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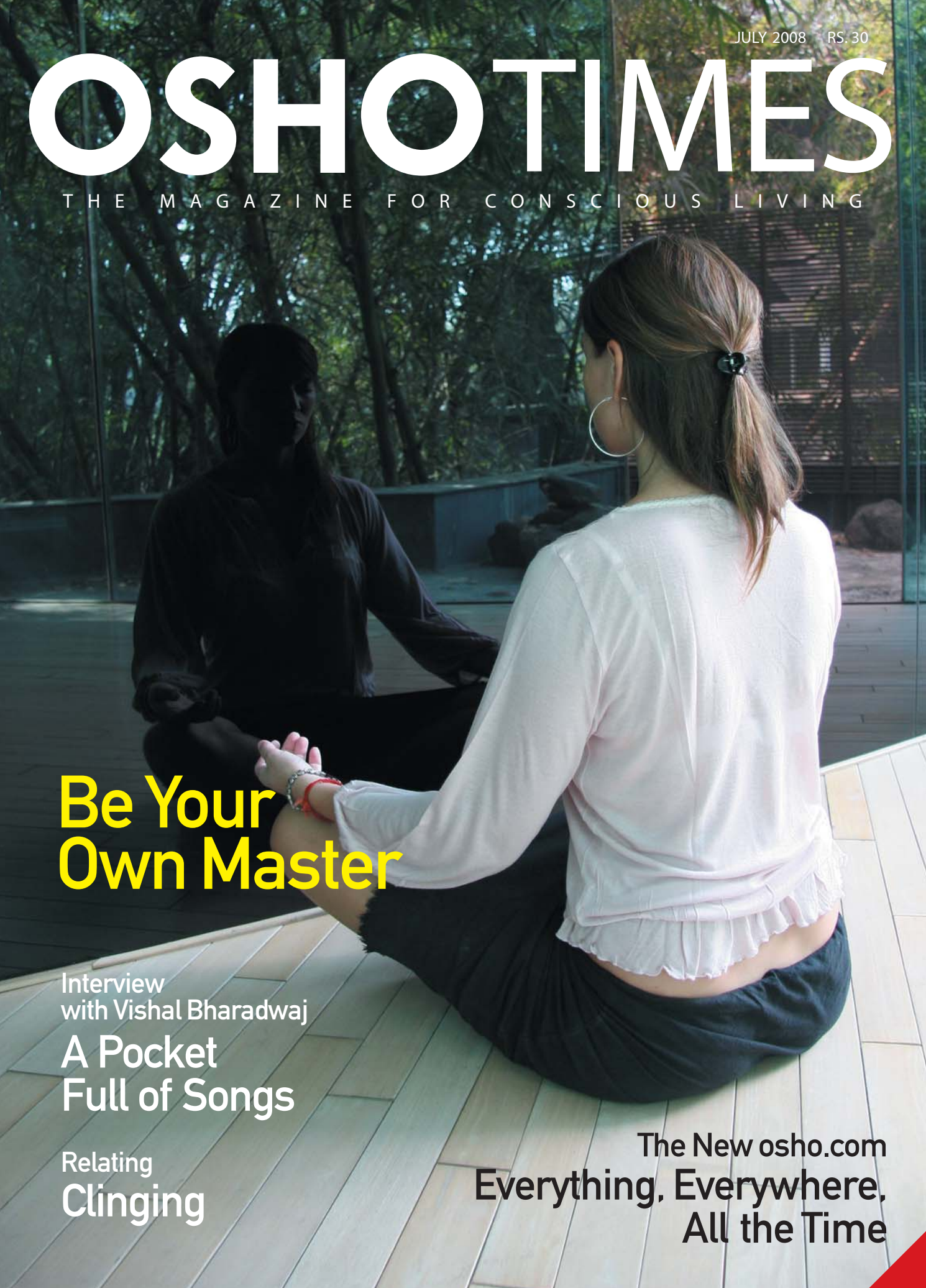
OSHO TIMES

THE MAGAZINE FOR CONSCIOUS LIVING



Be Your Own Master

Interview with Vishal Bharadwaj

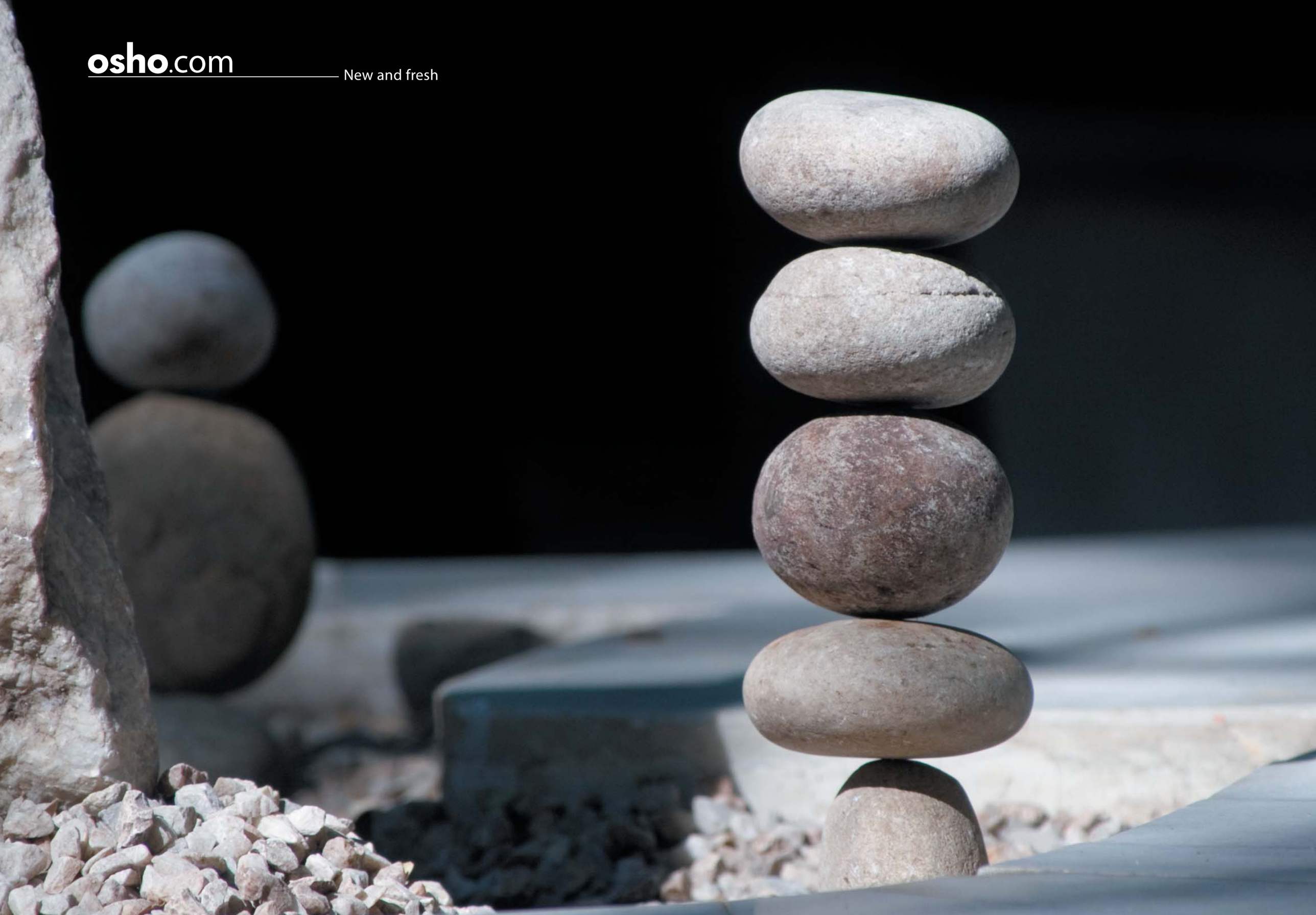
A Pocket Full of Songs

Relating

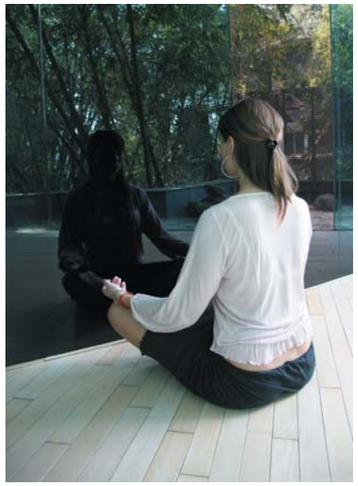
Clinging

The New osho.com

Everything, Everywhere, All the Time



EDITORIAL



I was chatting with someone about the OSHO International Meditation Resort and commented how much more strongly I feel the place today than before. I am increasingly aware of how little I really understood or appreciated Osho when he was here in person. And that as time goes by, just as he has predicted, and in particular about the Evening Meditation, that "there are many layers and each time you will find a new layer."

My point was really how much more strongly I appreciate Osho now than I could have done before…I just didn't know then how many new layers there were to understand. So for me at least, the process of "being with Osho" is much stronger now than ever before.

She was new here, and said she was surprised to hear someone speaking positively about the possibility of our understanding going deeper and deeper. She said that what she often heard from people was that the energy at the Meditation Resort used to be much deeper. I asked her if she had asked where this *energy* they were talking about is located! Were they talking about "in here" I said pointing to myself, or "out there"?

Obviously, if the lack of energy, or the ability to feel it, or whatever the issue is, is "inside," this is a totally different proposition to something being missing "out there." The former is only my responsibility; for the latter, I depend on something or somebody out there. She was clear that the people who were talking about the "missing energy" were not referring to something being missing inside them!

What struck me was how we inevitably reflect the mind-sets of where we all come from. It is almost universal in the world to define problems as being "out there." Whether it is the price of oil, the state of the climate, the rising sea water levels, the rising population level, the prospect of water and food become scarce in the world…. Somehow it is always a problem "out there" which *they* should fix.

Whether the energy crisis is about fossil fuels or something more subtle, we seem to see it the same way. I love the story Osho tells about how god gets so fed up with all the people praying to him wanting this and that, that he decides to ask his advisors for the best place to hide so these people can't find him. His first thought was to hide behind a distant star, but his advisors say those same people will find him there eventually, so at a loss he asks what he is to do. His advisors recommend he hides inside these people. It will be the very last place anyone will look.

Osho makes the same point so clearly when he identifies that same one-step process from outer to inner by changing that book title from *Come Follow Me* to *Come Follow to You*.

It seems clear for each of us to really live, not to mention survive as a species, we are going to have to see that Osho is like a signpost at the crossroads of a seven-million-year itch, the itch to "Look out!" I wonder if we can learn to *look in* before it is too late.

Amrito
and the *OSHO Times* team

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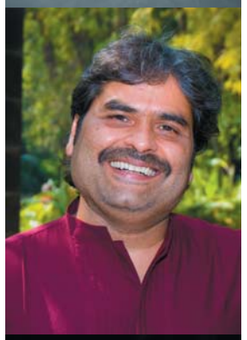
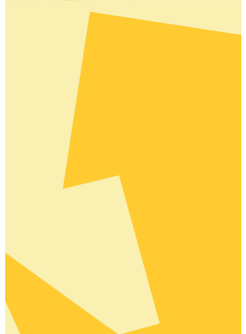




Books also available online at osho.com/ebooks

Have you ever heard about Picasso being on holiday? He used to go for many holidays, but always with his canvas and brush; on the holiday also he would be painting. When you love something, there is no holiday – and then **all your days** are holidays.

I Need a Break

Holidays are often disappointing. And if they are fun, the suntan wears off and we're back to drudgery, waiting for the next vacation. Why not have a creative and relaxing holiday every day?

More accidents happen on the holidays – more car accidents, more murders, more suicides. And after the holiday people are **so tired** that they need a whole week's rest to recuperate, to recover. To be with oneself and to be happy with oneself – that dimension is completely lost. That's what a holiday is, or should be.

Concentration creates tiredness; that's why when you concentrate you feel exhausted: you will have to take holidays to rest. Meditation does not tire, meditation does not exhaust you. It is **relaxation** itself.

Holidays are the best time to **remain at home**, because the whole city has gone to the sea beach. Bumper to bumper, cars are going...and by the time they reach the beach it is full of people; they cannot even find a small place to lie down. Even the ocean must be laughing at the stupidity of these people. For a few minutes they will lie down, and then they need ice cream and they need Coca Cola. And they have brought their portable television sets and everybody is listening to his transistor. And then the time is over; there is the marathon race back towards home.

Existence is a continuous celebration, a festival that knows no holidays.

Whenever you have time, **any moment**, relax and go in. Forget the whole world for a moment, as if it does not exist.

Here we make holidays by changing your job, we don't have any other holidays. But changing the job, scientifically, is a holiday, because when you are functioning as a professor, a certain part of your brain functions – only a certain part, not the whole brain. When you are a plumber, another part of your brain functions; the professor is on holiday. This way we don't lose time, we don't lose days, and still **we enjoy holidays** as much as we want!

All excerpts are from OSHO books

Clinging

Are you attached to your partner? Are you holding on for dear life – or to a lover who wants to leave, to a relationship which isn't working, or even to misery? Why can't you let go?

"I am in love and I want to get married. I want to be with this partner for the rest of my life. Can I trust these feelings, or am I trying to put a contract on love?"

One has to understand the very phenomenon of attachment. Why do you cling to something? Because you are afraid you will lose it. Perhaps somebody may steal it. Your fear is that what is available to you today may not be available to you tomorrow.

Who knows about what is going to happen tomorrow? The woman you love or the man you love…. Either movement is possible: you may come closer, you may become distant. You may again become strangers or you may become so one with each other that even to say that you are two will not be right. Of course there are two bodies but the heart is one, and the song of the heart is one, and ecstasy surrounds you both like a cloud. You disappear in that ecstasy. Love becomes so total, so great and overwhelming, that you cannot remain yourself; you have to drown yourself in it and disappear.

In that disappearance who is going to be attached, and with whom? When love blossoms in its totality, everything simply is. The fear of tomorrow does not arise; hence there is no question of attachment, clinging, marriage, of any kind of contract, bondage.

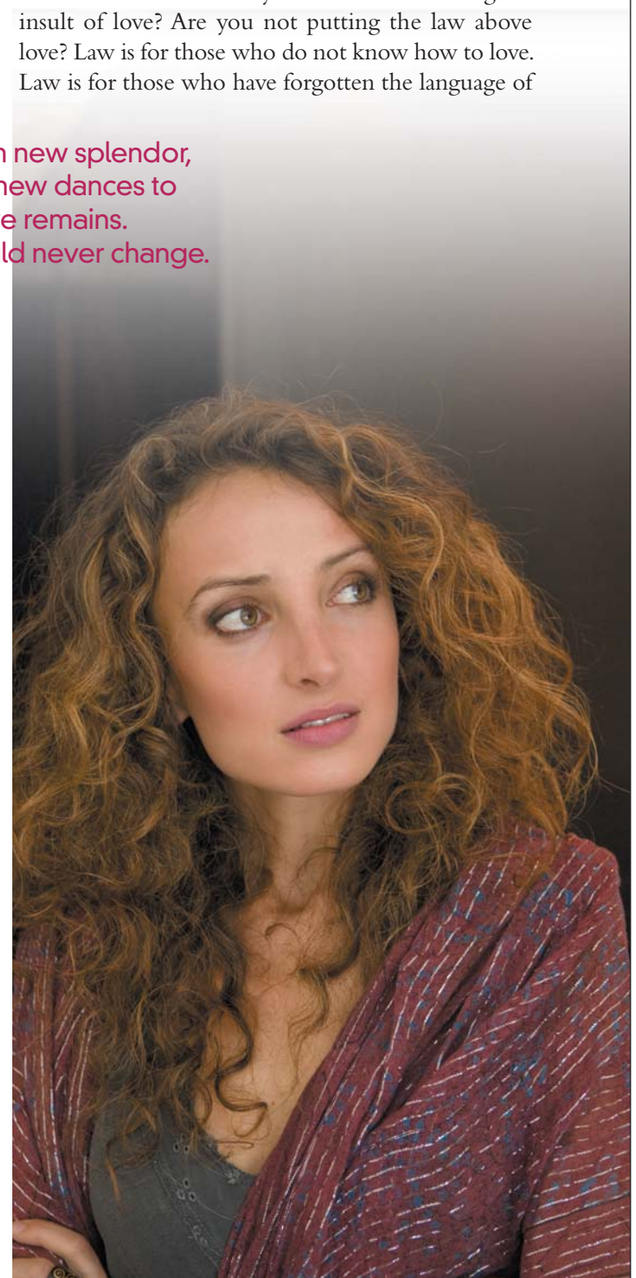
What are your marriages except business contracts? "We commit to each other before a magistrate." You are insulting love! You are following the law, which is the lowest thing in existence and the ugliest. When you bring love to the court you are committing a crime that cannot be forgiven. You make a commitment before a magistrate in a court that "We want to be married and we will remain married. It is our promise, given legally: we will not separate and we will not deceive each other." Do you think this is not a great insult of love? Are you not putting the law above love? Law is for those who do not know how to love. Law is for those who have forgotten the language of the heart and only know the language of the mind.

