot you will be offended  
but if somebody calls you an idiot  
and you know that you are not an idiot  
you will simply laugh !  
the person does not know me...  
you understand ?

taking offence means  
accepting that you are an idiot  
he said you are an idiot  
you got angry  
it means deep within you  
you think you are an idiot

taking offence shows much about you  
when you know your inner self  
nobody can harm you

they can harm your body  
they can try to hurt your mind  
they can try to hurt your emotions  
but are you the mind the body and the emotions ?

when somebody offends you  
just close your eyes  
if it is true  
then accept it  
if it is not  
have a good laugh...  
do not be so serious !

guilt...offence...  
you are still young !  
just go shake it up...have a nice dance



life is vast...what guilt can you carry ?  
keep the guilt in one bag  
say ok...i do not have time right now  
i am too busy dancing  
having a nice love affair  
swimming in the river

mister guilt...stay here in the box  
and when you die  
in your coffin open that box  
ahh...here it is !  
you have plenty of time when you die  
to think of your guilt

i am surprised  
just sing dance and celebrate  
do not ask such serious questions  
tonight dance totally !

let me tell you one secret  
the moment you become serious in life  
guilt starts coming towards you  
when you are paying attention to guilt  
it says...ahaha... i have found a nice place...cosy  
from all around you other peoples guilt start rushing to you  
it also needs attention



from eternity to eternity you have time  
you will be bored in your coffin  
right now you are living !  
enjoy your life  
enjoy what you have  
just celebrate  
who has time for guilt and all this nonsense ?  
hmmm ?  
you will have plenty of time  
do not worry...i assure you  
you are so young  
i do not know how to answer you really

love needs attention  
guilt also needs attention  
guilt is searching somebody  
listen...take me seriously...i am guilt  
who do you think you are ?  
you do not even look at me ?  
just dancing all the time in ecstasy  
guilt looks for a serious person  
he will come to you  
i have seen many people  
very serious people  
collecting guilt

they have no other work to do  
they see somebody celebrating  
it makes them guilty  
it is my living experience  
i have been dancing and dancing  
then somebody comes near me  
he is guilty that he is not dancing  
so he comes to tell me  
what are you dancing for ?  
you have no serious business ?  
whole day dancing... what is wrong with you ?  
get your brain examined...  
you are living in some kind of fantasy

my ecstasy is causing him misery  
you see the guilty people  
even my ecstasy will become a guilt for him  
and i will become the offender

you can see the osho world  
i am in ecstasy...celebrating and rejoicing  
for the love of my master  
he has shown me the way  
i have nothing else to do but to dance  
i have nothing else to say but to dance  
and to express myself  
so much love showering on me  
i cannot dance enough  
but the osho world feels so offended by my dance

just celebrate your life  
do not worry what people say  
that they are not living their life



just live  
be grateful that you have life  
be grateful that you can dance  
be grateful that you can love  
that you can share  
whatsoever you have  
the moment life will leave you  
then you can do all the other things  
hmm ?  
that is a beautiful smile

see such a nice smile...beautiful  
what more you can do...

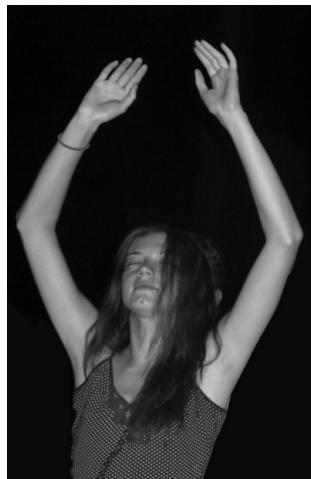
any other serious question ?  
i never answer any question  
i only joke  
i have no answer  
i am not so stupid to give you an answer  
i say again and again  
all questions and all answers  
are both stupid  
somebody gives you the answer  
then that answer creates fifty new questions

just the other day  
one ridiculous thing happened to me  
one man asked...but there must be god  
i never answered that question before  
i closed my eyes  
i said...but god is a great problem !





he could not understand why  
 if there is god  
 then there has to be heaven  
 if there is heaven  
 there has to be hell  
 with hell there has to come devil



now understand this  
 god created heaven  
 because there is heaven there has to be hell  
 god has to create the devil  
 you sinned so you get sent to hell

nobody knows the way  
 so there has to be somebody to take you there  
 that this is the way to hell  
 now imagine six hundred people die in an air crash  
 quickly they need computers  
 two hundred have to go to hell  
 four hundred have to go heaven  
 so they put them in a waiting room  
 now there has to be a waiting room  
 now the waiting room must be secured

somebody who knows that he is going to hell might escape  
 so they have to create security  
 then they have to be secured

you see the problem...  
 god is such a problem !  
 one man gets send to hell for making one mistake  
 so they need a judge to decide  
 they have to make a trial and he has to be heard  
 some judgment must be given to him



so now you know  
 how the police station came  
 how the police came  
 how the court came  
 where the judgment came  
 and there is one man...

just this one god  
 you see the misery ?  
 this is the world we live in...  
 with god  
 one stupid answer  
 one stupid belief  
 and you need to create  
 a whole universe of rubbish and lies

just think carefully  
 with god comes good and bad  
 crime and punishment...heaven and hell  
 so many issues  
 god is not so simple

same happens in your inner being  
 there is no answer  
 when anybody gives you an answer  
 you are following the same pattern  
 take the answer...look carefully  
 penetrate into it and you will see  
 fifty more questions will come...

masters never give you answers  
 they show you the way to listen deeply to your inner being  
 the question when it arises from within you  
 will have only one answer one solution  
 that is to dissolve the question and the questioner both

and there is only one way to dissolve  
that is to transform your energies vertically into a peak  
all those questions will dissolve  
all answers will look meaningless  
and you will be simply celebrating and laughing

you take any answer  
diagnose it and then you will remember my story of god  
creating this big mess

never search an answer  
i never ask osho a single question  
i had enough opportunities  
i never asked him a single question  
because i did not want to hear his stupid answers

i knew what he was saying  
i could drink him  
i could eat him  
i could be dissolved into his feet  
why ask him a stupid question ?  
to receive a more stupid answer ?  
i never asked him a question  
because i am not so stupid  
he could never have answered me

no master can answer you  
but you can drink him  
be filled  
celebrate and you will know

too much bla bla bla for one evening...  
what is the time ?  
enough of my bla bla...





this silence is the only message we need to learn  
the only language one needs to understand  
listen deeply into its silent inner message

in this silence

all that you need to know

will reveal itself to you

an inner explosion of your hidden treasure

of the wisdom that is lying within you

this silence is not ignorance

it knows all

this silence which is innocent

is the purest state of wisdom within you

it knows

hence it is silent

its contentment is because it knows

and yet it says nothing

just a silent buzz of peacefulness

whatsoever you do

whatsoever meditations you are doing

is to arrive to this silent state

music leads to deep silence

movement in dance leads to deep stillness

stillness and silence deepening

and the window opens

how to dissolve this i ?