When you love, each moment comes with new splendor, new glory, new songs; each moment brings new dances to dance. Perhaps partners may change, but love remains. If partners change but love remains like a river, flowing, then in fact the world will have much more love than it has today. Today it is just like a tap – drip, drip, drip. It is not able to quench anybody's thirst. Love needs to be oceanic, not the drip, drip of a public tap.

Once your own understanding of love blossoms there is no question of attachment at all. You can go on changing your partners; that does not mean you are deserting anybody. You may come back again to the same partner; there is no question of any prejudice.

Excerpted from *YAA-HOO! The Mystic Rose,* Osho

When you love, each moment comes with new splendor, new glory, new songs; each moment brings new dances to dance. Perhaps partners may change, but love remains. Attachment is the desire that the partner should never change.



Life is a flux, nothing abides. Still we are such fools, we go on clinging. If change is the nature of life, then clinging is stupidity, because your clinging is not going to change the law of life. Your clinging is only going to make you miserable. Things are bound to change; whether you cling or not does not matter. If you cling you become miserable: you cling and they change – you feel frustrated. If you don't cling they still change, but then there is no frustration because you were perfectly aware that they are bound to change. This is how things are, this is the suchness of life.

It is a very strange world. Everything is momentary, yet every momentary thing gives you the illusion of being permanent. Everything is just a soap bubble, shining beautifully in the sunrays, maybe surrounded by a rainbow, a beautiful aura of light. But a soap bubble is a soap bubble!

And the strangest thing is that thousands of times you have been deceived, yet you don't become aware. Again another soap bubble…. Your unintelligence seems to be unlimited! How many times do you need to be hammered? How many times do your dreams have to be crushed and shattered? How many times has life to prove that clinging is nonsense?

It is clinging that is the root cause of sorrow. Seeing it, you are above sorrow – immediately. Then nothing else has to be done. The moment you have seen it, where is sorrow? The cause has disappeared; you have removed the very cause. You cling and you create the cause. Non-clinging is liberation.

Excerpted from *The Dhammapada: The Way of the Buddha,* Osho

"My husband and I have been together for fifteen years and we still continue to fight a lot."

To live without a problem is very difficult, almost humanly impossible. Why? Because a problem gives you a distraction. A problem gives you an occupation. A problem gives you a busyness without any business. A problem engages you. If there is no problem, you will not be able to cling to the periphery of your being. You will be sucked by the center. And the center of your being is empty. It is just like the hub of a wheel. The whole wheel moves on the empty hub.

Your innermost core is empty, nothing, nothingness, *shunyam*, void, abyss-like. You are afraid of that emptiness, so you go on clinging to the rim of the wheel or at the most, if you are a little daring, then you go on clinging to the spokes; but you never move towards the hub. One starts feeling afraid, shaky.

People come to me and they say, "We want to go within, but there are problems." They think, because of the problems they are not going within. The real case is just the opposite: because they don't want to go within, they are creating problems.

Let this understanding become as deep in you as possible: your problems are all bogus. I go on answering your problems just to be polite. They are all bogus, basically meaningless, but they help you to avoid yourself. They distract you. How can one go in? There are so many problems to be solved first.

But one problem solved, immediately another bubbles up. And if you look, watch, you will see the other problem has the same quality as the first. Try to solve it and a third one comes up immediately.

Look at the essential thing: Why do you want to create problems in the first place? Are there really problems – or are you creating them and you have become habituated to creating them, and you keep their company and it feels lonely if there are no problems? People cling even to their miseries but are not ready to become empty.

I see it every day. Married for fifteen years and continuously fighting and creating hell for each other. Then why don't you separate? Why are you clinging to misery? Either change or separate. What is the point of wasting your whole life?

But I can see what is happening. They are not ready to be alone. At least misery gives them company. And they don't know now, if they separate, how they are going to manage their lives. They have become adjusted to a particular pattern of continuous conflict, anger, nagging, fight, violence. They have learned the trick of it. Now they don't know how to be in another situation with somebody else with a different personality.

How to be with somebody else? They don't know anything else. They have learned a particular language of misery. Now they feel skill, efficiency in it. To move with a new person will be starting things again from ABC. After fifteen years of remaining in a certain business one starts feeling afraid to move in another.

You invest in your miseries. Watch. When one problem drops just see, you will shift immediately to something else. Why do you make life a problem?

When you don't create problems, life opens all its mysteries. Life is ready to reveal itself to you if you don't make a problem. If you make a problem, your very creating of the problem closes your eyes.

Excerpted from *Yoga: The Path of Liberation*, Osho

"My partner of four years has fallen in love with someone else and I realize what I thought was love was just clinging and insecurity."

No, you loved him...but you are not yet capable of let-go. You loved him, you still love him, but love is not naturally capable of letting the person go when it starts falling apart. That art has to be learned. Love naturally tends to cling. Not that a love that clings is not love, not that a love that cannot allow the lover to go is not love, no. It is love – but not a very grown-up love. It is childish love.

The child loves the mother but the child cannot let her go. He becomes afraid about his survival, his security. His mother is his security. If his mother goes, he simply does not know how to exist even for a single day. So he goes into a panic. This is your child inside that is going into panic.

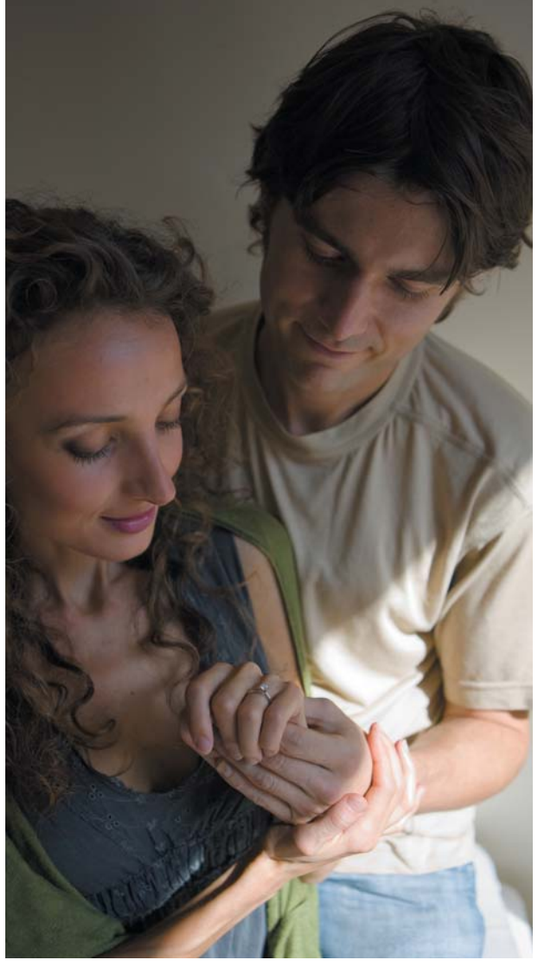
Remember that love is an unknown energy, an unknown force – it is not in your control. Feel compassion for him and be courageous enough to let him go, because if it is one-sided, it is pointless. If he is not with you and you are with him, you will be miserable, because one needs to be needed and he will not need you any more. And you will feel worthless.

Feel thankful for all those joys and all those moments that you shared with him and he shared with you – feel grateful. And don't become unnecessarily miserable. Now the moment has come to share those moments with somebody else. Maybe now they will go even deeper because you will be more experienced, more alert, more conscious, and more aware of the mysterious force called love. Things will go deeper.

In fact it is perfectly good. It hurts for a few days because the mind never wants anything to change. It loves the status quo because it is convenient, comfortable. We have been taught a very false notion about love – that love has to be permanent; only then is it true. That is nonsense. Love is a rose flower: it blooms, it withers away. It is born one day, it disappears one day...and that's how it should be.

Life is a flow – nothing abides – and that's the beauty of it, the constant ecstasy of it. The mind is always orthodox, it wants to cling. Just let him go and let him go with joy. Never cling to the past; always remain available for the future. And be in the present even if it hurts; these hurts are part of growth.

Excerpted from *Don't Look Before You Leap,* Osho



We have been taught that love has to be permanent; only then is it true. That is nonsense. Love is a rose flower: it blooms, it withers away. It is born one day, it disappears one day...and that's how it should be.

"My jealousy is making me miserable. Why can't I stop it?"

What you call misery, analyze it, penetrate into it, and you will see that it has something which you would like to have. You cling to the pain in the hope that tomorrow something that you have always desired and longed for is going to happen. You suffer misery in the hope of pleasure.

You are feeling jealous. It creates misery, but it also gives you some ego, some sense of superiority. Your jealousy at least pretends to be love. If you don't feel jealous you will think maybe you don't love anymore. If your woman or your man goes with somebody else and you don't feel jealous at all, you will immediately become conscious that you no longer love. For centuries you have been told that lovers are jealous. Jealousy has become an intrinsic part of your love. If you want your love you will have to accept your jealousy and the misery that is created by it.

In fact, you are enjoying your wound in a very subtle and unconscious way. Your wound is giving you an idea that you are a great lover, that you loved so deeply, that your love was so profound that you are shattered because your lover has left you. Even if you are not shattered you will pretend to be shattered – you will believe in your own lie. Just to console yourself that you are a great lover, you have to cry and weep.

If a man lives moment to moment in totality, then there is never any repentance, no guilt. One day if the lover leaves that simply means, "Now our ways are parting. We can say goodbye, we can be thankful to each other. We shared so much, we loved so much. We have enriched each other's lives. What is there to cry and weep about? Why be miserable?"

But people are so entangled in their rationality that they can't see beyond their rationalizations. And they always rationalize everything; even things which are obviously simple become very complicated.

Excerpted from *The Dhammapada: The Way of the Buddha,* Osho

Consider the Body Limitless

This beautiful technique makes use of the imagination to go beyond the mind.

Consider any area of your present form as limitlessly spacious.

Any area. You can just close your eyes and imagine that your head has become infinite. Now there are no boundaries to it. It goes on and on and on and there is no boundary to it. Your head has become the whole cosmos, without any boundaries. If you can imagine this, suddenly thoughts will stop. If you can imagine your head as infinite, thinking will not be there. Thinking can exist only in a very narrow mind. The narrower it is, the better for thinking. The greater the mind, the less the thinking, and when the mind becomes total space, there is no thinking at all.

If your mind is not very educated it will be easy for you to imagine. If it is educated then the creativity is lost, then your mind is just a storage space, a bank. And the whole education system is a banking system. They go on banking and dumping stuff onto you. Whatsoever they feel has to be dumped onto you, they do. They use your mind for storage: then you cannot imagine. Then whatsoever you do is just repeating that which has been taught to you.

So those who are uneducated, they can use this technique very easily. And those who have come out of university without being distorted by it, they can also use it. Those who are really still alive, even after so much education, they can do it. Women can do it more easily than men. All those who are imaginative, dreamers, they can do it very easily.

But how to know whether you can do it or not?

You can do a small experiment before entering it. Close your eyes and for five minutes relax in a chair, lock both your hands together, and just imagine that the hands are so locked that even if you try, you cannot open them. It will look absurd to you because they are not locked but you just go on imagining that they are.

For five minutes go on thinking, and then say three times in your mind, "Now I will try to open my hands but I know it is impossible. They are locked and they cannot be opened."

Then try to open them. Thirty per cent of you will not be able to open your hands. They will be really locked, and the more you try, the more you will feel that it is impossible. You will start perspiring – you cannot open your own hands. Then this method is for you. Then you can try this method.

If you can easily open your hands and nothing has happened, this method is not for you. You will not be able to do it. But don't get scared if your hands do not open, and don't try too much, because the more you try, the more difficult it will be. Just close your eyes again and imagine that now your hands are unlocked. You will need five minutes again to go on imagining that when you try to open them, they will open immediately.

Unlock the same way as you locked them, just through imagination. And if this is possible, that your hands become locked just by imagination and you yourself cannot open them, then this technique will work miracles for you. And in these one hundred and twelve techniques there are many which work with imagination. For all those techniques this hand-locking experiment will be good. Just remember, experiment whether or not the technique is for you.

This technique is a spiritual psychedelic. So take it as a criterion that whatsoever you do, your mastery must grow through it. You must become more and more the master of it. If you practice it, a spiritual change will take place which will not be chemical and of which you will be the master. It is good for expansion, for expanding the consciousness. Before trying it, try the hand-locking experiment, so that you can feel. If your hands become locked, you have a very creative imagination, it is not impotent. Then you can work miracles through it.

Excerpted from *The Book of Secrets,* Osho

See also
osho.com/weeklymeditation

The New osho.com Everything, Everywhere, All the Time

Teams of people in twelve different countries have combined their skills to create a new, tremendously expanded osho.com. They are continuing to work on a daily basis to keep it up-to-date. We asked a few of the people involved to talk about the remarkable features of the new site, how it helps to make Osho's vision even more available, and what working on the project means to them personally.

Anil, who is based in Los Angeles, coordinated the new site, including its overall design.

The website is practical, quick, attractive and easy to use. Findability, searchability and user friendliness are the three major factors we used in building it. All the information is readily available and visitors have data about OSHO books, eBooks, audios and other products and the Multiversity courses at their fingertips. While designing it, I constantly remembered three things that have touched me so much about Osho: *Silence, Simplicity* and *Simply the Best!*

What is your role in this project?

Design and aesthetics. About three years ago I was sent a DVD with 2,000 photos to choose from. I began to consider how the photos would be used, and that led to the structure of the new site. My considerations were what would make sense to new visitors, and in what way we can invite a casual visitor into the site for an OSHO experience.

How do you bring your background and skills to the job?

My merit is in marketing and management; I use a lot of research and information analysis and look at it from the user perspective. How can this vast ocean of an archive be presented in a quick, easy, attractive way? How can a new visitor to the site jump in and stay there for a while without feeling overwhelmed or lost? We know the average attention span of visitors today is very small, so it was clear that the information needed to be given in small bites. The interactive quality of the new website was also a big aspect of my involvement.

One of the most interesting features in the new site is that all the information you could possibly need in any section is visible on one page and also on the menu at the left. For example, the *Magazine* section is refreshed every day with all your favorites: No Thought of the Day, Tarot

Cards, Horoscope, Meditation on the Go, Haiku's, Jokes and Osho's timeless insights on the issues of today. I see this page becoming the visitor's favorite section of the website.

What were some of the main aims and how did you achieve them?

We wanted to have nothing less than Rolls Royce quality. Choosing a top-of-the-line Microsoft platform to build the site was easy, but for such a high-end package, there is limited implementing expertise in the market. So it took us several months to identify a company that could handle it.

We started from scratch, looking at everything from nuts and bolts to gloss. We had a visually stunning library of 14,000 photos and roughly 33,000 pages of content with 3000 hours of audio and video. This is a huge block of information. From here evolved the six channels and new design. From simple doorways with rich rotating imagery, landing pages with tabulated information with Zen-like designs, we have been able to create a *virtual experience* for the visitors. For example you can enter the OSHO International Meditation Resort section and easily navigate the channel to find everything you need to know – including what you need to do before coming, how to get there, visas, available facilities, food, the activities you can participate in during your stay.... You will be able to find everything from the comfort of your home.

What were the biggest challenges?

It is an enormous project. It took months to get a grasp of the project, or even to read the design document. With the constant turnover of staff which typifies this industry, there was a lot of training to do.

The second challenge was to make sure that the site is optimized for various search engines. Even as a non-searchable site, the former osho.com was in the top half percent in the world in the ranking of traffic. You would land there only if you searched for the word *Osho*. Chances are if you looked for the words *meditation*, *silence*, *Zen* or *Buddha*, osho.com would not come up.

With the new website, people searching for these general themes will find access to Osho's wisdom on these topics. Imagine you are searching for the word *death* or *understanding death* and you come upon Osho's wisdom and insight!

Another challenge was to link all the amazing tools and products that are available to become a *Self-sufficient Meditator*. For example, if you find OSHO Dynamic Meditation and want to get the music CD or read more about other meditation techniques by Osho, everything is connected and displayed right there, so you can complete your experience.

What are some of the highlights of working on this project for you personally?