russia tour

moscow 8 august 2009

there was a great master shri ramana  
just one single question was given by him  
*who am i ?*  
just a single question  
no other question  
*who am i ?*

such a vast question  
thousands of disciples meditated  
with just this one question  
how did this *i* come ?

you are born a pure silence  
you do not have a name  
you do not know who you are  
where you came from  
why you came

just a pure silent innocence  
pulsating with life  
and the first few questions that arise...  
who is this looking at you ? she says mother  
who is this looking at you ? he says father  
what is this...what is that  
why is this...why is that  
where this came from...

a thousand and one questions  
start coming from this empty space  
the child is beginning to learn  
this is my mother...i like this food...i do not like this  
slowly slowly the *who*...*why*...*what*...*when*...  
becomes the *i*  
*who am i ??*



the mother comes  
the child loves the mother  
feels the love...  
and the *who am i*...the *am*...begins  
this *am* is the feeling of love  
the connection to the child

the *who*...all its answers  
the *am*...its connection its emotions  
*i* like this ...*i am* happy here  
now *i am* crying...now *i am* sad  
all its relationships  
to the *who*....become the *am*  
*amness*...the feeling of connected  
the child is beginning to learn

*who*...becomes knowledge mind  
*am*...becomes heart and emotion  
it is linking to the world...  
becoming the *i*  
the *i* gets a name  
that *i am* so and so  
this is my mother  
*i* love her  
*who am i*  
the *i* is the ego  
with all its answers  
supplied slowly slowly by the outer world  
by parents teachers and friends  
all the *whos* are answered immediately  
before the child can understand  
its true relationship to the world  
it sees innocently

but slowly slowly it is fed with so many lies  
and all these lies put together  
become the *i*...the identification with *i*

this identification this ego is based on lies  
every question answered by parents and friends  
are all about who why what when  
and the innocence of the child  
is lost in this world

this *i* becomes so strong  
that if someone says that the mother is stupid  
you will be angry...this my mother  
immediately you will be angry  
if she is not your mother then there is no emotion  
the *am* is not developed towards the other woman

all your conditionings are so small  
the *who* is so small  
the answers are so ridiculous  
that by and by when you grow  
the same question comes again  
*who am i ?*

by now you know all the answers  
this is my mother  
this is my father  
this is my home  
you know all the answers...

so why does that question come again ?

the same question comes again when you become mature  
*who am i*...really ?

that question begins the search of your inner journey  
because by now you know that *i* am not that  
this false ego will not last for long

one searches a mystic  
and the same question is asked to the mystic  
*who am i ?*

now everybody is answering you  
you are this...you are that  
and you get a new set of answers

all the therapists in the world today  
are giving you a new...*who*  
a new spiritual reason of the...*am*  
and creating the new spiritual ego of the...*i*

all education gives you a new *who*  
you connect and you know the *am*  
arises the new ego identification of *i*  
this time a spiritual ego  
this spiritual ego is given to you  
by therapists and teachers  
these spiritual teachers  
are taking away your old rotten answers  
and create a new personality

all knowledge leads to a new personality  
more polished more intelligent more refined  
but i always say to you  
be careful of the spiritual ego

this new...*who am i*  
is the same rubbish  
a new set of conditions  
given to you by therapists

the real mystic never answers you  
his answers take away all your questions  
the moment you say *who*  
he will look the other way



you say what is this  
and he will create a new mystery  
you say why is this  
he will simply laugh and create a new joke  
a real mystic does not give you any answers  
enough is enough  
he takes away all your set answers  
and you realize that no answer is enough  
any answer is simply stupid  
nothing but lies to keep you asleep



a true mystic leaves you mystified  
the moment you meet a mystic  
you feel utterly lost  
totally confused  
the whole world is upside down  
no answers fits  
but you need to live with something  
you need to learn something  
the real mystic creates utter confusion  
you are so mystified  
no answers to hold onto  
and you keep falling and falling  
into a state of silence and innocence  
a mystic takes away all your answers  
he shows you they are all lies  
they are simply leading you into sleep

every question answered by a mystic will leave you confused  
he is taking away your mind  
its false conditioning  
and you are losing that conditioned *i*  
into a not knowing

the beauty of innocence  
not knowing any why who or what  
and you open your heart  
reach out to this beautiful universe  
to reconnect from the inner  
to all that is beautiful surrounding you



not through answers  
but through living  
through a dance  
through a celebration  
this dance this movement flow of ecstasy  
is the answer  
and it reaches all around you  
and slowly slowly you are drowned  
in this energetic flow of life  
a mystic creates a mystery  
a livingness in you  
a total energetic field  
there is no *i*  
the *i* disappears into dance  
you are simply dissolved

there is no need to have an *i*  
the *i* is so small  
you are as vast as this universe  
break all the boundaries and you are one with the universe  
hence the mystic never gives you an answer  
all answers create boundaries  
and you are not bounded to imprisonment  
the deepest answers the mystics give is to dive deep into your silence  
and the deeper you go the less you will know  
and you will get utterly lost with nothing to hold onto  
just pure innocence

within this innocence  
a great explosion happens  
this explosion is of pure light  
you have come home



just remember when you were a child  
and you did not even know how to say mamma  
just the first few words of a child  
just sounds of joy  
some feeling of creating a sound  
so that somebody pays attention to you  
but yet there was such abundant life  
such pure innocence  
the child is an enlightened being  
filled with light and love and wonder

that is why i fight so much against these therapists  
you do not need anything  
the only thing you need  
is a state of wonder  
a deep silence  
a total acceptance of you  
exactly the way you are

you do not need to know to be  
to be you need nothing nothing  
nothing is asked of you  
just the way you are  
in your perfect state of unknowing  
truth will surround you  
truth is in search of innocence

you want to find the truth  
it is hidden within innocence  
remember truth is a silent innocence  
treasure your innocence

this is the real message  
with this you are utterly fulfilled  
if innocence is the goal  
if not knowing is the goal  
if disappearing into the whole is the answer  
then stop chasing answers  
the moment you stop chasing answers  
suddenly you become relaxed and settled

truth is within you  
settle and you will find it  
waiting silently  
this is the real search

wherever i go  
i say it again and again  
stop searching  
start living  
just be and trust  
this life that is in you will reveal itself to you



the moment you know  
how to listen to it  
all you need is a deep listening  
can you see how simple this message is ?