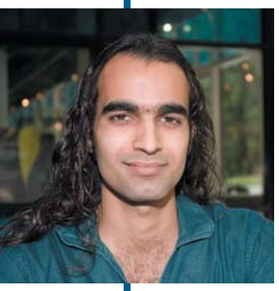
It is a fantastic, boundless experience, giving me an opportunity to see my mind and how crowded it looks when imposed on the silence of Osho's work. It is humbling to watch the speed of my business mind that is so output-oriented, racing against a timeless existential proposal that takes its time for completion. Sometimes I would have *Aha* moments and laugh in the middle of the night – and sometimes I would want to scream!

It is an opportunity for me to experience, in totality, how creativity blossoms into an outcome. How the boundaries of time, distance, size of the project all disappear....

Three years later, it feels like it has all happened in one big day. As complicated as it all was on the outside, my internal process makes it seem like we just started yesterday. And working together with others...we have a phenomenal team spread across the world, and everyone has been wonderfully helpful.

The New osho.com

Rishi is taking care of the new, expanded osho.com online library.



The new osho.com is on .NET technology, which is the future of the web. You will be able to access the website not only on your computer, but even on your mobile devices. With the new osho.com, every word from Osho on any subject will be indexed in the search engines and other places. For example if someone searches in google.com for any phrase from the esoteric to extreme materialism, he gets to osho.com.

What's in the library?

All the books in English, and soon all the other languages which have published translations of Osho books. Eventually, that could be Osho in 55 languages, with every page indexed by Google.com, ready to respond to any search of any page, in any language!

The entire library is now free. You just have to register an account in osho.com, log in and get access to the existing 227 OSHO books plus all those which will come in the future. Everybody will be able to read books or search Osho's text on any topic and read it chronologically, alphabetically or with word count weightage.

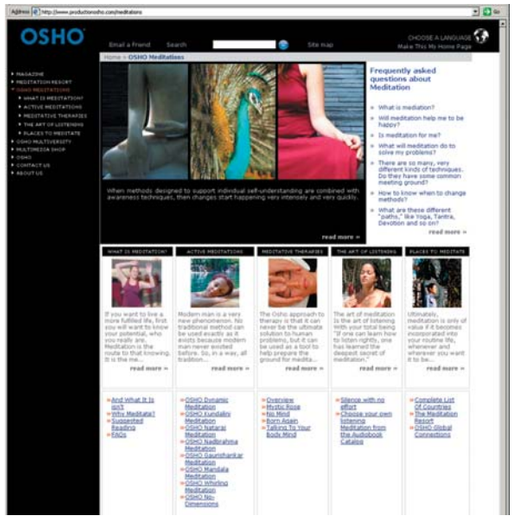
The library will also act as an audio/video searching tool. If you want to buy an audio or video you can buy it instantly. It is also possible to get eBooks, to screen audios and videos – and in the near future web TV will also be a way to view videos.

The shop is being made with the technology of Microsoft commerce server. You can pay for the products you want easily by credit card, debit card or bank accounts.

What about user-friendliness?

The new osho.com is very fast and easy to use. You just scroll through the menu system on the left side to see what is where. We have used technologies like *breadcrumbs,* which means that the map shows you precisely where you are on the website, what you're doing and how to navigate to the other parts of the website with easy-to-follow links. You won't get lost. On every page there is a connection to books, library related titles, Audiobooks…. Everything is interconnected.

For the administrators, editors and translators, the updating procedure is very easy. The translators – who are scattered across the globe – can make changes to the pages with ease. Library editors who are editing or formatting new books have an interface where, with the click of a button, they have the option to upload, update, delete or add any book or chapter entry.



The system is made in a centralized way so that all the different elements from the shop to the library, to the editing, to the administrator-approval phase all happen in a very user-friendly, organized way. Everybody involved knows what's happening in the website and how it's moving forward.

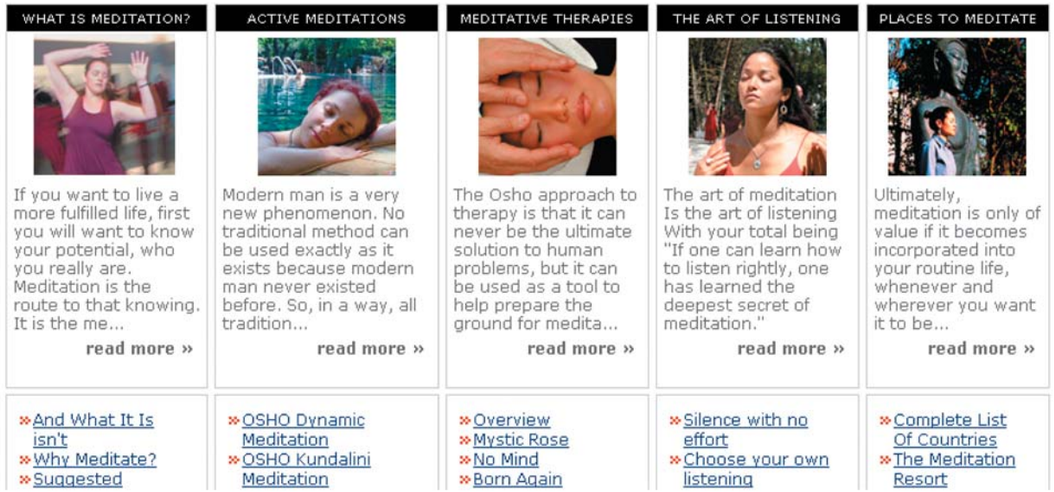
As it develops, osho.com library is expected to cover approx. 400 titles each in 55 languages, making around 6.5 million multilingual library content (pages) available to the users, search engines and several other web sources.

Amano is a technical whiz on this project. Working in Japan, he prepared specifications for the new osho.com and investigated technologies to implement it.

There are some difficulties for me to come to Pune to participate in Osho's work because I have a disease which causes the muscles in my limbs to gradually weaken. But via internet, I could be fully involved even though I stay in Japan. I really appreciate that I could have a chance to participate in this project.

I had experience in developing user interfaces on UNIX and Windows platforms by using C and C++ from 1985. I started to work for the osho.com site in 2000 and created some parts of the site on the ColdFusion platform. The work gave me a lot of experience creating Internet homepages and I am currently working for some online shops using Perl, JavaScript and Flash.

In my work on the previous osho.com in Pune, I communicated with the team mainly via emails, so there was not so much difference for the new site even though I worked from a long distance. It is easy and fun to contact with the team via Skype. I enjoy working with people with various careers from various countries. It is precious experience that is not available in my private projects.



Amrito has been working with osho.com since 1995. He is the content editor of the new site.

The Internet makes it impossible to ever silence Osho. The new osho.com is now available to millions of visitors all over the world, every year.

The basic layout of the new osho.com is very easy to navigate. Information is layered in a much more graphically rich environment, so you can see the first layer easily at a glance, and go deeper whenever you choose. The most important change is that now every page has its own web address, or *url*, so that each page can be easily bookmarked, and indexed by the search engine spiders. The key to this approach is to offer different people whatever they are looking for quickly and easily.

For those who want to read more, the OSHO Library is now much more accessible, with each page also having its own url, indexable by all the regular search engines. All this content will now start appearing on everyone's normal search results pages.

The Hindi archive will also continue to be available. It has a wonderful feature of allowing people from the different language groups in India to be able to read the text in their own script. The language remains the original Hindi, but the text is transliterated into their mother tongue.

Thirty-five of the original 220 Hindi titles are now available in the English online library. Translating the rest of the Hindi books into English will eventually double the content to over 100,000 searchable webpages.

This same process will be extended to the other 54 languages in which OSHO books have been translated. So the future will include literally millions of OSHO pages searchable in most of the languages on the planet…. Perhaps an opportunity to recreate the Library of Alexandria again!

Each of these pages has links to all the different formats of the same text: on paper, as an eBook, an Audiobook, a video, or even a video with sub-titles. Not to mention the possibility of being able to download the Audiobook of any English talk, or almost any Hindi talk…..

People who are first attracted to the words will have a chance to move on to the wordless in a natural way. They can visit the web pages describing the OSHO International Meditation Resort or the OSHO Multiversity and actually experience for themselves what those words are describing.

The website provides detailed "how to get started" instructions, so anyone anywhere can experience the OSHO Meditations. The OSHO Active Meditations are available with text, video instructions and music, ready to download on the spot. There is also a complete description of the Evening Meeting, with the understanding behind using OSHO talks as a doorway to being present and aware.

On osho.com all the tools are available to help you take responsibility for your own transformation, which Osho insists is the only way:

"You have to walk, and create the way by your walking; you will not find a ready-made path. It is not so cheap to reach to the ultimate realization of truth. You will have to create the path by walking yourself; the path is not ready-made, lying there and waiting for you."

Excerpted from *Zarathustra: The Laughing Prophet*, Osho

The osho.com team extends their heartfelt thanks, for their tremendous involvement and dedication, to all the people who have given so much of their time and effort to making this incredible new website possible:
Amano, Rishi, Siddhartha, Nilam, Chandradeva, Rakendra, Pramod, Anuragi, Satyarthi, Seema, Yossi, Alexandra, and Taruna. Not to mention the dozens of people who have been involved in taking care of the many different aspects of osho.com over the past thirteen years.

A Pocket Full of Songs

Many *Bollywood* artists visit OSHO International Meditation Resort. Renowned film maker Vishal Bharadwaj and his singer wife, Rekha, are regulars. He is best known as music director for numerous artistic Hindi movies such as *Makbool, Makdi* and *Machis*. With *Omkara*, his adaptation of Shakespeare's *Othello*, he successfully ventured into the field of direction for a wider audience.

The Evening Meeting has always been my favorite meditation. Even when I'm only in Pune for a film shoot, I come to participate. For us Mumbai people it is such a contrast to our frenzied life. It starts with multidimensional music, which has an unearthly quality. It is a synthesis between sound and silence. There is a whirlwind of ecstasy of instruments and rhythms, and then sudden silence – a lull after the storm.

During the next part there are sudden pauses between soft Indian music and silence. This shocks everyone into awareness and stillness. The pauses are orchestrated by Osho himself. The musicians follow his graceful hands, shown only to them on video, playing and stopping at his signal. These pauses could be seen as unmusical as far as the science of music is concerned, yet they give a direct experience of no-mind.

After this Osho speaks to us for an hour or so, as a video of one of his discourses is projected on a big screen, and we are brought into the world of truth.

From the music and silence I have even picked up some clues for my own compositions. Sometimes I use pauses in my songs, and they add an element of surprise. The lilting notes of the lyric rise like a vapor and stop suddenly in the middle of a note. Aesthetically it is mind-blowing.

A musician asks:
Was Rabindranath's longing, his creative angst, the very thing that in the end became an obstacle to his enlightenment? Am I also destined to die with tears in my eyes, and a pocket full of songs?

A poet is not in search of truth. His search is for beauty, and through the search for beauty nobody has ever become enlightened. One can become a great poet, a great painter, a great singer, a great dancer; but on the path of beauty, enlightenment is not possible.

The seeker of truth, and only the seeker of truth, attains to enlightenment. And this is the miracle of enlightenment, that once you have discovered truth, then beauty, the good, and all that is valuable simply become available to you.

All artists, either in the East or in the West, have felt an immense failure. They are inside utterly fulfilled, but their misery is that that is not their aim: just to be fulfilled. They want all that they have experienced to be brought into language, into paintings, into sculpture, into architecture. Hence, even though they have experienced beautiful spaces they remain anxiety-ridden.

I have been trying in many ways to open new doors – this is one of the most important doors. I want you to be a seeker of truth, but when you have attained to truth you should not be without songs and without dances.

Let your search be for the truth, and only on the margin go on practicing your music, composing your songs; so when you reach to your enlightenment you are articulate enough to bring beauty to expression. Then you can go laughing, fulfilled, without any tears.

Excerpted from *The Razor's Edge,* Osho

This time you came to the Meditation Resort in the wake of the grand success of *Omkara*. How did you handle the vacuum that so often comes to great achievers after such a high peak?

I wanted to work with this vacuum intelligently. I knew that OSHO meditations and Multiversity courses provide a jumping board to transform energy, so I took advantage of this opportunity and participated in the course *Hypnosis for Healing Wounds from the Past* with Premananda. This worked way beyond my expectations. I emerged from it with refreshed energy, and I feel my creativity has jumped to a new level.

With this intensity I could also reach new depths in the Evening Meeting. Now every evening I am sent on a journey in my own search. Right from putting on the white robe and slowly moving towards OSHO Auditorium there is peace and calm. I know Osho is not in the body; neither is he on the screen. Yet somehow his presence in the video talking to us triggers my deeper layers. Since I have worked on my unconscious through hypnosis, I feel my being open like a sunflower to imbibe his energy.

The whole ambience of the huge OSHO Auditorium pyramid with its sea of seekers sitting in white, plus introvert, vibrant music and the craziness of gibberish and jokes create an exotic alchemy that changes me every day. Osho's words seep into my cells: I call you to me so that you can go in search of yourself. I am just a friend, not a master.

Listening to Osho helps me go deeper in myself and inspires me to rise beyond my limits. I describe the experience in a poem which begins: "My friend, every day, sends me in the wilderness of my soul, in search of the ocean…."

I understand the hypnosis course also helped you to have a deeper appreciation of the Meditation Resort.

Absolutely! Now I feel it from inside myself, and I can tune in with the whole energy field. I sense some kind of cosmic music permeating the atmosphere here, like a well-tuned instrument. This immediately brings me into attunement with myself.

I wish more people from my industry could avail of this immense opportunity, so close to Mumbai. Our life is so stressful and competitive, we could revive our creative flow after each success. The nourishment given here to the inner being is unbelievable. And the whole package is so energizing!

Sadhana

OSHO Multiversity offers various courses and trainings in Hypnosis, Dehypnosis and Self-Hypnosis. In July these will be:
Self-Hypnosis for Meditation, 10 – 16 July
Dehypnosis and Self-Hypnosis, 12 – 14 July

The next courses and training with Premananda will be:
Self-Hypnosis, 28 – 30 Dec
Hypnosis for Healing Wounds from the Past, 6 – 8 Jan 09
Hypnotherapy Training, 15 Jan – 3 Feb 09

Be Your Own Master

When we are children, we need someone to take care of us. Otherwise we cannot survive. But if we are to reach the highest possibility of our consciousness, we need to grow up and take responsibility for ourselves.

On the Path to Mastery

Want to be the master of your life? Start with the small stuff. Forget about the super-highways and make a footpath. Forget about your destiny and bring your awareness to your most insignificant problems. Forget about attaining ultimate bliss, and bring awareness to the way you use your senses, the way you eat, the way you hear….

Your life is your life, and it can be lived only one way; there is no other alternative. And the only way that it can be lived has to be found by you. It is not like a super-highway, ready-made, with millions of people moving on it, going towards their goal, and you just have to join the crowd.

There is no super-highway to existence. There are only small footpaths which are walked in total aloneness. And remember, even those footpaths are not ready-made, available for you so that you can go on number eleven footpath. They don't exist other than when you walk upon them. It is through walking you create them. It is a very beautiful and mysterious way life has, that it does not make you like a railway train which runs on rails. A railway has no choice; it cannot go anywhere it likes. Those rails are fixed – the train simply moves according to somebody else's dictates.

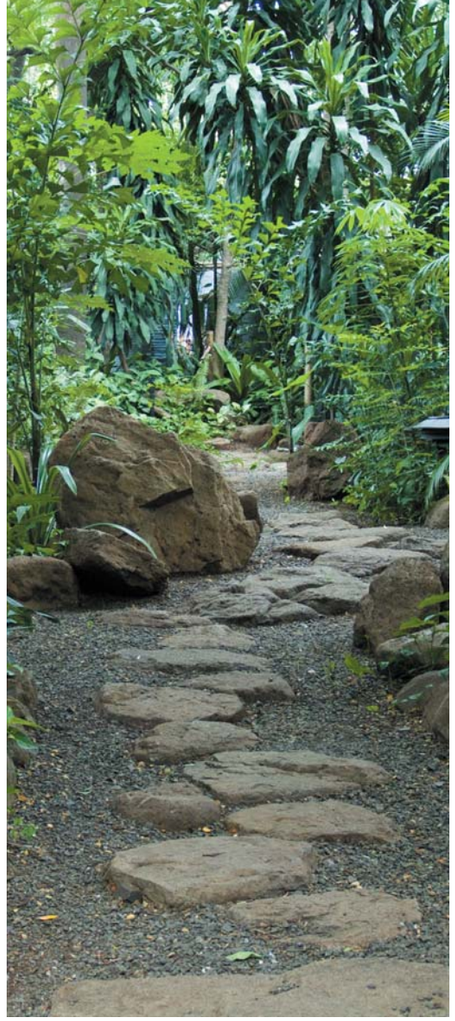
Man has no destiny – although you have been told for thousands of years that you have a destiny. Destiny means *predetermined*; my tomorrow is already predetermined by somebody. I have not even been consulted – as if it is none of my concern, I am nobody, just some playing cards in somebody's hands; whatsoever he wants he makes out of me. Whatever game he plays, that is my destiny. And this is thought to be respectful?

How can I have a destiny? I have not determined it. Then who is the guy who determines it? And what right has he got to determine it? He has not even asked me. I don't know him, we have not even been introduced. Just for courtesy's sake he could have asked me: "This is going to be your destiny. Do you like it or not?" But nobody has even bothered that much.

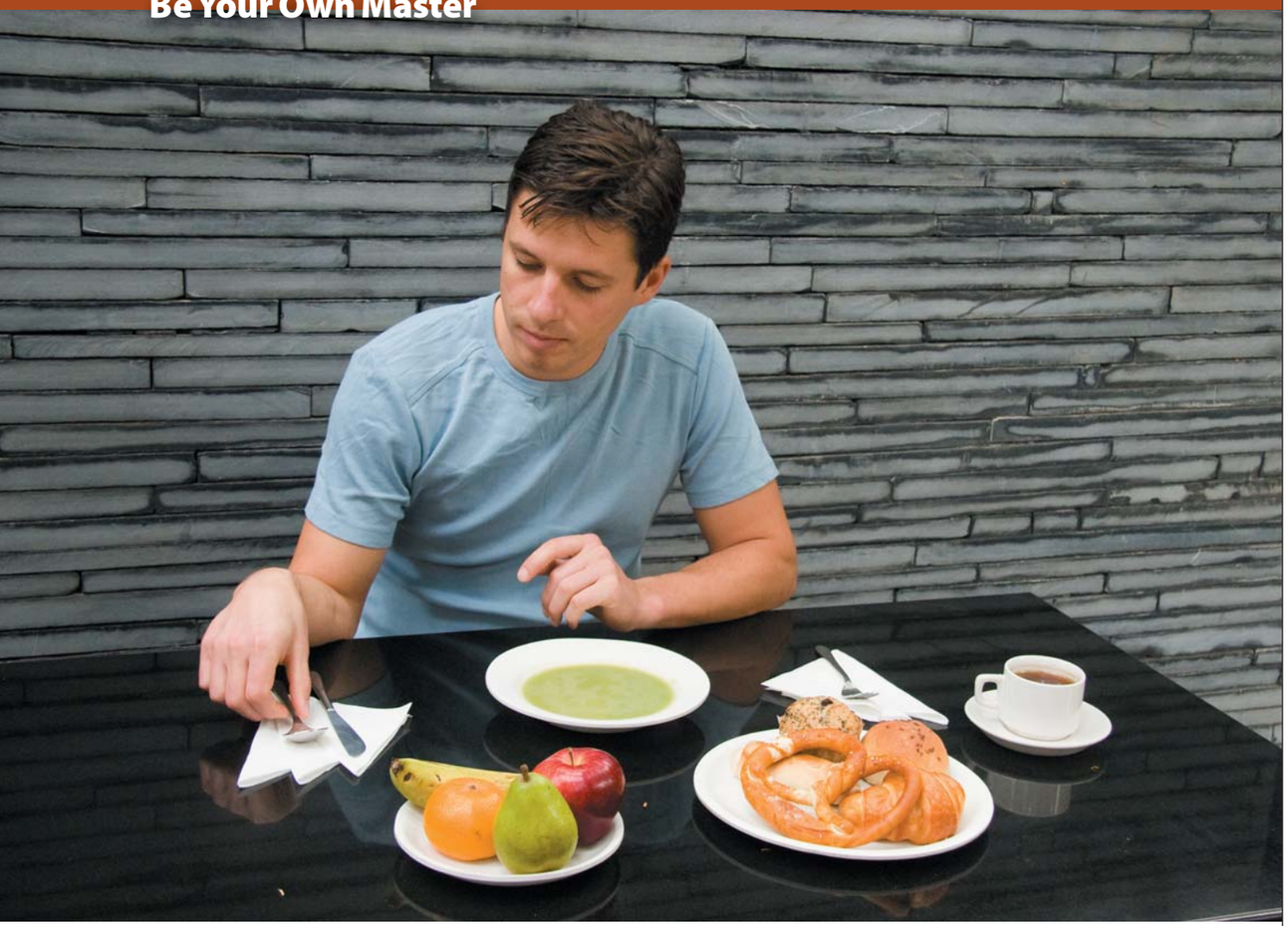
Man has no destiny. And I say unto you that it is *only* man who has not any destiny. Dogs have; buffalos have; donkeys have. They move on certain rails. Each donkey throughout millions of years has lived the same routine life: the birth, the love affair, and the difficulties of marriage, children, old age, all hopes shattered, all dreams unfulfilled, and the darkness of death. All the donkeys have lived that way, they are still living that way – but not man.

In fact, not all men are behaving like men. A few are behaving like monkeys, a few are behaving like Yankees, but none even tries to assert, "I am a man." But that assertion contains so much, it is almost immeasurable.

Man is consciousness. Consciousness cannot have any destiny. Consciousness has freedom. Destiny is just the opposite of freedom; destiny means you are



There is no super-highway to existence. There are only small footpaths which are walked in total aloneness. And remember, even those footpaths are not ready-made, so that you can go on number eleven footpath. They don't exist other than when you walk upon them. It is through walking you create them.



a born slave. Even before you were born your stamp of slavery was completely sealed; you were finished before you were born. In fact you were never born, because before birth death had happened; that is your destiny. You are programmed.

To have a destiny means you are not your own master. You cannot do anything about your life. Destiny leaves you without any excitement – because all is determined. It leaves you without any hope, because what can you hope? Whatever is going to happen, is going to happen whether you hope or not. You are no longer significant in any way in your own life. Even to call it your own life is not right: destiny has taken all the juice out of you.

Once you have accepted that "I am a determined being," then you are just driftwood, because you don't know what that destiny is. There is a subtle, unconscious feeling that there may be wise people who know it. Your parents may know it, your teachers, your professors, your priests, your monks, your messiahs. These people must know it because you don't know. You don't know because there is no destiny to know. And we have been told for millions of years, "You have a built-in program."

The smallest problem has the same properties, the same ingredients as the biggest problem and the same solution as the biggest problem. All problems are one problem.

Now from where are you going to know what this built-in program is? Somebody has to tell it to you. Those are the manipulators, all around you. Like an octopus, they go on sucking your blood from every possible side. And they go on filling you with ideas that you have to become this, you have to become that, you have to become somebody who has nothing to do with your nature. This is what has made man a problem.

In fact, man can be the solution, not only of himself, but of the whole existence, because he is the highest peak of consciousness. He is at the topmost peak of existence; but he is in so many knots, puzzles, that he cannot figure out himself what he is, what existence is.

Man lives a problematic life, and dies a problematic death. From the very beginning to the end he is just a long, long problem. That creates anxiety, anguish, tension, suffering, and a constant feeling that something is being missed. And that feeling is true. Not only something, *everything* is being missed.

But if you just stand a step back and look at the whole situation, and see how the problem is being created, then to solve it is just a child's game. Just look at how you have been trying to solve it – and it goes on becoming worse and worse. Certainly in what you are doing, you are nourishing it, feeding it.

Don't try to work on so many knots together. Just choose one small knot, the smallest you can find in yourself, the most insignificant. People have the tendency to choose the most significant; even when they are choosing to solve their problems, they choose the greatest problem first. That is simply foolish. Just become a little aware, alert. Start from the small things, very small things.

Now, start with small things which have not much investment in them. People start with their ego – they want to become egoless. You are taking on such a big problem. You are so small, and the problem is so big, that you are going to fail. In fact you have chosen the big problem because you *want* to fail. You don't want to succeed. Perhaps this too is the way of the ego, to choose the biggest problem. You are no ordinary man trying to change small things here and there; when you want to change, you want to change the real problem. Perhaps this is the ego coming in from the back and deceiving you.

Choose something very insignificant, which makes not much difference. But the beauty is, the smallest problem has the same properties, the same ingredients as the biggest problem and the same solution as the biggest problem. All problems are one problem.

If you can solve a small problem – dissolve it, get rid of it, be finished with it – you know the master key. Now you can go on opening all the locks in your house. And there is not going to be any trouble.

The basic key is awareness. And while solving a small problem, you are starting to learn the ABC of awareness. Choose something meaningless with no investment; it will be easier to work with. And once you have worked with it, you will be surprised: you have the secret, the whole secret of your puzzled, knotted life.

Solve it, then man is born in you. Before that, you are only a problem.

Excerpted from *From Misery to Enlightenment,* Osho

Buddha's sense of smell is far more clear than yours because there is no repression in him. His eyes see better than you can see because his eyes are not clouded by any prejudice, by any a priori conceptions. He hears perfectly well because his ears are not full of noise, his mind is silent.

When the mind is utterly silent you are capable of listening. Then you are capable of listening to the song of the birds, a distant call of the cuckoo. Then you are able to listen even to the silence. Just now, listen to the silence...not only sound but soundlessness can be listened to. But you have to be noiseless.

Sometimes just become aware of your ears, as if you are just the ears and nothing else, as if your whole body has become the ears. Just be ears, and you will be surprised that you become aware of such subtle noises, such subtle happenings around you that you have never been aware of. You may start hearing your own breathing, your own heartbeat. You may start hearing many things – and you have lived always amongst these things, but you were never aware; you were so occupied into yourself.

Bring your awareness to taste. When you are eating, forget everything else; just become your tongue, just your taste buds. Exist there in your totality. Taste your food as deeply as possible, and you will be in for a great surprise – not one but many surprises.

First you will become aware that you cannot eat more than is needed. You need not diet – only foolish people diet. Why do you eat more? The simple reason is that you don't taste, and your hunger for taste remains, so you go on stuffing more. If you really taste, soon you will be satisfied, contented. Soon the body will say, "Stop!" And if you are alert you will be able to listen when the body says stop.

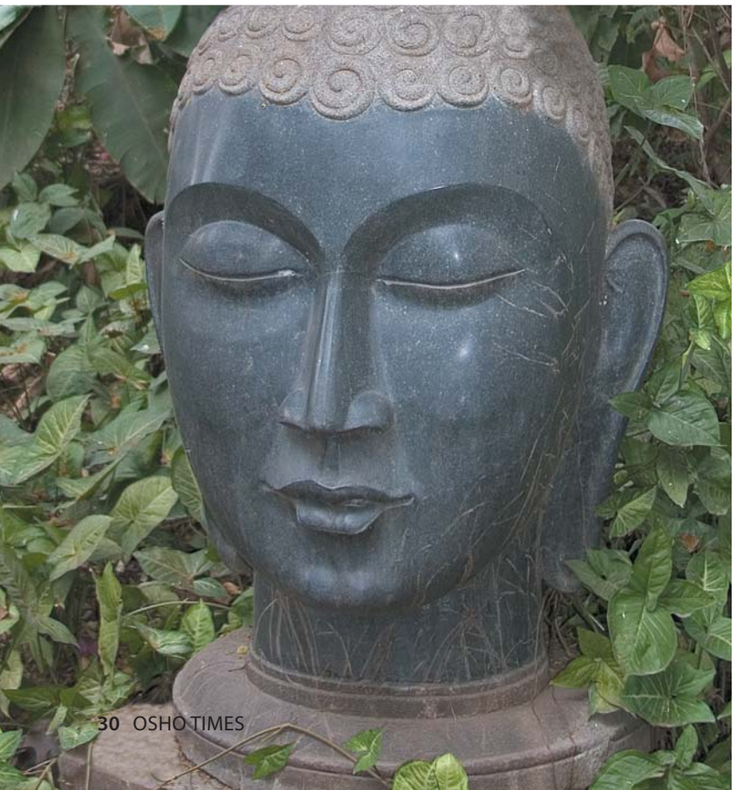
Right now you are not there at all. If you are really there, totally absorbed in eating, you will be surprised. The first thing will be that for the first time, food becomes something divine.

Whatsoever you are doing...small things – eating, walking, drinking water, taking a bath, swimming in a river – whatsoever you are doing – lying down in the sun – be utterly there, be totally there. Become your senses. Come down from the mind to the senses, come back to the senses.

Excerpted from *The Dhammapada: The Way of the Buddha,* Osho

When the Doer Disappears

We are constantly told: don't just stand there – do something! Yet Buddha would say: don't just do something – stand there! How can anything ever get done if we are just standing there? What happens to our spontaneity?



Buddha certainly says: Don't just do something – stand there! But that is only the beginning of the pilgrimage, not the end. When you have learned how to stand, when you have learned how to be utterly silent, unmoving, undisturbed, when you know how to just sit...sitting silently, doing nothing, spring comes and the grass grows by itself. But the grass grows, remember!

Action does not disappear – the grass grows by itself. The Buddha does not become inactive; great action happens through him, although there is no doer anymore. The doer disappears, the doing continues. And when there is no doer, the doing is spontaneous; it cannot be otherwise. It is the doer that does not allow spontaneity.

The doer means the ego, and the ego means the past. When you act, you are always acting through the past, you are acting out of experience that you have accumulated, you are acting out of the conclusions that you have arrived at in the past. How can you be spontaneous? The past dominates, and because of the past you cannot even see the present. Your eyes are so full of the past, the smoke of the past is so much, that seeing is impossible. You cannot see! You are almost completely blind – blind because of the smoke, blind because of past conclusions, blind because of knowledge.

Buddha certainly says know how to sit silently. That does not mean that he says go on sitting silently forever. On the contrary, it is only out of silence that action arises. If you don't know how to sit silently, in deep meditation, whatsoever you go on doing is reaction, not action.

The knowledgeable man is the most blind man in the world. Because he functions out of his knowledge, he does not see what the case is. He simply goes on functioning mechanically. He has learned something; it has become a ready-made mechanism in him...he acts out of it.

Man ordinarily functions out of the past, and life goes on changing. Life has no obligation to fit with your conclusions. That's why life is very confusing to the knowledgeable person. He has all his ready-made answers: the Bhagavad-Gita, the holy Koran, the Bible, the Vedas. He has crammed everything; he knows all the answers. But life never raises the same question again; hence the knowledgeable person always falls short.

Buddha certainly says know how to sit silently. That does not mean that he says go on sitting silently forever. He is not saying you have to become inactive; on the contrary, it is only out of silence that action arises. If you are not silent, if you don't know how to sit silently, or stand silently in deep meditation, whatsoever you go on doing is reaction, not action. You react.

Somebody insults you, pushes a button, and you react. You are angry, you jump on him. You call it action? It is not action; it is reaction. He is the manipulator and you are the manipulated. He has pushed a button and you have functioned like a machine. Just like you push a button and the light goes on, and you push the button and the light goes off – that's what people are doing to you: they put you on, they put you off.

Somebody comes and praises you and puffs up your ego, and you feel so great. Then somebody comes and punctures you, and you are simply flat on the ground. You are not your own master; anybody can insult you and make you sad, angry, irritated, annoyed, violent, mad. And anybody can praise you and make you feel at the heights, can make you feel that you are the greatest – that Alexander the Great was nothing compared to you.

When somebody insults you, you have to become a receiver, you have to accept what he says; only then can you react. But if you don't accept, if you simply remain detached, if you keep a distance, if you remain cool, what can he do?

The man of awareness, understanding, acts. It is not that he simply watches – watching is one aspect of his being. He does not act without watching. And when you act moment to moment out of your awareness and watchfulness, great intelligence arises. You start shining, glowing, you become luminous. But it happens through two things: watching, and action out of that watching.

If watching becomes inaction, you are committing suicide. Watching should lead you into action, a new kind of action; a new quality is brought to action. You watch; you are utterly quiet and silent. You see what the situation is, and out of that seeing you respond. The man of awareness responds, he is responsible, literally! He is responsive, he does not react. His action is born out of his awareness, not out of your manipulation; that is the difference. Hence, there is no question of there being any incompatibility between watching and spontaneity. Watching is the beginning of spontaneity; spontaneity is the fulfillment of watching.

A real man of understanding acts – acts tremendously, acts totally, but he acts in the moment, out of his consciousness. He is like a mirror. The ordinary man, the unconscious man, is not like a mirror, he is like a photo plate. A photo plate, once exposed, becomes useless. It receives the impression, becomes impressed by it, and it carries the picture. But the picture is not reality; reality goes on growing.

You can go into the garden and take a picture of a rosebush. Tomorrow the picture will be the same, the day after tomorrow the picture will also be the same. Go again and see the rosebush. It is no longer the same. The roses have gone, or new roses have arrived. A thousand and one things have happened.