if you truly understand it  
you are already free now  
you are free just by understanding this message  
you are free  
what more can you ask for ?  
this is the celebration  
this is that laughter that arises in you  
when you find it  
whenever a mystic has found it  
he starts laughing

why does he laugh ?  
because he was always free  
and he was searching freedom everywhere  
asking everybody the way to freedom  
asking everybody where is the master

everybody is supplying false answers  
you are your master  
you are free  
please understand this message  
it is a revolution  
that you are free enough unto yourself  
everything that you need  
is contained within you

everything is contained within you  
existence gives you everything  
you are whole and complete  
do not divide yourself  
do not become your own enemy

become a friend to your inner being  
trust and listen deeply  
i assure you  
it is my living experience  
that is how i drowned into it  
just pure love  
total surrender to my master  
such deep trust  
not knowing anything  
and there it was  
it is as simple as that  
remember what i am saying

truth is utterly simple  
totally silent  
a pure state of innocence  
and you are free  
free of everybody  
even me  
i am not anybodies handicap  
do not be addicted to any master  
you need to find it for yourself  
it is hidden in you

**question** *how to understand which way to move  
because i have so many desires and i never know  
which desires are right and which desires are wrong  
and which way to go and so how to choose my path...*

just for you....go with desires....finish them  
do not choose desires  
whatsoever desire there is  
just do it...finish it...do it...finish it  
first get tired...fulfill all desires

which is a wrong desire...which is a right desire ?  
desire is simply desire  
just fulfill your desires  
all desires lead you outside

there is only one thirst  
that leads you in  
keep running out as much as you want  
but the answer is to move inwards

if you cannot understand that  
then first finish with the outer world  
hmm ?  
do not choose  
just finish desire after desire  
ok ?

sometimes i do not get the question  
his question is not even thought of  
just the way the person asks the question  
meaningless...

really think carefully of your question...write it down  
and you will laugh with the question you asked  
really speaking all questions have the answers within them

tell me what is your desire ?

**questioner** *i do not know...career personal relationships*

enjoy  
enjoy as much as you want  
keep enjoying  
i do not have answers to careers  
all those who meet me  
they lose their careers

if you want to become jobless  
then i can show you the way  
i can only show you how to lose your job  
how to lose your relationship  
how to lose your desires  
you are a loser with me

i am a loser myself  
i only respect losers  
those who can gamble

go gamble  
and be a loser  
keep losing keep losing  
soon there will be nobody left  
in the end you have to lose  
even your mind your emotions  
one day your body  
you will have to lose it  
you have no choice  
they are going to take you in the coffin  
no matter what you are



the career will go in the coffin with a nice suit and a nice tie  
big boss of the company  
have you seen the coffins ?  
big boss...big coffin  
they even make him smile more  
they take something and stuff it in his mouth  
so he dies smiling  
when you look at the coffin  
who is this man ? head of microsoft ? big smile !!

you are asking the wrong question to me  
i think you have not read my book  
you can read how i always lost my job or i left my job  
i hate career people  
reducing a human being into a robot  
making a machine out of life

find the way in  
do not waste your life  
all careers are meaningless  
the amount of effort you are making outwardly  
just a little effort within  
just a deep let go without effort  
and you can have a new career  
as a guru !!!

just look at me  
useless person...totally lazy  
good for nothing  
i cannot even make it to the camp till 4 o'clock  
people wonder what is going on here  
still sleeping ?

what a career  
pure laziness and so easy  
one qualification  
utter laziness  
deep sleep  
total let go  
aah

why work unnecessarily ?  
listen to your boss or listen to your colleagues  
all telling you that you are good for nothing  
i do not have any job  
i know i am good for nothing...i go to sleep

find a new career...moving inwards  
dancing and celebrating  
just dance

osho had a dream  
for at least one thousand buddhas  
what is the qualification of a buddha ?  
useless lazy good for nothing  
can you qualify ?  
half the buddhas have no education  
you do not even need language

**question** *and what about the beings of the buddhas  
and what about zorba the buddha ?*

who ?  
too much effort  
zorba the buddha  
it is too much  
i just like the buddha  
zorba is too much effort  
it is an osho trick  
to make the zorba enjoy and feel  
that they have some buddha them !!

there is no such thing as zorba the buddha  
just a trap for those zorbas in the world  
who want to feel a little spiritual  
if you tell them be a buddha  
he knows he is going to lose his job his girlfriend...everything  
that fish will not be caught  
so osho made a trick  
zorba the buddha  
half half

enjoy the outside world  
enjoy the outer games and move inwards  
but you do not know the trap

the moment you move in  
the outer zorba becomes a joke  
but by the time you are in  
it is too late

by the time you realize you already a buddha  
but that is oshos joke  
there is no such thing as zorba the buddha  
zorba is nobody  
only buddha is

buddha...just moving his finger...is pure ecstasy  
that ecstasy even zorba cannot dream of  
who is zorba ?

he does not exist...just imagination

a buddha is more zorba...than any zorba can be  
soon you will understand ...just enjoy the dream right now  
good name for restaurant...zorba the buddha restaurant !!!

**question** *why do you sleep so much  
and never come out in the mornings ??*

i do not know what happens in the morning  
my morning begins at 2 o clock afternoon !!  
i am very strict about my morning  
even when my master left his body i did not get up  
that is the last thing i would have done  
i closed my eyes i said sorry morning not possible  
he said perfectly fine you sleep  
your sleep is awakening



a person of samadhi does not wake up  
to move the body here and there unnecessarily  
it is so stupid

the ideal condition is to find me one room  
six feet by six feet  
put me in a bed  
i sleep for 10 days  
yes...just sleep

not need to do anything  
and everything will happen  
it is not a physical body work  
remember you are not the body  
you are not the mind  
you are not the emotion

osho even says  
you are not the subtle body  
you are not the astral body  
these are still astrophysical manifestations  
you are the beyond...a pure state of witness

you are not the body  
you are not the mind  
you are not the emotion  
you are not the astral body  
you are not the subtle body  
then who are you ?

that is why i am against therapists  
they deal with your body or your mind  
or refine your emotions  
you are not the body not the mind not the emotion  
the idiotic therapist  
does not know what is beyond

that is why he is so busy teaching you bodymind and emotions  
show me one therapy that deals with the beyond  
beyond body beyond mind beyond emotion  
it cannot exist as a therapy at all  
therapy needs your body or your mind or your emotions  
and you are none of the above

do you understand how stupid therapists are  
how stupid teachers are  
they have no idea  
that there is something transcendental  
that is why it is so rare  
to come across somebody  
who understands the transcendental  
that it simply floats above you  
and watches all these lower layers  
bodymind emotion

bodymind emotion needs movement  
movement creates mind  
movement creates emotion  
movement is the body  
stop  
no body no mind no emotion

hence one of the qualities of a person who knows  
is utter stillness  
he knows the transcendental  
through his stillness and silence  
what is he expressing ?  
what is he indicating ?  
what he is showing you ?  
that there is a witness present  
his awareness that there is a presence  
silently watching



hence mystics do not move  
that is the answer  
find a being who does not move  
who is utterly still  
each movement each gesture  
indicates whether he knows or not  
what is he revealing is the still unmoving centre  
and when you watch a being who knows  
just those gaps...in those moments  
something within you triggers  
that is why in the east  
we call it darshan  
darshan is to see a man who knows  
acting...in action...his grace...his stillness...  
reveals to you his knowing



bodymind emotion movement  
all movement is mind  
no movement no mind  
it is a state  
a transcendental state beyond the mind  
it has a presence  
it has a magnetic quality  
it is surrounding the being  
but you cannot see it directly

the only way you can see it  
is through the action of an enlightened person  
he can say it to you just through his gesture  
you may not see it  
but by watching it  
the watcher within you reads it  
there is a master also within you  
you have the master within you present





it recognizes presence

it understands itself

it is like seeing a mirror of your own inner being

a master through his silence

mirrors your master

shows you that you are also present

watch your inner presence

and you will know

who is sensing it ?

not your mind but your state of no mind

only a buddha can recognize a buddha

the moment you can see it

your very seeing is your buddha

that is the transmission

masters transmit messages through very strange methods

they bring the disciples close and speak to them

and slowly slowly something in them remembers

it awakens you indirectly

these are devices

osho speaking to an audience of seekers

his each gesture was a device

to trigger it within you

the moment you feel it

you have absorbed it

the only way you can understand a master

is to eat him to drink him to imbibe him

within you the same master is resonating

that is synchronicity

it is not because the master needs it

but because he wants to trigger it in you

and that is the only way he knows



silence  
this silence  
is the message  
this silence is your search  
such a simple message...so easy  
how could it have been made simpler ?

existence is so compassionate  
it gave you the simplest answer  
but you do not know how to dive into it  
this silence sets you free  
can you understand how compassionate existence is  
to not make life arduous and complicated ?  
just a simple message  
grow into your inner stillness  
you do not need anything  
no mind...no learning...no becoming  
no changing for better  
no trying to be somebody else  
just simply be yourself with a quality...silence

how to attain to this state ?  
is it difficult ?  
do you need to learn things ?  
do you need to re educate yourself ?  
or is it simply a knack ?

**russia tour**

moscow 8 august 2009

it is a simple knack to create stillness  
bring your energy together  
slowly slowly raise it upwards  
higher and higher  
and come to the peak  
stop  
the sky opens

that orgasmic stop  
drink it...drink it...drink it  
just drink it totally  
let this stillness fill your entire being  
drown into it  
and you will know it

there is nothing to know  
you will dissolve  
you will not receive an answer  
but an orgasmic silence  
pouring into you  
totally content  
utter bliss  
all disappears

we are seeking simple ways  
to reach to the space of no mind  
you do not need to drop the mind  
the state of no mind  
is you...at your peaked vertical state  
the moment you peak  
where is the mind ?  
where are you ?

it is a simple knack  
vertical transformation of energy  
is that so difficult ?

just learn to dance totally and stop and drink  
drink...let it filter...let it fill you...live with it  
gently find the flow inwards  
follow its inner silent movement  
and spread this through your day to day life

the source is spreading itself into the periphery  
inner and outer have become one  
this bodymind will disappear into the state of orgasmic stillness

i repeat this everyday...i say it again  
you do not need to change yourself  
you do not need to become a better human being  
these are all outer changes  
these are pressures from the outside  
because people do not accept you  
the way you are  
they cripple you further  
and divide you into parts

meditation does not ask you to change anything  
it does not ask you to go to improvement classes  
it does not ask you to go to some school  
it does not ask you to learn something

transformation is so simple...a silent process  
accept yourself exactly the way you are  
your whole energy is filled...united in you  
it will become like a pillar of light  
all the parts of you become one



do not divide  
do not label yourself  
do not reject any part of you  
just a simple acceptance  
and there will be a let go

a silent trust will develop within you  
a silent voice will speak within you  
not in words  
but in your dance  
in your celebration  
in your silence  
in your deep relaxation

that inner voice will be heard  
as a buzz of well being  
of deep restfulness  
of a deep harmony  
reaching everywhere

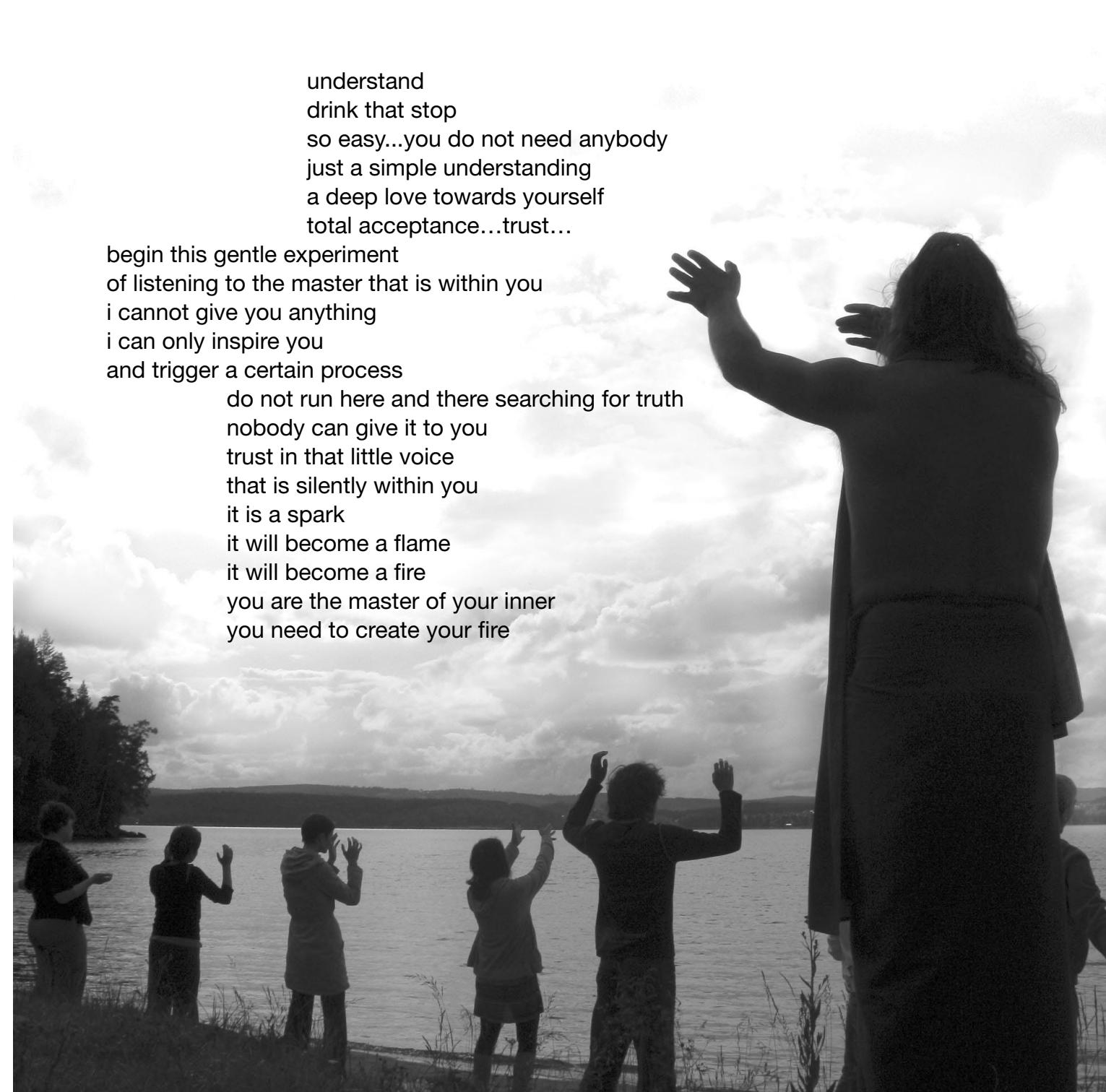
you will see the trees and the plants and the river  
and you will feel connected  
this is well being...  
it will grow and grow  
listen to it and it will expand