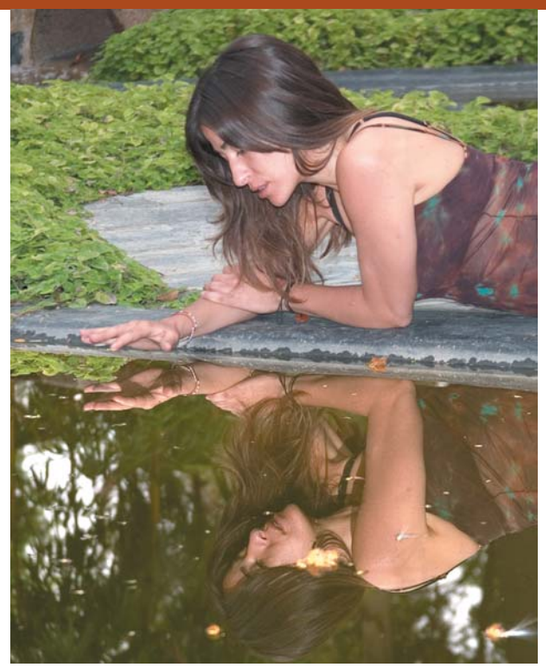
Buddha was passing through a village and people came and insulted him. And they used all the insulting words that they could use – all the four-letter words that they knew. Buddha stood there, listened silently, very attentively, and then said, "Thank you for coming to me, but I am in a hurry. I have to reach the next village, people will be waiting for me there. I cannot devote more time to you today, but tomorrow coming back I will have more time. You can gather again, and tomorrow if something is left which you wanted to say and have not been able to say, you can say it to me. But today, excuse me."

Those people could not believe their ears, their eyes: this man has remained utterly unaffected, undistracted. One of them asked, "Have you not heard us? We have been abusing you like anything, and you have not even answered!"

Buddha said, "If you wanted an answer then you have come too late. You should have come ten years ago, then I would have answered you. But for these ten years I have stopped being manipulated by others. I am no longer a slave, I am my own master. I act according to myself, not according to anybody else. I act according to my inner need. You cannot force me to do anything. It's perfectly good you wanted to abuse me, you abused me! Feel fulfilled. You have done your work perfectly well. But as far as I am concerned, I don't take your insults, and unless I take them, they are meaningless."

Buddha said, "Somebody can throw a burning torch into the river. It will remain alight till it reaches the river. The moment it falls into the river, all fire is gone; the river cools it. I have become a river. You throw abuses at me. They are fire when you throw them, but the moment they reach me, in my coolness, their fire is lost. They no longer hurt. You throw thorns – falling in my silence they become flowers. I act out of my own intrinsic nature."

Excerpted from
The Dhammapada: The Way of the Buddha, Osho



A picture is a dead thing. The camera, the photo plate, catches only a static phenomenon. And life is never static, it goes on changing. Your mind functions like a camera, it goes on collecting pictures. It is an album. And then out of those pictures you go on reacting. Hence, you are never true to life, because whatsoever you do is wrong; *whatsoever* you do, I say, is wrong. It never fits.

The unconscious mind functions like a camera. The watchful mind, the meditative mind, functions like a mirror. It catches no impression; it remains utterly empty, always empty. So whatsoever comes in front of the mirror is reflected. If you are standing before the mirror, it reflects you. When you are gone, it no longer reflects you. Now somebody else is facing it – it reflects somebody else. If nobody is there, it reflects nothing. It is always true to life.

The photo plate is never true to life. Even if your photo is taken right now, by the time the photographer has taken it out of the camera, you are no longer the same! You have grown, changed, you have become older.

Buddha says: Learn sitting silently – become a mirror. Silence makes a mirror out of your consciousness, and then you function moment to moment. You reflect life. You don't carry an album within your head. Then your eyes are clear and innocent, you have clarity, you have vision, and you are never untrue to life.

This is authentic living.

Excerpted from
The Dhammapada: The Way of the Buddha, Osho

Be a Rebel

Someone who is the master of himself is a true rebel. He cannot be a sheep, following the crowd. Nor will he be a shepherd. He is simply living his own life.

The rebel is the only hope for the future of humanity. The rebel will destroy all religions, all nations, all races – because they are all rotten, past, hindering the progress of human evolution. They are not allowing anybody to come to his full flowering. They don't want human beings on the earth – they want sheep.

Jesus continuously says, "I am your shepherd, and you are my sheep...." I have always wondered that not even a single man stood up and said, "What kind of nonsense are you talking? If we are sheep, then you are also a sheep; and if you are a shepherd, then we are also shepherds."

For two thousand years no Christian has raised the question that it is such an insult to humanity, such a great humiliation to call human beings sheep and to call himself the shepherd, the savior. He could not save himself. And still almost half of humanity is hoping that he will be coming back to save them.

You cannot save yourself; the only begotten son of god, Jesus Christ, is needed. And he promised his people, "I will be coming soon, in your own lifetime." And two thousand years have passed – many lifetimes have passed – and there seems to be no sign, no indication....

But all the religions have done the same in different ways. Krishna says in the *Gita* that whenever there will be misery, whenever there will be anguish, whenever there will be need, "I will be coming again and again." Five thousand years have passed, and he has not been seen even once – never mind "again and again." These people, howsoever beautiful their statements may be, were not respectful to humanity.

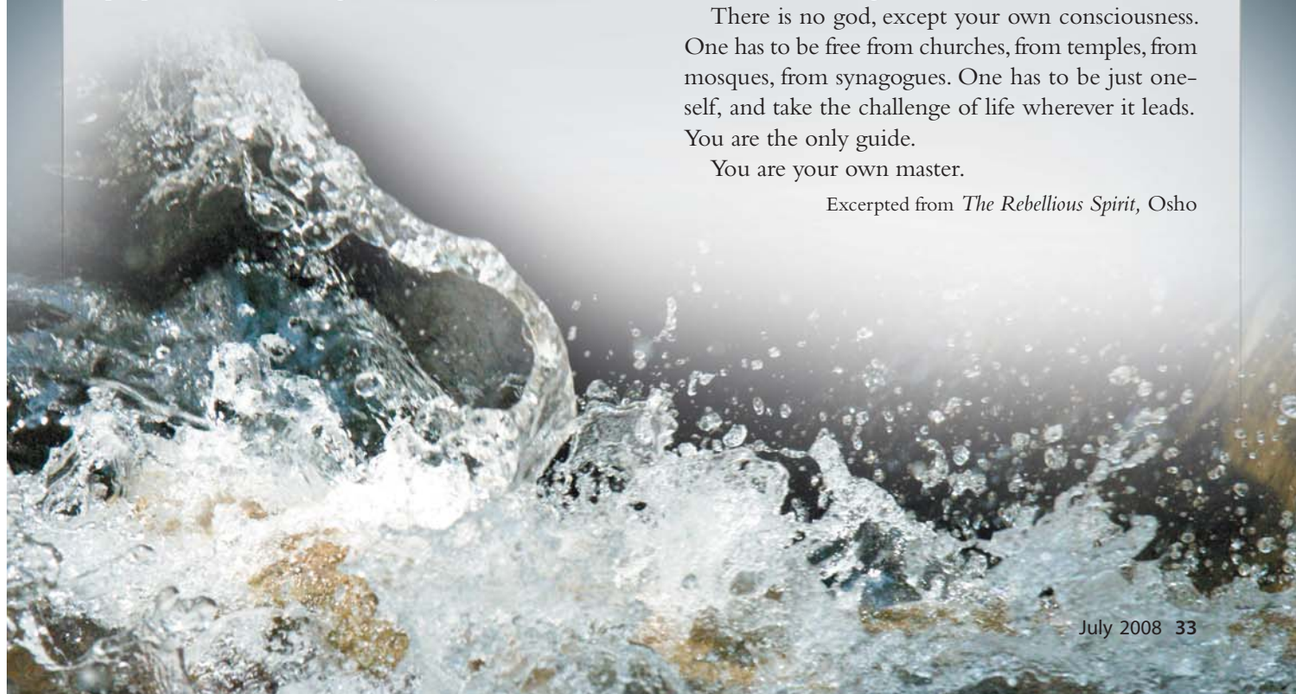
A rebel respects you, respects life, has a deep reverence for everything that grows, thrives, breathes. He does not put himself above you, holier than you, higher than you; he is just one amongst you. Only one thing he can claim: that he is more courageous than you are. He cannot save you – only your courage can save you. He cannot lead you – only your own guts can lead you to the fulfillment of your life.

Rebellion is a style of life. To me, it is the only religion which is authentic. If you live according to your own light you may go astray many times, and you may fall many times; but each fall, each going astray will make you wiser, more intelligent, more understanding, more human. There is no other way of learning than by making mistakes. Just don't make the same mistake again.

There is no god, except your own consciousness. One has to be free from churches, from temples, from mosques, from synagogues. One has to be just oneself, and take the challenge of life wherever it leads. You are the only guide.

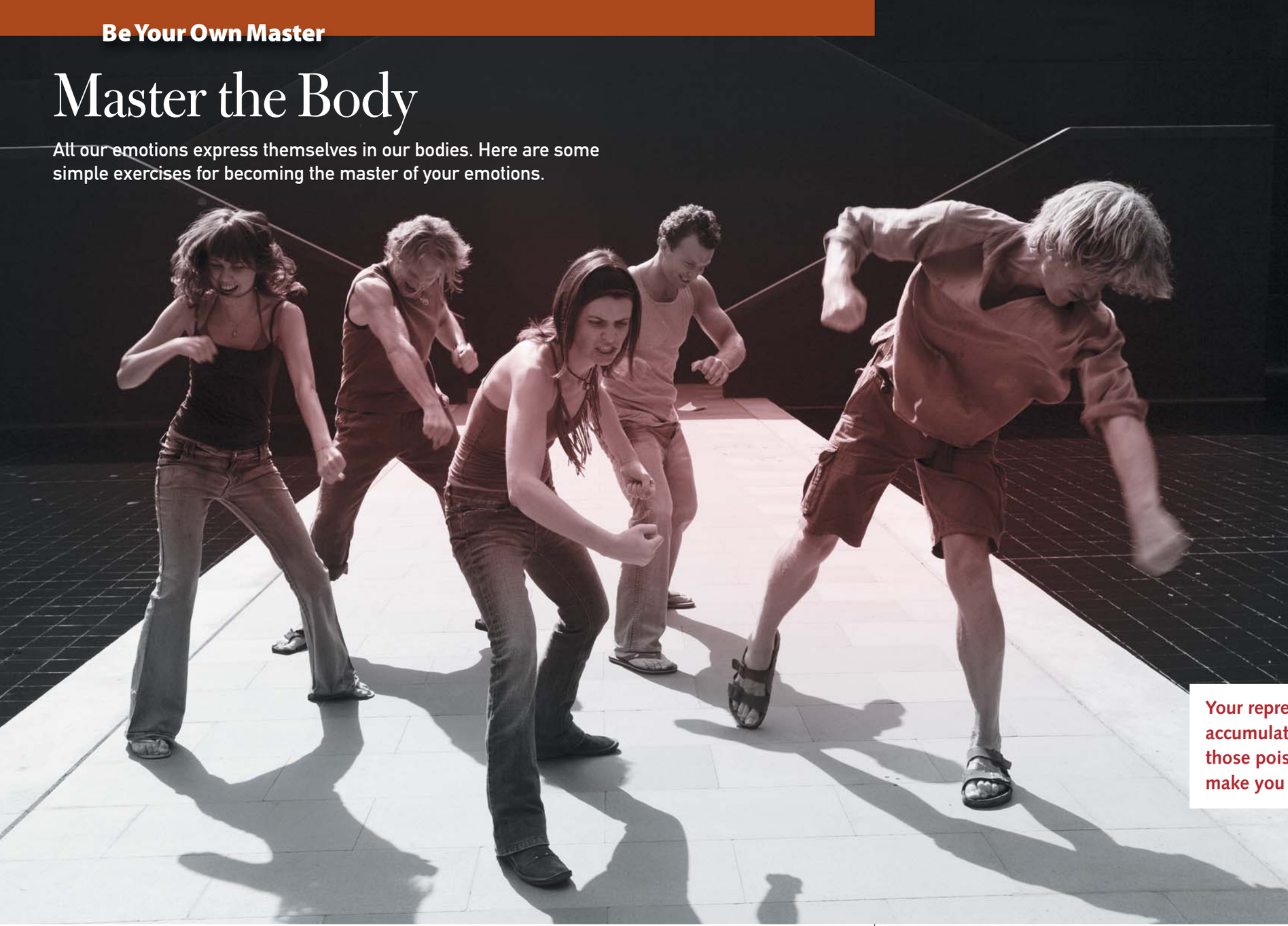
You are your own master.

Excerpted from *The Rebellious Spirit,* Osho



Master the Body

All our emotions express themselves in our bodies. Here are some simple exercises for becoming the master of your emotions.



The body has its own ways of accumulating anger. When you feel angry you gnash your teeth, you clench your fists. Why?

In fact, in the East these have been devices to help you – temporary helps, but of great value because they can make you aware of many things. When you feel angry, just gnash your teeth, clench your fists and you will be surprised. As you gnash your teeth and clench your fists and fight with the air – shadow boxing – within five minutes the anger is gone. Something has happened, something has been released.

Your repressed anger, sexuality, greed and all kinds of poisons accumulate in the body, in the muscles. By deep massage those poisons can be released. Deep massage of the body can make you aware that your body is carrying many things. Your body drives you into things which you may not have gone into if the body was not driving you there.

Buddha says master the body. How? The first thing is to learn relaxation. You lie down on the ground as if you are dead. Let the body slowly, slowly die. Start from the feet. In fact, communicate with your body; say to the feet, "Die, please die." And then go on upwards. Buddha does not say to go to sleep. He says, "Feel dead. Let the body die for the moment, as if you are just a corpse." You cannot do anything. An ant starts crawling on you; you can't do anything.

And it is really a great experience, to feel like a corpse, and the ant crawling on your face or a mosquito biting – but you can't do anything, you are simply a watcher. It is a rare experience to go through it. Slowly, slowly, you become a master by relaxing your body. The more tense your body is, the more it is a master of you.

When you have learned how to relax the anger of the body, the rage of the body, then start becoming aware of what you say. People go on saying things, not really aware of what they are saying; they simply repeat. Your mind is a great recording mechanism. You have recorded all kinds of things and unless you are really watchful, your mind goes on repeating old patterns and you go on getting into old problems, again and again.

If you can watch the body, the mind and all their functionings, you will become so separate from them that you can master them. You can master something only when you have a distance from it. If you are identified with it you cannot master it. And Buddha says one who is master of his own self is the master of the whole existence; he has entered into a different plane of life. You are slaves, he is a master. You are machines, he is a real man. You function unconsciously, he functions consciously. And to function consciously is to go beyond all sorrow, beyond all misery, beyond all anguish; it is to go into the beyond. Other religions call that beyond *god*; Buddha calls it simply *the beyond*. Prepare for the beyond.... Become masters of your own beings.

Excerpted from *The Dhammapada: The Way of the Buddha*, Osho

Your repressed anger, sexuality, greed and all kinds of poisons accumulate in the body, in the muscles. By deep massage those poisons can be released. Deep massage of the body can make you aware that your body is carrying many things.

Passion means a state of biological fever – it is hot. You are almost possessed by biological, unconscious energies. You are no longer your own master, you are just a slave.

Compassion means you have transcended biology, you have transcended physiology. You are no more a slave, you have become a master. Now you function consciously. You are not driven, pulled and pushed by unconscious forces; you can decide what you want

Man is a slave of unconscious forces, instincts, biological urges, emotions. He goes on thinking that he is the master. That is very ego-fulfilling. But he is not.

When anger arises, are you the master? Can you turn it off? Can you say no, and it disappears? Or when thoughts are moving in your mind can you turn the whole process off? Or are you just a victim?

You cannot even get rid of a dream, what to say of anything else? If it persists, it persists. One of the great Russian novelists, Turgenyev suffered his whole life from a single dream. And a man of the quality of Turgenyev is rare.

He was very intelligent. He has written a few of the greatest works but he could not get rid of a single dream! It was a simple dream, but very nightmarish.

Every night in his dream he would see a vast desert, unending, as far as he could see, just desert and nothing else not even a single tree…no shade, no shelter, no oasis. And this would go and on. It became a torture to him – but it depicts his life and the lives of millions of people.

The dream persisted and the more he tried to get rid of it, the more impossible it became. Nobody could help him. A simple thing would have helped him: if he had enjoyed it, it would have disappeared! But because he was antagonistic, afraid…. The whole day he was afraid, constantly thinking that the night was coming and the dream would occur. He was obsessed, and that very obsession was its root cause.

Man is just a victim of so many unconscious forces. One can become a master, but then one has to transform one's unconscious into a conscious phenomenon. That's the whole purpose of meditation. It is an alchemy, a simple method to bring more awareness to your being.

The more aware you are, the more you are a master.

Excerpted from *Eighty-four Thousand Poems,* Osho

to do with your energies. You are totally free. Then the same energy that becomes passion is transformed into compassion.

Passion is lust, compassion is love. Passion is desire, compassion is desirelessness. Passion is greed, compassion is sharing. Passion wants to use the other as a means; compassion respects the other as an end unto himself or herself. Passion keeps you tethered to the earth, to the mud; compassion makes you a lotus. Compassion is a transformation of your energies.

Ordinarily you are scattered, fragmentary. Some energy is being absorbed by your anger, some energy is being absorbed by your greed, some energy is being absorbed by your lust, and so on and so forth. There are so many desires surrounding you that you are left without any energy; you are left hollow, empty. You don't have any energy left; all your energy keeps on going down the drain.

When all these energies are no longer being wasted, they start filling your inner lake, your inner being. You become full. A great delight arises in you. When you start overflowing, you have become a Buddha and you have come upon an inexhaustible source.

Meditation is the key to transform passion into compassion. You will have to become more conscious. Right now you are unconscious – notwithstanding what you think, you are unconscious.

Watch what you do, what you say, what you think and you will be surprised; without taking any alcoholic beverages, without taking any drugs, you are in a mess. Just look at what you have been doing to yourself, to your life. What have you made of yourself? What have you gained? What meaning have you attained? What significance have you experienced? People don't ask such embarrassing questions because then they feel very depressed. But these questions have to be asked. Unless you ask these questions you are not going to change.

Man goes on living like a robot, functioning well, efficiently. In fact, the more like a robot you are, the better you function, the better the society feels with you – because it is a society of robots. To be awakened, alert, conscious is dangerous. It is a society of blind people; to have eyes is to invite danger. But without creating consciousness you will never be able to know the beauty, the blessing that existence has bestowed upon you. You will never know the great opportunity that has been given for you to grow, to become. You can be sunlit peaks and you are just dark holes!

If you become alert to at least one thing – that you are not alert – that's a great beginning. To be aware that "I am ignorant" creates the possibility of seeking, searching in your own interiority for the truth – for your truth. Once your illusions are dropped, your dreams shattered, a great awakening is waiting for you – a great awakening which makes you a Buddha.

When you are a Buddha, only then will you experience what compassion is. It is a sharing of your joy with the whole of existence. You become a blessing to yourself and a blessing to the whole existence.

Excerpted from
Walking in Zen, Sitting in Zen, Osho

The body is always functioning naturally; only the mind sometimes tries to master the body. That's what all the religions have been telling you. All the scriptures are full of teachings on how to force the body into a certain discipline. Celibacy is a mind idea – the body knows nothing of it. And the mind cannot manage it, so the body goes into a repression, functions abnormally, becomes perverted. The body is very innocent. It is the mind – the priest, the philosopher, the educator – which tries to interfere in everything.

The enlightened man does not interfere, does not allow the mind to interfere in the body.

Excerpted from
Isan: No Footprints in the Empty Sky, Osho

The purpose of Dynamic Meditation is to exhaust your energy, so the mind has no more supply of energy to create thoughts and dreams and imaginations. Exhaust the outgoing energy and suddenly you will find you are in. To go in, you don't need any energy, you are there. The outgoing energy has to be exhausted, so you cannot go out. As far as going in is concerned that is a wrong idea; nobody goes in. How can you go in? That's where you are!

Excerpted from *The Invitation,* Osho

In a Few Words

If you're looking for a master, a guru, a savior you won't find him out there. Turn around and look inside.

I am not a master, and I have never been a disciple either. I have matured and centered and meditated, searched and found myself on my own accord. I have never followed anybody, and I don't want you to follow anybody – me included. I am just a man who has awakened, and you are still asleep.

I am not a leader. I am not a master; **nobody is my disciple**. I am not a shepherd and nobody is a sheep to me.

I am not anybody's master. That word is connected with the slave, with the servant, with dependence. I am just a fellow traveler. Just a little bit of difference, of course – that you go on walking with closed eyes and I go on walking with open eyes. Any moment **you can open your eyes**, nobody is preventing you. It is your decision to keep them shut. It is going to be your decision to open them.

I am not your master, you are not my disciples. You love me – that's enough. I love you and respect you, and respect your freedom. In this **freedom and love**, if something can transpire and transform you, that will be beautiful.

This is not a religion, this is a love affair; and **in love, nobody is a master**.

I go on insisting that you are not my follower and I am not your master – you are my fellow travelers – just so that you don't become dependent on me. Just so that you don't start thinking it is my responsibility – you need not be worried: the master is there, he will take care, he is the savior, he will save you, you need not do anything.... No, I want you to be responsible. I want you to **take all your responsibility on yourself**. I can impart whatsoever has happened to me. It is no obligation to you; I am simply enjoying sharing.

I am not here at all – to be your master or not to be your master.

I am not a guru. That is a dirty word, because **all gurus have been exploiting people** in the name of spirituality. I don't belong to that gang.

The very idea of guru and gurudom is ugly. A guru is one who gives you knowledge. I am an anti-guru! I take away your knowledge so that you can become innocent again, so that you can again have the same awe and wonder as a child has. I don't inform you, I transform you. And **I don't need anything from you**.

I am not a guru. I am at the most a friend who has understood one thing – that if one wants to be happy, one should drop all programs for the future. **I am happy just as I am**, and I would like you to be just as you are.

I am nobody's leader. I hate the very word leader. I am not giving you any guidance, where to go, what to do. I am not at all interested in giving you a certain character, a discipline. On the contrary I am destroying **your desire to be a follower** and your desire to have a fixed pattern so that unconsciously, you can repeat it. Once you are on your own, listening to your own heart, following your own silence, that's enough.

I am not a savior. I don't deal in that kind of nonsense. I am not going to save you. You can save yourself. I will make available all that is in me, you can choose anything you like and love. There is no enforced effort here to bring you all into the same mold. You can grow the way it happens to you. **My trust is in the individual**.

I am not a savior. A thousand times no. Nobody can save anybody else. And you should not look for that; that is a deception. I can tell you how I have saved myself, but all else you have to do. **Nobody can save you**. You should start being responsible for yourself. You have learnt a very ugly trick of throwing responsibility on somebody else. Why should anybody else be a savior to you?

Don't look towards me as a savior. Because of this idea – that a savior has to come or a messiah has to come – people go on living the way they are living. *What can they do?* they say. When the messiah comes then everything will happen. This is their way of **postponing transformation**, this is their way of deceiving themselves. Enough is enough; you have deceived enough – now no more! No messiah is ever going to come. You have to do your own work. You have to be responsible for yourself. And when you are responsible, things start happening.

All excerpts are from OSHO books

See also
osho.com/library

You Are Welcome Here

Everybody is welcome. Who you are is not relevant, you are welcome. At the gate of an enlightened master, at the gate of a Joshu or a buddha, everybody is welcome. The door is, in a sense, open: Come in and have a cup of tea.

Osho

Existence is ready to support the new man in every possible way. There is no force that can prevent the new man from appearing. The time for the new man has come. The old man has failed so utterly that there is no possibility for him to compete with the new.

My love is freedom. You are not becoming a member of any church. You are just joining hands with friends who are traveling on the same path. Everyone is welcome to join.

The perfection of existence fills you with tremendous joy that you are a participant in a perfect existence, that you are an invited guest, that you are welcome here, that the whole existence needs you. If you were not here, it would miss you. There would remain some place vacant. Nobody else can take your place. This gives you individuality and dignity and a great blissfulness. For the first time you are at ease with existence, with trees, with stars, with the ocean. The whole becomes your home.

All excerpts are from OSHO books.

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Be Total

The time has come for man to be an integrated being. Only then can he transform himself and the world around him.

"Is there an intellectual path to enlightenment?"

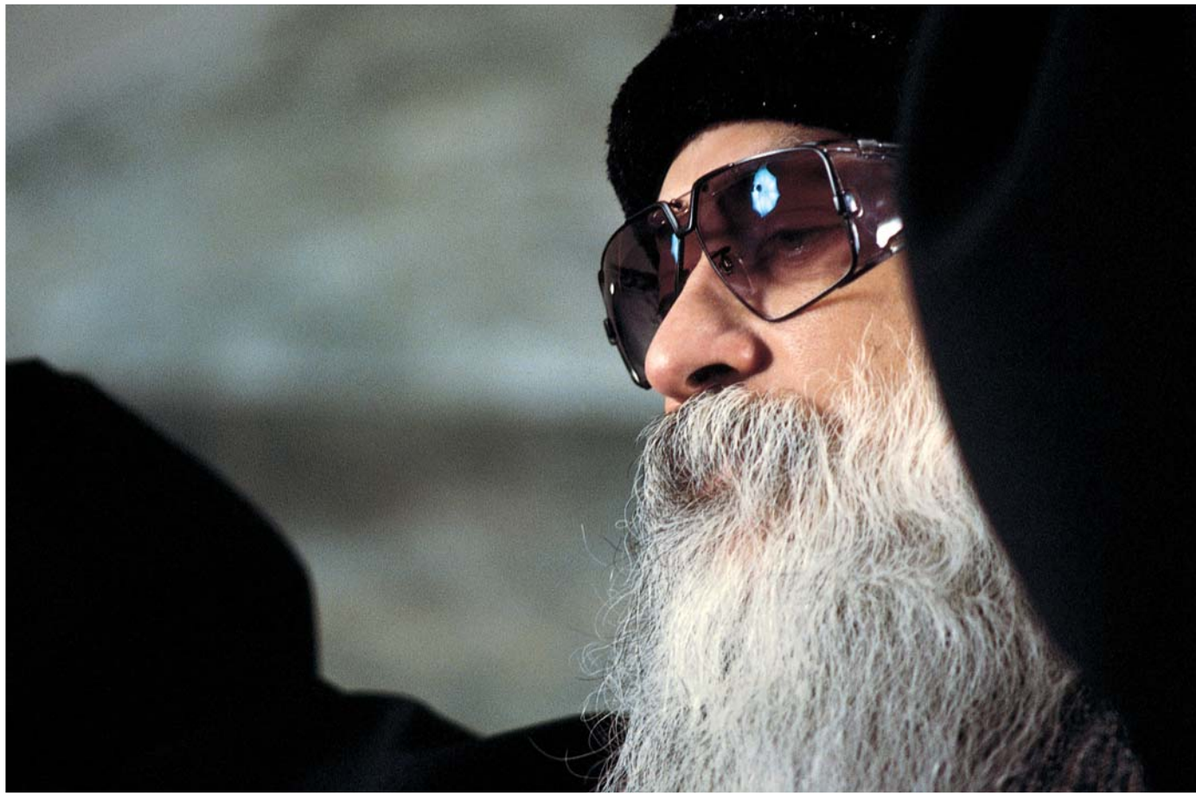
First, there is no path. The very idea of a path is fallacious. The path necessarily leads you away – the path necessarily takes you from this to that, from here to there, from now to then. There is no need for any path for enlightenment, because enlightenment is being here. The path will be a distraction; all paths are distractions. Follow any path and you will be following a wrong path – and there are no paths which are *right* paths.

Let it sink deep in your heart: There are no right paths, paths as such are wrong. To be on a path is to be going into a wrong direction, because you will be going away and away from yourself.

There are intellectual paths – in India they call them *ghyana* yoga, the path of knowledge. Then there are emotional paths – *bhakti* yoga, the path of devotion. And then there are paths of action – *karma* yoga.

Man has three layers in his being: knowing, feeling, doing. Now, these three paths are evolved because of these three layers in man's being. Intellect can know but cannot feel. Emotion can feel but cannot know. Action can do but cannot know, cannot feel. Knowledge cannot do, feeling cannot do. Man is this triangle: action, knowledge, feeling. They all have to be integrated together in one unity. Only then, you know the divine. There are no paths, you have to become a totality. In that very totality you become divine.

Intellect can go on and on analyzing. It is dry, it is analysis, it is logic, it cannot feel. Logic has given science. Love has given the religions of yesterday, the religions which are no more relevant. They were as partial as science. That's why there was so much conflict between science and religion – that conflict was of methodology. Religion was basically emotional, of feeling. Logic was denied, reason was prohibited. Tears were okay, prayers were okay, but intellect was the enemy. So when science started growing, it was natural that the church and the religious people would be in conflict with it. The religion of yesterday was as partial as today's science.



Nobody has ever been able to see the human being in its totality. But that moment has come. Now man is no more childish. The moment for that idea of totality to be accepted, has come. And when the moment for some idea comes then nothing can prevent it. All partial efforts have failed. Science has failed, religion has failed, politics has failed – politics means action. They all have failed. In fact, partiality has failed,

Man is feeling meaninglessness and is very close to committing suicide. Individuals have been committing suicide, their number grows every day. And sooner or later, if balance is not brought, if partiality is not dropped and totality is not brought, there is every possibility man may commit a global suicide. There are great preparations for it.

My approach is that of totality, of wholeness. You are not to choose one, you have to choose totality. You have to be a whole man. Nothing should be rejected. You should be whatsoever you are, with great acceptance. It is difficult to accept all, because if you accept logic then it becomes contradictory to accept love. If you accept love then it feels difficult to accept logic. But what can you do? This is how things are. It is not a question of choice; it is how you are made, it is how existence functions. Existence is paradoxical.

A man should be a poet and a man should be a lover and a man should be rational and a man should be active. A man should be all. And there is no problem in it. In fact if there is logic and love both, logic will support love and love will support logic. Your logic will never go dry, the juice of love will keep it green, and red and gold. And if reason is there your love will never become a kind of insanity. It will not take you to extremes. You will remain in the middle – balanced and symmetrical.

So there is no intellectual path, there is no emotional path. Wholeness, totality, is required. You have to take the risk of being total.

Excerpted from *This Very Body the Buddha,* Osho

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designing my own life

Deepika worked as a designer before coming to the Meditation Resort the first time. Fascinated by meditation, she participated in many Multiversity trainings. During her latest visit here, we asked about her work and meditation

When I returned home after my experiences of meditation and training as a facilitator at the Multiversity, I thought I wasn't going back to design. But practically, living in Switzerland and traveling around during the following eight years, I realized that I could use my design work as an experimentation laboratory. So with my friend, also a meditator, I created a business designing websites and doing graphic design and marketing for companies in America, Switzerland, Sweden, Germany, Israel – all over.

I used everything – business situations, relating with clients, money, beliefs, family conditioning, things affecting my work – to look inside and understand more about myself, let go of all old ideas and find new creative ways. Even when I was in the middle of a business meeting with clients, overloaded with stress or feeling unworthy, whatever, I played

with techniques like connecting with the body or breathing, awareness or using koans. It was a very beautiful process of integrating what I had learned here into daily life, so it could take root and grow inside of me.

In this time I was also involved in OSHO trainings and meditation courses. It was nice having my own business because that gave me the flexibility to disappear whenever I needed to go to a workshop or take time to meditate. Of course I had to manage the projects, my time and the clients, to make sure that everything was done well and on time.

Do you find a difference in the quality of your designs due to meditation?

One of the most important tools I've been using is working through the heart. If I start to think only with my analytical mind and see things as problems which need solutions, I get tense. This is true both for my creativity as a designer and any life situation. So when I find myself getting narrow and tense, I *shift gears* so to say; I just gather the essential information and rest with it in my heart. I let myself become empty and wait, or take it into a meditation or go for a walk and look at the water or sit silently by myself, or dance.

When I approach things through my heart, it becomes an attunement, an opening. Then all of a sudden things get really clear; they just flower. An inner shift happens, and I come running back to the computer all excited because I know exactly what I want to do. That way it's much more inspiring, and projects are a lot of fun. This has become my fundamental approach.

You have done great designs, like for the OSHO book *And Now and Here*, while in Switzerland or traveling. How is it for you to do these books or CD design projects in addition to your business?

I love working on OSHO projects because I can really work from a meditative space. All these book designs have come to me in meditation, even when I wasn't asking for them. I was just sitting in the OSHO Born Again Course or Evening Meeting or Kundalini Meditation and suddenly *phoom!* – the design was there. When I design OSHO books I feel that the very quality of meditation permeates the work.

I've noticed that everyone involved in OSHO projects is sharing that space. That gives a richness to them and to the project. Also just being in touch with Osho's work, with his presence, with the words, is very beautiful. I also connect to that vibration, that space, through the designs. Doing these projects when I'm in the West keeps that taste in my life.