try to understand again  
this stillness that you are experiencing here  
is no ordinary stillness  
it is not dead like the graveyard  
no...this is totally alive and still  
the more you peak  
the higher you go  
you come to that orgasmic space within you  
and such contentment  
it creates a stop

understand  
drink that stop  
so easy...you do not need anybody  
just a simple understanding  
a deep love towards yourself  
total acceptance...trust...

begin this gentle experiment  
of listening to the master that is within you  
i cannot give you anything  
i can only inspire you  
and trigger a certain process

do not run here and there searching for truth  
nobody can give it to you  
trust in that little voice  
that is silently within you  
it is a spark  
it will become a flame  
it will become a fire  
you are the master of your inner  
you need to create your fire



is it not beautiful  
that only you can create your own fire ?  
so beautiful  
just imagine that somebody else can create your fire  
what a poor fire it will be !  
you will not be in it  
it is your life  
you deserve it

and it is such a beauty  
that you can ignite your innermost  
and make it radiant  
it is your freedom and your glory

you are so blessed to have this opportunity  
to dive into this inner adventure  
count your blessings  
see what you have  
there is such a beautiful mystery present within you  
that this inner journey can become an utter celebration  
it is so exciting  
it is such a beautiful adventure  
that the little pain that you come across is also sweet  
everything turns sweet  
once you know you are giving birth to your inner child

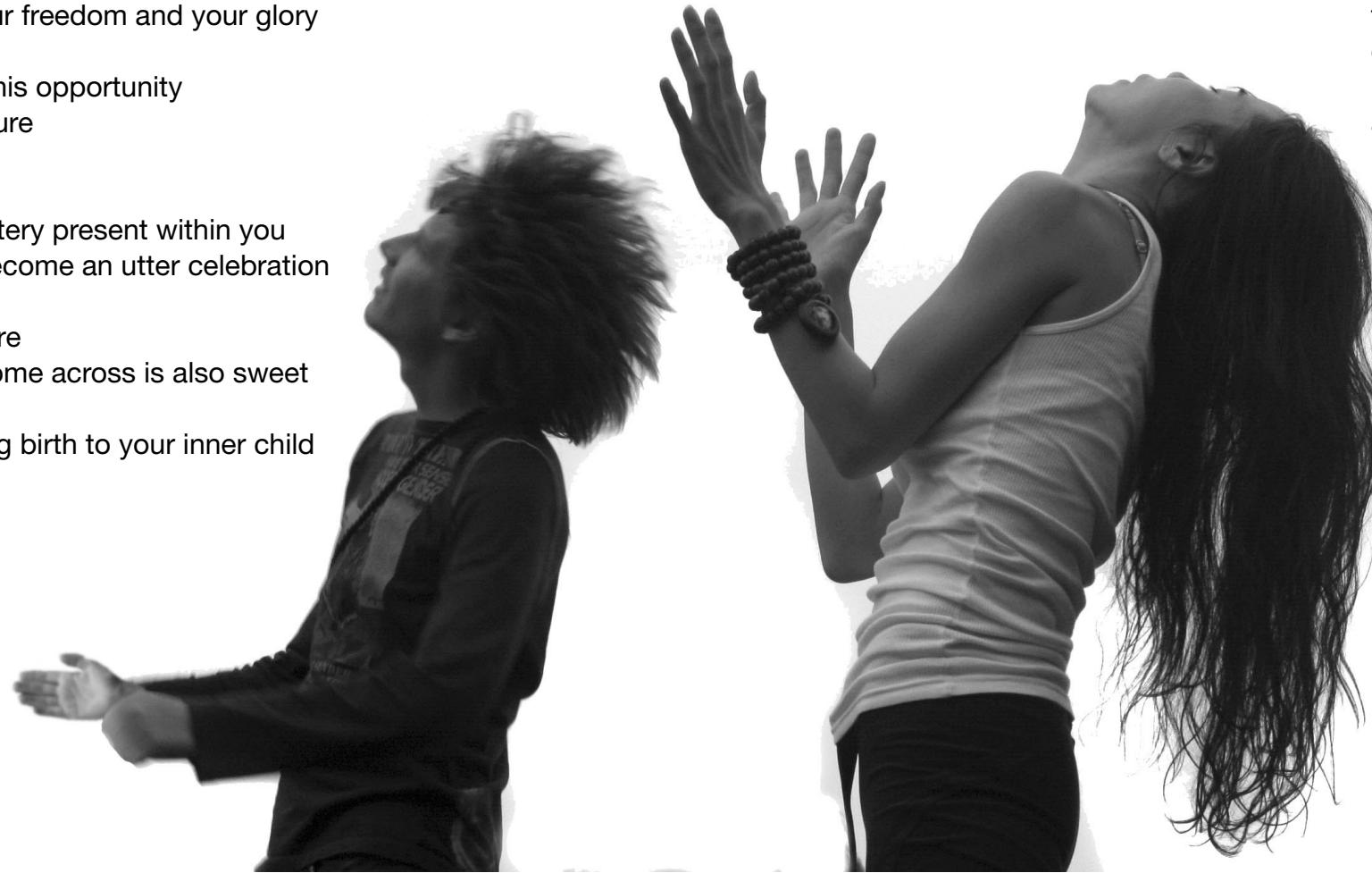
what a joy  
you should celebrate yourself  
express your beauty  
express your joy  
let it spread...let it spread  
know once and for all  
that it is present in you  
there is nothing lacking in you

nothing is lacking in you  
the day you decide  
that today is the day  
that now i understand  
that will be the day  
everything will come towards you  
the day you decide  
that today is the day  
and i am going to begin  
to understand what i have present within me  
nothing on this earth can stop you

forget about stopping you  
everything in existence will come to you !  
it will rush towards you  
and help will come to you from all around  
existence wants you to win  
existence is on your side  
it is waiting for your celebration

every part of this existence is supporting  
you in a million and one ways  
how are you breathing ?  
how is your heart beating ?  
how is your body moving ?  
how are the senses functioning ?  
do you take care of them ?