How do you balance working and meditating here and being in the West for longer periods?

First of all I would say that for me, being a meditator, the orientation towards awareness is part of my life wherever I am. What happens in my life in the West and here is not so different: my transformation can take place anywhere.

What is available only here is this big playground, an experimentation ground. I get much more support from the whole environment – with OSHO Dynamic Meditation, and the Evening Meeting where Osho speaks every night. I feel his presence very strongly, all around.

I'm also nourished by being with other people who are interested in growing, awakening and going deeper in themselves. We're consciously mirroring each other all the time, and that makes me more alive.

The Meditation Resort is unique; it helps me to grow in all kinds of new directions. I can be completely myself, discover and stretch myself, going beyond my own limits. Whatever I put my energy into comes back to me; whatever I put my love and passion into, that's what grows. It's much more immediate, alive and dynamic than anywhere else in the world.

Now that I'm working here again, it feels like another phase is opening up. Besides designing books and print projects that I've never done before, I'm expanding into the OSHO Multiversity work and facilitating courses that are based on my years of experience experimenting with awareness, transformation and living through the heart.

What about your photography?

Photography is a meditation for me. It's a way of walking around and looking consciously – really noticing what I'm seeing, catching a certain quality, a certain presence in the moment. Like noticing the sunlight coming through the leaves all of a sudden: the photo becomes a way of connecting with that moment. After an afternoon of taking photos in nature, I get very centered. It takes me to a deep place inside.

So when you are here you play and experiment. Then you go back feeling stronger and more grounded. How does that help in your work?

There've been many changes in me the past year. Being here has given me a lot of trust, and I have more self-confidence in facilitating workshops. With that I can go back and put extra energy into what's important to me.

I want to find new ways to bring in the connection between creativity, meditation, awareness and self-exploration. That's been something I've done mostly with myself; now I'm interested in sharing it with other people as well.

I plan to work with friends to create new projects, new processes, celebrations, meditation events and creative happenings that have this unique combination of awareness and celebration, self-reflection and sharing. The holistic way of Zorba the Buddha that I find to be so rich, so nourishing and true in the OSHO vision.

There's something very creative about taking responsibility for my own life. It becomes much juicier – and more intense and scary sometimes. But now that's my way of living; there's no going back. Life is always fun, even when it hurts!

Every time I come here something goes deeper, and I feel more in tune with the flow of life. I'll be back next year, and we'll see what happens.

Devendra

From Thinking to Feeling through Breath

A meditative technique which will help you to feel more vibrant and alive, enjoying whatever life brings.

Just take a deep breath. Feel it hitting in the middle of the chest. Feel as if the whole existence is pouring into you, into your heart. Do it at least five times – deep breaths; take it in, fill the heart. Just feel in the heart center that existence is pouring in vitality, life.

Now exhale deeply, again from the heart, and feel you are pouring all that has been given to you back into existence. Do it many times in the day, but whenever you do it, do five breaths at once.

That will help you to shift from the head to the heart. And you will become more and more sensitive, more and more aware of many things of which you have not been aware. You will smell more, taste more, touch more, see more, hear more; everything will become intense. You will start feeling life really throbbing in you, ready to jump, ready to flow.

Excerpted from *The Zero Experience*, Osho

"You become identified with the body because you are unconscious. Your unawareness is the bridge, the connection with the body. With awareness the identification is broken; you become separate from the body. As the realization of this separation deepens death disappears, because it is the body that dies and it is the body that is born. The one who is hidden in the body, the bodiless one, is neither born nor does it die. It is life itself. How can life die?"

Osho

The Message beyond Words

A Dialogue with the Lord of Death

OSHO

The Upanishads are unique scriptures on this Earth about the mysteries of life, and the *Kathopanishad* is unique amongst all the Upanishads. Before we enter into this Upanishad, it will be good to understand the inner current that is underlying this Kathopanishad.

The first thing is that in this world, one who wants to know life must himself go through the experience of death. Except for this there is no other way.

To know life one has to learn the art of dying. And the one who is afraid of death will remain unacquainted with life also, because death is the innermost and the most mysterious center of life. Only those who enter into death consciously, with awareness and a welcoming heart, can know this life.

Everyone dies, but not everyone is able to know life just by dying. You have also died many times, and there is the fear that you will still be dying many times more. But death happens to you involuntarily: you do not want to die but you have to die. That is why death is a sorrow, a pain, an anguish. And the pain of death is so intense that the only way to bear it is to become unconscious. Hence, just before dying, you become unconscious, you go into a coma. Surgeons have discovered only recently that becoming unconscious is a way to avoid feeling intense pain – but nature has always known it. The mind goes into unconsciousness; consciousness is lost because of this fear and the pain of death.

You all die in unconsciousness. Many times you have died unconsciously, hence you have no memory of it. You have also been born many times, but unconsciously; and you have no memory of your birth either, so there is no question of remembering past births. This much is certain, that you have been born this time! – but you also have no memory of this birth.

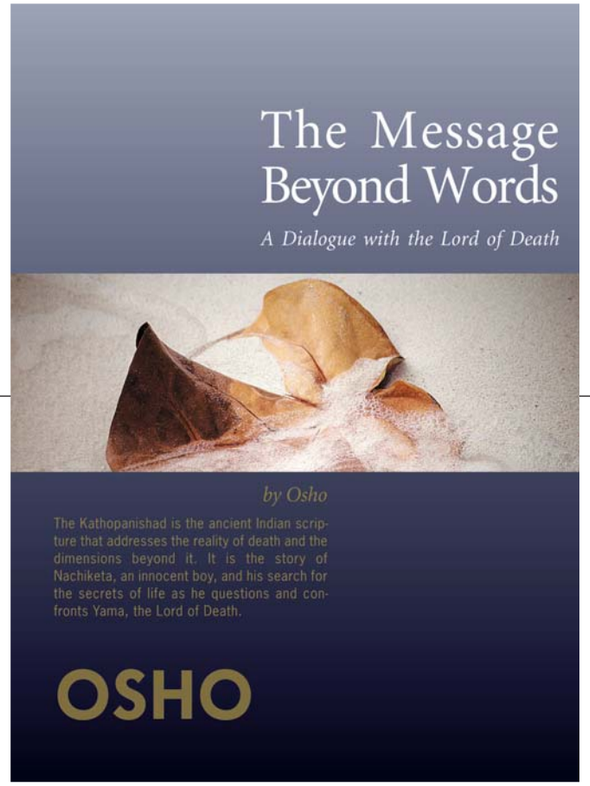
To one whose death happens in unconsciousness, his birth also will happen in unconsciousness, because death and birth are simply two sides of the same coin. One who is unconscious on one side will be unconscious on the other side also. One who dies unconsciously is born unconsciously. That is why you have no memory of your birth. You have heard that you were born – your parents say so, your family says so. It is you who have been born but you don't have any memory of your own birth. And everybody dies, but unconsciously. Hence you remain deprived of what can be learned from death.

Religion is the art of dying consciously. Religion is the science of entering into death in total understanding and awareness. And the person who enters death consciously, for him death disappears forever because by dying consciously he knows that he is not dying at all. Dying consciously, he knows that what is dying is the body – it is not more than when you discard old clothes – but his inner flame of consciousness is burning bright even in death; even the storm of death is unable to blow it out.

For the person who is awake and full of awareness in death, death does not exist. Death exists only for one who dies in unconsciousness. One who dies consciously, for him there is no death; for him, death becomes a door to the deathless, to the eternal.

One who dies consciously is born consciously. And one who is born consciously, the whole quality of his life becomes different – then he also lives consciously. Every fiber of his being, every part of his consciousness becomes filled with light, with wisdom, with buddhahood.

Excerpted from
The Message beyond Words, Osho



The Kathopanishad is an ancient Indian scripture that addresses the reality of death and the dimensions beyond it. It is the story of Nachiketa, an innocent boy, and his search for the secrets of life as he questions and confronts Yama, the Lord of Death.

In *The Message beyond Words* Osho turns the penetrating eye of enlightenment on the mist of fear and misunderstanding that surrounds death in our modern minds. He debunks the myth of death and shares a vision that is both decidedly practical and deeply mysterious.

"For the person who enters death consciously, death disappears forever, because by dying consciously he knows that he is not dying at all. Dying consciously, he knows that what is dying is the body – it is no more than discarding your old clothes – but his inner flame of consciousness is burning bright even in death. Even the storm of death is unable to blow it out."

Osho

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The Future Belongs to Those Who Will Love Change...

I had always wanted not to be a Master to anybody.

"What makes a disciple move away from you, and what helps a disciple to come back?"

It's a little difficult to understand.

Things of the heart are always difficult to understand. There are a few disciples who are, day in, day out, in a deep harmony with me. There is no gap. In fact, only they deserve to be called friends. Here I would like to say something which I have been keeping a secret my whole life:

One beautiful morning, Gautam Buddha had gone for a walk with his caretaker, disciple, Ananda. It was fall time; the trees were getting almost naked and all the leaves were on the path. The wind was fluttering the trees, and the leaves were making beautiful sounds. Walking on those leaves, Buddha was immensely happy: the music of the dry leaves….

He took a few leaves in his hand. Ananda asked him, "Bhagwan, I have always been thinking to ask one thing, but privacy is so difficult. You are always surrounded by people. Today you are alone in this forest, and I cannot resist the temptation. I want to ask you: Have you said everything to us, or have you kept some secrets? Buddha said, "Do you see the leaves in my hand? And do you see the leaves all over the forest?" Ananda said, "Yes, I do see, but I don't understand that that is the answer." Buddha said, "You will understand. I have said only this much, and I have kept secret all these leaves that are in the whole forest."

My situation is just different. I have said the whole forest; only one thing I have kept secret, just one leaf. Buddha declared before his death that he would be coming again after twenty-five centuries, and that his name would be Maitreya. *Maitreya* means the friend. Buddhas don't come back; no enlightened person ever comes back, so it is just a way of saying....

What he was saying is of tremendous importance. It has nothing to do with his coming back; he cannot come back. What he meant was that the ancient relationship between the Master and the disciple would become irrelevant in twenty-five centuries. It was his clarity of perception – he was not predicting anything – just his clarity to see that as things are changing, as they have changed in the past and as they go on changing, it would take at least twenty-five centuries for the Master and disciple relationship to become out of date. Then the enlightened Master will be only the friend.

I had always wanted not to be a Master to anybody. But people want a Master, they want to be disciples; hence, I played the role. It is time that I should say to you that now many of you are ready to accept me as the friend. Those who are in tune with me continuously, without any break, are the only real friends.

There are people who are sometimes in tune with me and sometimes not in tune with me. You are asking why it happens. The reason is – perhaps you may be surprised to know – sometimes they are in tune with me because I am in tune with them, because whatever I am saying is in accordance with them. They feel, "This is perfectly right." They are not in tune with me. On the contrary, they feel they are in tune with me only because I am fulfilling some of their ideas, some of their expectations. That is illusion.

Once you are really in tune with me, you cannot fall out of it. But if somebody falls out of it, that simply means that I have said something, I have done something, which is not in accordance with you. You remain the judge. You have not dropped judgment. Your ego is still there.

I used to go for a walk every day with one of my professors. One day when we were coming back, another professor met us on the way. He was going for a walk; we were returning. He knew me but he did not know my professor. My professor was very new, he had just joined the department two, three days before. So he asked me, "Do you come here every day?" I said, "Yes, I come every day. And for three days my professor has also been coming with me." My professor looked annoyed. I asked him, "What is the matter? You look angry." He said, "Certainly. You come with me, and you said that I come with you." I said, "That's really right. How can a professor come with a student? It is always the student who comes with the professor. So forgive me. But this simply shows that you are an idiot; and from tomorrow you are not going to come with me."

People are strange. I had been there for two years. He had been there only for three days, but he wanted to hear that I was coming with him. Just the ego wants fulfillment everywhere. So it happens that when you feel that I am saying something which fulfills your expectations, you are with me, your heart is beating with me, you are in tune with me. No. Please forgive me for being straightforward – only I am with you. Soon something happens – I say something, I do something – and your heart is no longer beating with me.

So remember one thing: when you are with me, then it is a continuum, without any gap. What I say, what I do, does not matter, because you are not a judge. You love me the way I am. I don't judge you. I love you the way you are. And if it changes, then remember it is a judgment, and rather than going with me, you are trying to drag me with you. And that is not very loving.

I can come with you, but you are in darkness and you will lead me in darkness. I have no trouble in coming with you. You cannot destroy my light; I can destroy your darkness.

I cannot lose anything by coming with you. You will have to lose many things by coming with me. And when you love someone, you are ready to lose anything, everything, even yourself. The moment you are ready to lose yourself, the friendship is complete. And then there is great beauty.

Excerpted from
The Last Testament, Osho

To listen to the complete talk go to osho.com/audiobook

This Beautiful Earth

It is calculated by scientists that at least on fifty thousand planets some kind of life exists. In the night when you see the stars, they are not stars, they are suns. But they are so far away that they look to be twinkling stars. Your sun is very mediocre. It is very big in comparison to the earth, but in comparison to other solar systems, other suns – and up to now they have discovered at least two million solar systems – our sun is just mediocre. They are millions of times bigger than this sun, and they have their planets.

But no scientist has been able to work out whether consciousness exists anywhere in the whole universe. Life certainly – perhaps there are trees, some kind of animals, but there is no indication that consciousness exists. And certainly no indication that people like Gautam Buddha, Lao Tzu, Chuang Tzu, Bodhidharma exist – people who have realized their truth. Without consciousness this is not possible.

This earth is the richest in the whole universe, and the universe is infinite. There is no boundary to it. Life has only come to such a beautiful space here, where there is consciousness. And consciousness has discovered methods to reach to the peak, to the Everest of consciousness.

And these fools – popes and politicians – are bent upon destroying the only place in the whole universe which has something of immense value. This conspiracy between the politicians and the priests has to be stopped. And I would like my meditators to wake people up, wherever you are. Make people aware what religions have done and are doing, and what the politicians have done in the past and are still preparing to do.

Things have come to such a point that it is possible to awaken the whole humanity. And if people stop going to the churches, the synagogues, stop calling themselves Americans, Russians, Indians.... If they declare that the whole earth is one, and that the whole earth is going to provide the scientists with means to work for creating better life, more life, better consciousness, more consciousness, we can fill the whole world with such enlightened people that even flowers will not be so fragrant.

Excerpted from
From Death to Deathlessness, Osho

OSHO International Meditation Resort is a unique experiment, an opportunity for individuals to experience a radical approach to meditation and silence. It is a place for the evolution of Zorba the Buddha – someone whose feet can dance on the ground and whose hands can touch the stars – in an environment beyond nations, races and religions. The international language is laughter and silence. This is a place to be alone together, where each can learn from the other while respecting everyone's unique individuality.

DAILY MEDITATION INTENSIVE

in OSHO AUDITORIUM

- **6:00** OSHO Dynamic Meditation: Osho's most popular active meditation
- **8:00** The Art of Listening: an OSHO talk on audiotape
- **10:30** Vipassana: silent sitting, watching the breath
- **12:00** A selected OSHO Meditation
- **14:45** OSHO Nadabrahma Meditation: a meditation using breath and sound
- **16:15** OSHO Kundalini Meditation: another potent active meditation technique to still the mind
- **18:45** The Evening Meeting of the OSHO White Robe Brotherhood. This two-hour meditation meeting begins with dancing and celebration. This is followed by sitting silently, first to music and then to the sound of Osho speaking – a videotaped talk that provides an opportunity to experience silence with no effort.

in OSHO CHUANG TZU

- **7:30** Silent sitting
- **13:45** Silent sitting
- **15:00** Silent sitting (sometimes with music)
- **21:30** A selected OSHO Meditation

for more information visit osho.com/meditation

OSHO International Meditation Resort

Pune, India

On Arrival

Nationals need to bring a valid photo ID such as driver's license, voter's card, PAN card, passport, college ID or credit card with photo.
International visitors are required to have a valid visa.
Every six months everyone needs to re-register with a valid photo ID.
OSHO International Meditation Resort is an AIDS-free zone. On your arrival you will be required to take an AIDS (HIV) test in the resort.

Welcome Morning: Daily

This is an introduction to the Meditation Resort, including a step-by-step experience of OSHO Active Meditations and Evening Meeting. At this time you can ask any questions you may have, meet other participants from around the world, and get information that will assist you in making the most of your time here. You will also learn more about the process of personal and cultural conditioning and see how the Multiversity and the meditations in OSHO Auditorium support you to go beyond those limitations to a more authentic lifestyle.