what is miraculously taking care ?  
this vast existence is taking care of you  
it is helping you...it is reaching out to you  
listen deeply to its silent message  
and it will pour from all around you  
even the rocks will become alive





everything will reach out to you  
and suddenly you will feel  
the buzz of existence  
what they call the omkar  
the whole existence is buzzing  
with aliveness of truth

truth is spread all over this existence  
there is not a single nook or corner  
where truth is not

this ocean around you is your reality  
dive into it  
find moments to disappear  
and you will understand  
how it reaches you

remember  
what i am saying is very simple  
i am not a complicated person  
the greatest key is innocence  
the innocent will win  
innocence knows nothing  
it simply remains open  
in a deep trust  
and everything comes to you

you can get small things in your life  
but the ultimate treasure grabs you  
it pours into you  
just open that small little window  
peak and stop  
become silent  
it will pour  
drink it  
live it

live it deeply  
and it will expand more  
hide it and be afraid of others  
it will shrink  
spread your joy  
do not be afraid

you understand how simple it is ?  
live your life totally  
just a little qualitative subtle understanding  
the inner world is subtle  
never under estimate subtle experiences  
these are soft but huge vast openings  
become sensitive  
be soft  
remain open

anybody wish to ask a question  
or say anything ? you are welcome...

**question** *how to find a way to grow the inner journey  
living in this world ?*

i am saying it is a simple message  
the inner journey is a simple message  
i never said that outside was simple  
i never said that the outer will be simple

who said it is simple ?  
that is why we are in this mess  
the inner journey is simple  
it needs innocence and silence  
dive within you  
yes...you can dance with the trees  
with the ocean and the river

but yes it is complicated in this world  
who said it was not ?  
we are not discussing the world and its problems  
it will remain always

what we are discussing  
is your inner space  
how to find a way to grow your inner journey  
yet live in this world is your question

how to live with your inner growth  
in this insensitive world ?

my approach would be a simple suggestion  
the moment you decide  
that you need to listen to the inner  
just pack your bag  
three months to six months  
may be one year  
and disappear

i am not saying disappear into the mountains  
the answer will be there  
i am not saying that the answer lies  
in the mountains and not in moscow  
but when you go to the mountains  
you are left alone with nature  
and you have time and space  
to focus within  
to listen to the silence  
to dive into deeper and deeper spaces  
and you get time to absorb them

that is why people go to the mountains  
so the day you decide  
that now is the time  
now i want to go deeper  
just pack a little pack



you do not need anything but yourself  
and live a simple ordinary life  
a little cottage in the forest  
and enjoy three four five or six months  
simply living...sleeping

the way of tao  
is not of searching but of living  
in harmony with nature  
just waking when you wake  
sleeping when you sleep  
eating when hungry  
just living your natural rhythm  
finding your naturalness  
with no judges around you

go for six months  
go for one year  
the earth will not stop running  
i have done that in my life  
it is not an escape...  
it is moving inwards  
and just getting some space and time  
to feel your connection to the stars and the moon  
and the sky and the birds and nature  
and then come back again

in fact the contrast  
each time when you come back  
you will feel a subtle difference  
and slowly slowly when you come back to the world  
you will have compassion  
you will not go again to the mountains  
because you have drunk from the river  
your compassion may keep you in the world





the inner is simple  
the outer is complex  
if you can bridge the two...beautiful  
if you can not...then do not worry  
the outer is not so important

focus on the inner  
when you will be strong enough  
then you come back  
nothing can touch you



so it is perfectly ok  
that would translate into compassion  
and that is the way life is

the inner is simple  
utterly simple  
innocence is the word  
a mystery that can be drowned into  
a mystery that can be lived but not understood  
you can disappear into it  
and then face the world

remember one thing  
the deeper you are  
the deeper you drink from it

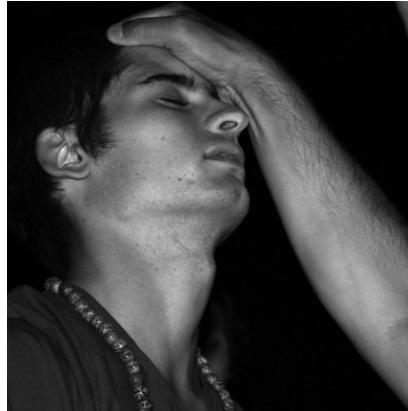
in fact you can touch others  
the people will come as enemies  
and you will share your love  
they will come to cheat you  
and you will give them everything  
and they will be surprised  
what kind of person is this ?  
perhaps they will fall in love with you  
and try to understand what kind of madman you are



even if you meet a criminal  
it is your test  
you can transform that criminal  
because within that criminal is a buddha too  
he is in such misery  
that his actions have become criminal  
he has become so filled with anguish  
that his actions are violent  
he is misunderstanding

that is what is happening to me  
i am in this world...  
i know its ugly realities  
i know the hidden treasures  
i know the misunderstandings  
and how people are coming to beat me everywhere  
i am surrounded with people misunderstanding my love  
but a doctor does not go to where there are healthy people





that he starts judging you out of jealousy  
 now it is up to you  
 what you can do is what you can do  
 you can share your love  
 you do not need to depend on his actions  
 to share your love

i am dancing in love wherever i go  
 you know how many enemies i have ?  
 who cares ?  
 i can melt them  
 and slowly slowly they are melting  
 because they need love too  
 remember your enemy  
 is seeking love  
 the ones who are in anger  
 are seeking bliss...  
 they are seeking love...  
 they are thirsty people

inner is simple  
 and once you understand this  
 the outer will become simple too  
 then there is no division

the one who has attained  
 will be the same in any circumstance  
 whether he is sitting with people he loves  
 or surrounded by enemies  
 his actions will remain the same  
 the river is flowing  
 a rock will come on the way  
 it will continuously flow

but it is always good to take some time and go away  
 it takes space to grow and also to absorb...  
 growing is one...absorbing also needs time...  
 each sannyasin should go away for three to six months  
 it will make you mature  
 and when you come back  
 you will not react any more  
 but you will act  
 because now you know the difference

**question** *this comes to my mind...  
 that what you just said it is all about me  
 it is all true...it happens exactly this way  
 each summer i was going to nature  
 to the sea...to the forest  
 and in 2007 it was the strongest  
 when total surrender happened  
 it happened not depending upon me...it just happened  
 for 3 days i was in a total surrendered state  
 totally awake day and night  
 exactly in the environment of that beautiful world  
 of forest and nature*

*and then when i head back to the normal life of the city  
i was not easily touched by it  
most of time i stayed centred  
i was just thinking about the importance of being alone  
and to be in nature for some time  
because many people say you can do it anywhere  
but it never happens when you are at your own place  
it is never so strong so powerful*

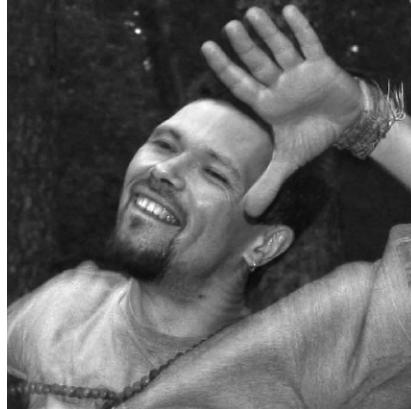
it is absolutely true  
that it is difficult to meditate in the cities  
when you are in an open state  
all the energies from all around filter into you  
so you are fighting with them  
that is why masters create buddhafiels  
what osho called a commune  
communes are created to create energy bodies  
which helps growth  
vertical energy states...

the moment you go there it transforms you  
and raises your energy  
it is absolutely true  
that one needs to go away  
if there is no commune available  
go where many people are meditating together

energies accumulate  
and each and every person sitting here tonight  
is bringing their beauty  
their unique signature  
their unique qualities  
into one buddhafiels...

i am helped by each and every person  
and each person is helped by each and every person in so many ways  
when we meditate together  
each person is sharing a space  
that is uniquely theirs  
and each person creates a fabric  
to help others to move upwards





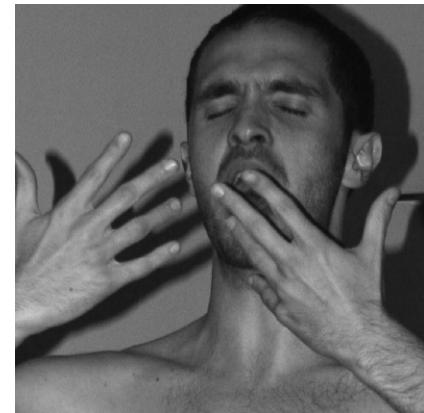
i have never come across an ordinary person  
 people are so mysterious...  
 so being in a commune is best  
 otherwise be in nature

now my friend here...bodhideva  
 he goes again and again back to nature  
 and he has much to share  
 he is a radiant being  
 and i am waiting for him  
 i am waiting for him !

continue on your journey  
 you are absolutely right  
 continue on your journey  
 you are going to touch many people lives  
 and whosoever you will touch  
 will be transformed

what you are doing is perfectly correct  
 and your understanding is perfectly good  
 very rare...you are a rare being

bodhideva is very beautiful  
 i am waiting for you  
 many people are waiting for you  
 perfectly good  
 continuously express yourself  
 you have asked me a few times  
 should i do satsang ?  
 should i share ?  
 should i dance ?  
 i am saying yes  
 perfectly yes  
 yes a hundred percent yes



women are helping men  
 men are helping women...energetically  
 a person who has a certain experience  
 and has moved on a certain path  
 is helping another person on a different path  
 that is why communes are created

buddhafiels are very valuable  
 in case you cannot find one  
 then nature is the second choice  
 nature is pure energy  
 it is not fighting upwards  
 it is content in itself  
 it is utterly content  
 there is no struggle

humans struggle for growth  
 it creates a certain friction  
 that friction creates a certain growth  
 so to be in a commune is far more intense  
 than being simply in nature

the commune creates a perfect environment  
 for many strange mystics and seekers  
 bringing in their beautiful qualities...  
 these are human flames  
 they are no ordinary people

**question** *in my life i was always little bit overweight  
and i was always dieting...  
for last two years i exhausted myself  
i exhausted too much  
and now a breakthrough is happening  
but now i am gaining weight all the time  
is there any way through meditation to he*

weight creates a certain inconvenience  
but do not worry...  
it does not disturb your spirit  
your being is your being

for losing a little weight  
you need to learn  
how to breathe out  
i have given a simple experiment wit  
on how you can easily lose weight  
by playfully exchanging energies with

the tree needs carbon dioxide  
and you need oxygen  
oxygen and movement creates a certain fire  
which burns the fat  
you just need to rebalance  
carbon dioxide and oxygen in your body system  
and being with trees is the best  
as they need carbon dioxide as food

you just go near a tree  
be soft  
keep your belly close to it  
softly breathe out

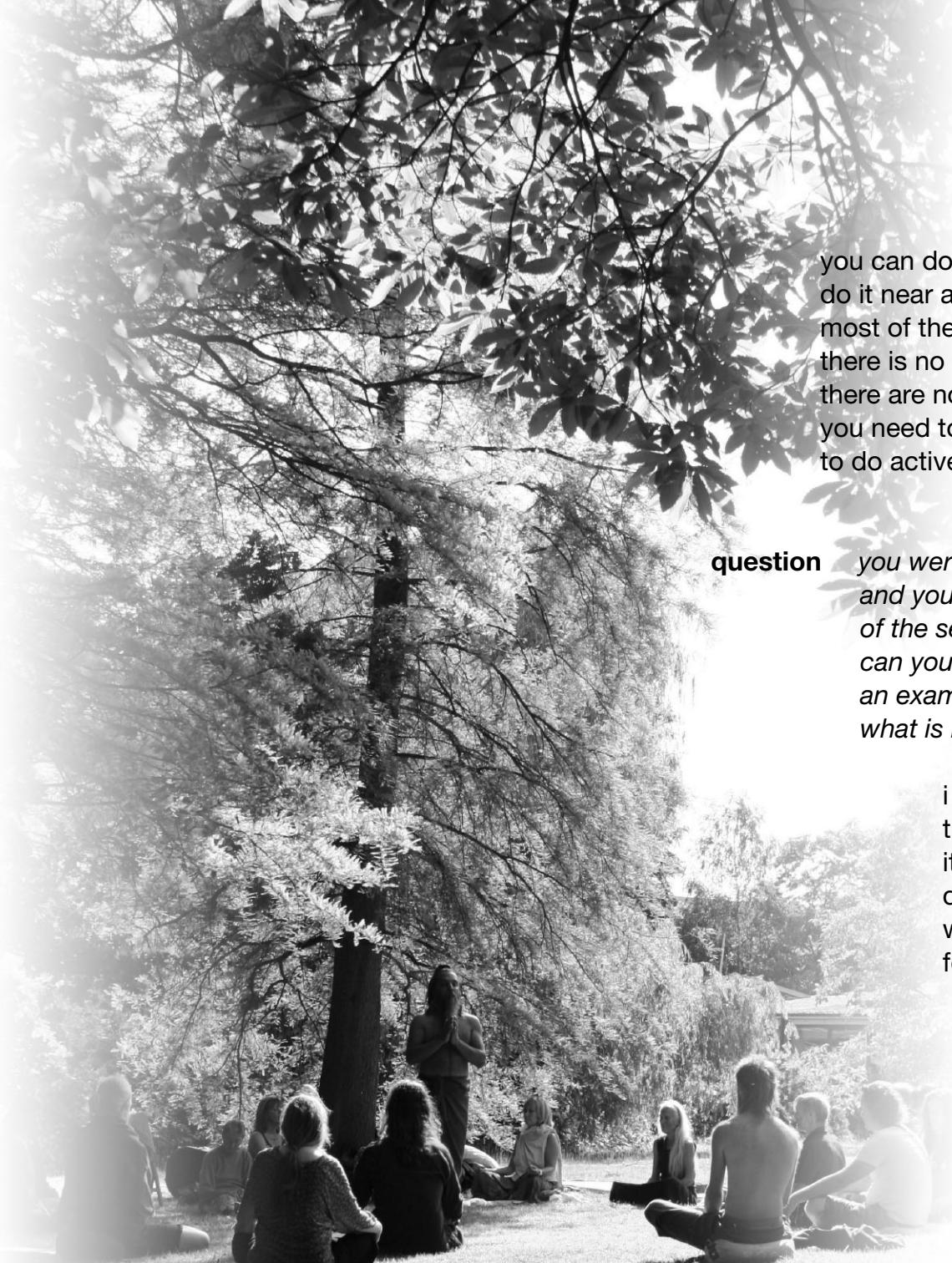
sensitively breathe out through the nose  
and keep your belly close to the tree  
become like a sponge...soft  
and the tree will find ways  
to suck carbon dioxide out of you

you can do dynamic meditation  
do it near a tree  
most of the meditations that we are doing should not be done in halls  
there is no chi here  
there are no negative ions here to revitalize you  
you need to be near rivers and trees  
to do active meditations

**question** *you were speaking about three kinds of energies  
and you gave one good example  
of the second kind of energy in everyday life...  
can you give an everyday life example of the third kind of energy ?  
an example which you can tell to normal people who do not know  
what is meditation ?*

i do not know any normal people !  
the normal people even do not know who they are  
it is impossible !  
do not waste your time telling others  
what is the third state of energy  
forget about it

the third state of energy is so powerful  
it will simply stop you  
you cannot move  
so do not tell any normal people  
they will run away !  
just let them enjoy their first state



play around with the second state  
playfully moving  
forget about the third state  
it will stop you  
you cannot even think  
it penetrates the centre

mind is a duality  
it needs movement to keep alive  
left brain right brain is like a pulsator  
kundalini is not the ultimate truth  
it is just the pulse

the brain has a gap  
the third state simply goes beyond the brain  
like a bolt of lightening  
and both sides of the brain simply do not know  
what happened  
that is why you come to the stop  
when someone reaches the third  
the cosmic state  
he stops  
what stops him ?  
the shock is such  
the brain simply does not know how to respond  
the brain becomes still  
you understand ?

do not tell people how to go there  
not normal people  
only lions can reach there !



ida and pingala are not you  
they are the opposites  
you are searching the hidden treasure  
and your brain is left and right  
all your five senses are two

the experience is a total stop  
in that stop  
something reveals itself to you  
it divides all duality  
all criss cross of matter  
you see the world through a criss cross  
right eye...left brain  
left eye...right brain  
everything is merged together  
you are seeing an illusion

so stop still...open  
nothingness  
just light  
immense light

how are you going to tell this to an ordinary person ?  
forget about it...  
you can experience it  
whenever you come to an utter stop  
the shock stops the brain  
the whole bodymind simply stops  
you cannot even move  
that is cosmic energy



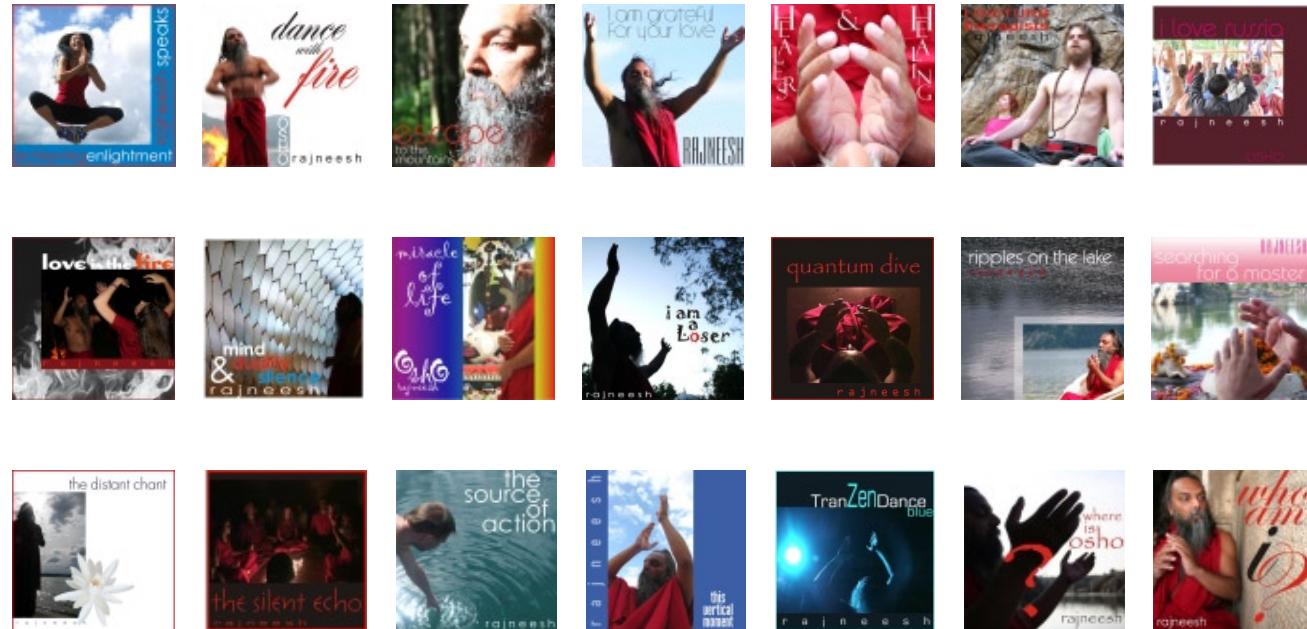
*i am thankful for your warmth and care  
and the love you all showered on me  
to each and everyone who arranged this tour  
and those who opened their hearts and  
shared these magical moments*



design soma  
transcription madhu

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