Health Club Facilities

The swimming pool, table tennis, volleyball and gym facilities are available at no cost to visitors to the Meditation Resort.

Children under 18

The activities at the OSHO International Meditation Resort are designed for the benefit of adults; the environment is not geared towards children and minors. We recommend that parents come alone, without their children. If you are traveling with children, please note that:

- Children of school age are only allowed during their school holidays.
- Those under 12 can only come into the Meditation Resort between 1:00 and 2:00 pm.
- Minors between the ages of 12 and 18 will only be admitted if they are interested in and able to participate in the activities (meditations, growth programs and/or Work as Meditation program).
- All visitors under 18 need to be accompanied by a parent at all times. International visitors need to bring a passport and Nationals should present a birth or school certificate.

For more information please contact: OSHO International Meditation Resort
17 Koregaon Park, Pune 411001, MS, India
Tel: +91 (0)20 6601 9999 Fax: +91 (0)20 6601 9990
website: www.osho.com/resort

On our website you will also find information on how to get here and how to arrange accommodation.

Being Here

Avinash, a man of many talents, brings awareness into his everyday life and shares it with the world. He tells us how his life has changed since he started OSHO meditations.

How did you learn about the Meditation Resort?

I was always intrigued by Osho and his work. I came to participate in a management wellness program in 2004, and since then coming here is like an inner pilgrimage for me – because of the place and also because of what it does inside me. The energy is extraordinary. It charges me up and brings me closer to my true nature.

What is your background?

Graduation from Delhi University, counselor in the US at the University of New Hampshire, then back to India for an LLB. I also give management trainings.

What projects do you have at the moment?

In '96 I started a small school – always my dream – and that's grown over the years. We devised an activity called *Thunderstorm* based on Osho's work. It's a big hit with both children and staff. It includes running on the spot, gibberish, laughter, silence and dance. In the three months that my students have been doing this, I have seen phenomenal changes in them. They are much more relaxed, less aggressive and more accepting of each other. There is a huge impact on their abilities to study.

And I organize workshops. As President of the Meerut Management Association, I've invited Devendra from the Meditation Resort to give workshops on self-management and well-being. They were great hits and full of self-discovery for the participants.

What meditations do you do for yourself?

I love OSHO Dynamic Meditation. When I cannot do it for some reason, I take half an hour for a silent meditation from *The Book of Secrets*. My most blissful meditation right now is doing Hindi/English translations of OSHO Books. While translating I feel in another world; I've yet to experience deeper meditative moments than that. I'm so grateful to the OSHO Foundation for having entrusted me with this beautiful work.

You see people all over the world. What does the Meditation Resort give to its visitors and workers that will be useful when they go back to their working life?

The word that comes spontaneously is *awareness*. Life at this beautiful Meditation Resort is immersed in awareness. And I take it as my privilege, almost a responsibility, to share this with those who have not tasted it.

Now you are participating in the OSHO Meditation Training. How do you plan to use it?

I have observed that the need for meditation is enormous. And I will make a determined effort to spread it as far and wide as I can. It is the need of the people of our time; the need for tomorrow in the world that we've created around ourselves – full of stress, pressure, unhappiness and increasing ugliness.

Everything Osho created is for this period in time, regardless of people's religion, caste, creed or spirituality. It will be truly a blissful day when his words and meditations are available everywhere.

The Master – A Mirror

A Zen poet has written:

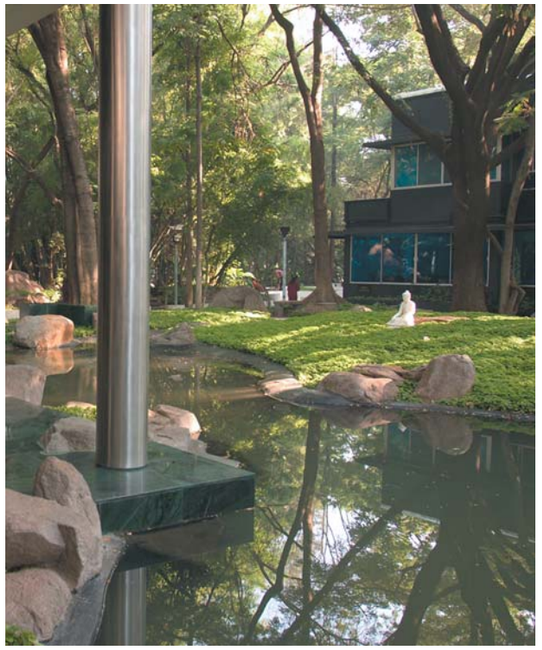
See his face
But once,
Remember his name
A thousand years.

He is talking about his master. Once you have seen the face of the master, you cannot forget it for thousands of years, because in that small moment you have seen yourself. A master is, at the most, a mirror. He can show you your face if you come closer. And all disciplehood is nothing but coming closer and closer and closer, so that you can see into the eyes of your master, into his gestures, your own buddhahood.

See his face
But once,
Remember his name
A thousand years.

Excerpted from *Dogen, the Zen Master: A Search and a Fulfillment*, Osho

Painting by Tulika



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Finding Your Own Answers

What is a healthy diet? How much sleep do you need? What kind of exercise is right for you, and how much? Are there symptoms in your body that need your attention?

OSHO Reminding Yourself of the Forgotten Language of Talking to Your BodyMind is an OSHO Meditative Therapy that lasts one hour a day for seven days. It doesn't give you any answers or any rules. Instead it helps you recognize and respect the wisdom of your own bodymind.

Prabodhi has been facilitating this process for seventeen years, and has also been one of the trainers. We asked her to tell what issues this technique addresses, and who can use it.

This meditation uses hypnosis to guide us to reconnect deeply with the needs and the messages of our body, in an integrated way. Everybody can use it. It starts by addressing physical symptoms, tensions, pain and diseases in the body. Over the years we have become aware that people have worked with it with bigger issues also – old habits like smoking…. Directly or indirectly, things have started to change and drop.

How does this happen?

Sometimes people consciously work on a particular issue. They talk to the body, asking it, "What is your message, what is it that you are trying to do for me, what can I do for you?" Sometimes they receive answers during the meditation, sometimes later. One of the main tasks of the meditation facilitator is to hold the space and to help people relax and trust in their own inner process.

Some people expect to hear an inner voice telling them exactly what they need to do – or to see clear pictures or have very distinct feelings – and that's not how it always works. It's a very subtle and fine process for some people. They may not be aware of receiving any messages, and yet something changes in their behavior. They may have a cigarette and after one puff they say, "This is disgusting," and they just stop it. Or they might go on smoking for days or weeks and then suddenly they realize *enough is enough*.

People normally come from a *fix-it* point of view. They say, I'm going to do this process to get rid of my back pain, or my cough or whatever. This whole attitude of wanting to get rid of things changes. People suddenly start saying, "Oh actually, this is a part of me that has been wanting to do something for me, that has been wanting to give me a message, that has a positive intention."

In this process people start to befriend themselves, and that's something that goes on way beyond the seven days. It's a general inner attitude that they take with them wherever they go. Befriending yourself is the most precious key in the work.

How has it benefited you personally?

It has been one of my biggest gifts. The focus is on witnessing and watching the processes in the body. We gain awareness and bring this loving awareness about our body into everyday life.

I used to be lazier. I spent so much time on my sofa. Now I listen to my body, and I know I need to move. Even if it's cold or rainy outside I say, okay, I'm going to go for a walk. I don't let inertia take me over anymore, I move. I take time to take care of my body. I don't just sit at the computer and then have dinner. I also ask what my body needs right now. It's a much more caring attitude.

When I'm in Germany I take time to go to the sauna or have a massage. In the past I would have said there are more important things to do: make this call, work on the computer, see this client. Now I take responsibility for taking care of myself too.

Osho says *bodymind* is one: one word. This is a precious understanding, a gem that influences my work in whatever direction I go: bodymind is one.

What do you do when your body sends you a message that it wants to walk or to rest and it's not possible?

If it's not possible, I look for things that *are* possible. Sometimes it's not possible to go for a run. Many people say it's too far to drive to a fitness club, or they don't have that much time. So wherever I go I make sure that I take things that make things possible. Wherever I go, I take my walking shoes with me.

Sometimes in the Meditation Resort, I go walking around Buddha Grove, or I walk in OSHO Teerth Park. To be able to do the dancing that I love to do, I offer classes. I make sure that I do things that feel good, like using a nice cream on my body. It's a whole attitude of loving myself.

The Multiversity offers *OSHO Reminding Yourself of Talking to Your BodyMind* on the 24th of every month. The next training will be 24 – 30 December. A CD of this guided meditation is available in *OSHO Body Mind Balancing*. This book and CD have already been translated into sixteen languages. For further details see osho.com/multiversity and osho.com/shop.

The next *OSHO Hypnotherapy Training* is scheduled for 15 Jan – 3 Feb. *OSHO Self-Hypnosis for Meditation* is offered monthly. See osho.com/multiversity for further information.

Can you say something about the training?

It's a very special week because it's very healing and supportive. The course is open for everyone, but the training is only for women; Osho said it would be better to have women lead this process because it would make the process go deeper. My understanding is that the female voice by nature has a loving, healing, motherly quality.

The women come from all over the world – from Europe, Russia, Japan, South America.... They are women who did this process or found the *OSHO Body Mind Balancing* book, or somebody told them about it or gave them the CD. Their stories are most incredible. They feel a passion to share this with others and bring it into the world.

The participants practice explaining and guiding the meditation. They become more deeply connected with their sense of befriending themselves, and move away from wanting to fix anybody or anything. This last point is most important for me. If they can stay present and hold the space, then the trust grows that whatever needs to happen will happen in this meditation.

I hear Osho's voice saying, "Relaxation is the key." The training is about relaxation, in what way to use the voice, how to give space and support people in trusting their own inner process, without having to consciously understand it all.

This meditation uses hypnosis. Do people need to be trained in hypnosis first?

During the training participants learn as much or as little as needed to be able to share this technique. Some women do get turned on and realize the potential of hypnotic work. They can learn more every month in the Meditation Resort by joining *OSHO Self-Hypnosis for Meditation*. And if people say they want more, they can do the *OSHO Hypnotherapy Training* that has been offered for many years by Premananda and me.

Gandha

Individual sessions of 1 – 1 ½ hours each are available throughout the day. They cover a wide variety of approaches which fall under the general headings of *Bodywork, Therapy and Counseling,* and *Energywork and the Esoteric*.

Breath

Breathing is a powerful tool to open and explore your energy. Through deep connected breathing you relax and release repressed emotions and body tensions. This allows the integration of previously unresolved issues. Incredible resources of energy become available, bringing you to a new *yes* and a deep trust towards life.

Foot Reflexology

Reflexology is a technique used by the ancient Egyptians, American Indians and Chinese as a method of healing. It can be of great help in a wide variety of conditions such as allergies, hormonal imbalances, back problems, insomnia, tinnitus, sinusitis, digestive problems, headaches and migraines.

Craniosacral Balancing in Craniosacral Biodynamics

In these sessions, practitioners use a delicate and effective touch to sense powerful inner tides that allow you to come to a new inner balance. This supports your health and restores and regulates the body-mind. A deep effect is created in your whole being, which helps to deal with specific complaints and increases your overall well-being at the same time.

Chakra Balancing

Chakra Balancing helps the body's natural flow of energies. By using bodywork combined with energy work the chakras are cleared, allowing energies to flow freely. This supports you in your meditation and in your daily life.

These are only a few of the many sessions regularly available at the OSHO Multiversity. For more information on the full program see osho.com/multiversity.

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Loving Yourself

This course introduces you to simple, practical techniques that you can use in your daily life to reconnect with the fact that you are lovable – just as you are.

4 – 5 July

Inner Skills for Work and Life

This surprisingly playful course offers understanding, experience and methods to radically enhance your work time and your daily life activities.

8 – 10 July

Family Constellation: Beyond Family

By recreating the structure or *constellation* of our family, we can clearly understand unresolved dynamics that have been affecting us to this day.

15, 19 – 21, 26 – 27 July

Awareness Intensive: Who Is In?

Based on traditional Zen techniques, this course focuses our total energy on the search for who we really are. Residential, in silence and isolation.

20 – 23 July

Aura-Soma for Self-Love

Use the Aura-Soma Color Care System® to love and care for yourself.

21 – 22 July

Osho Meditation Training

To go deeper into your own meditation as well as develop your skills and confidence in sharing OSHO meditations. Prerequisite: interview.

22 – 26 July

Aura-Soma for Meditation

Learn to use the Aura-Soma Color Care System® to deepen your meditation.

26 – 27 July

Opening to the Heart

Exploring the heart opens new ways to connect with and express yourself in your daily life. It also creates an inner bridge to deepen your meditation.

30 July – 1 August

Coming soon

OSHO No-Mind Training

For people who love the OSHO No-Mind process, and who would like to deepen their own experience and learn to facilitate it.

3 – 9 August

Tantric Meditation: Watching the Fire

Learn and experience techniques from *The Book of Secrets*. Use your vital life energy to find a key to your inner mysteries.

9 – 12 August

Primal Rebirth

In the first seven years of our life the blueprint is formed for who we unconsciously decide to become as adults. A lot of our questions, difficulties, hurts and pain are related to that period of our life. In this course we find the way back to our true selves.

11 – 15 August

Ayurvedic Yoga Massage Training: Basic Skills

Deep massage work using special oil and herbs, combined with yoga stretches. This can relieve back and neck pain and other chronic holdings in the body. At the end of the training you will be able to give a full session. Prerequisite: interview.

16 – 22 August

Tantra: Breath of Life

Tantra means *yes*. It helps you to embrace your life to the fullest and awakens your life energy.

20 – 22 August

Tantra for Women

Together with other women, rediscover the essence of your feminine energy.

28 – 30 August

Every month the Multiversity offers processes designed by Osho for the contemporary man, to cut through layers of conditioning straight to the center of his being. The OSHO International Meditation Resort, with its unique blend of relaxation, meditation and celebration, is the ideal place to experience this transformation.

OSHO MEDITATIVE THERAPIES

These courses take place on the same dates every month.

OSHO Mystic Rose

Three weeks, three hours a day. The first week is laughter, the second crying, and the third is silent witnessing.

- it is a very fundamental technique, fresh and unused
- it cuts away all the past repressions of humanity

11 – 31 Jul

OSHO Born Again: Course and Training

Seven days, for two hours a day. The first hour is for entering your childhood. The second hour is sitting in silent meditation.

- a great experiment to achieve your lost childhood
- rediscovering the moments of wonder and joy

17 – 23 Jul

OSHO No-Mind

Seven days, two hours a day. Using gibberish – speaking in any language that you do *not* know – to empty out all the garbage of the mind.

- it's crazy but will relieve you of much heat and steam
- after one hour you will feel tremendously quiet

3 – 9 Jul

OSHO Reminding Yourself of the Forgotten Language of Talking to Your BodyMind

Using hypnosis, you first connect and make friends with your body/mind; then you begin a healing process by communicating with your unconscious.

- can be used for weight control or dealing with migraines and any other body aches and pains
- for anything out of natural balance in the body

24 – 30 Jul

OSHO Dynamic Meditation *Booster*

Seven days: starts from the 25th of each month

COURSES & TRAININGS

JULY HIGHLIGHTS

A SELECTION OF OSHO COURSES AND TRAININGS

3 – 9	Jul	OSHO No-Mind
4 – 5	Jul	Loving Yourself
7 – 9	Jul	Disappear into the Painting
8 –10	Jul	Inner Skills for Work & Life
11 – 31	Jul	OSHO Mystic Rose
12 – 14	Jul	Dehypnosis & Self-Hypnosis
15	Jul	Family Constellation
16 – 18	Jul	Opening to Feeling: Breath
17 – 23	Jul	OSHO Born Again
19 – 21	Jul	Family Constellation: Beyond Family
20 – 23	Jul	Awareness Intensive: Who Is In?
21 – 22	Jul	Aura-Soma for Self-Love
22 – 26	Jul	OSHO Meditation Training
24 – 30	Jul	OSHO Reminding Yourself of the Forgotten Language of Talking to Your BodyMind
26 – 27	Jul	Family Constellation: Beyond Family
26 – 27	Jul	Aura-Soma for Meditation
26 – 27	Jul	OSHO Reiki First Degree
27 – 29	Jul	Opening to Feeling
30 Jul – 1 Aug		Opening to the Heart

PREVIEWS

3 – 9	Aug	OSHO No-Mind: Course & Training
9 – 12	Aug	Tantric Meditation: Watching the Fire
11 – 15	Aug	Primal Rebirth
16 – 22	Aug	Ayurvedic Yoga Massage Training: Basic Skills
20 – 22	Aug	Tantra: Breath of Life
28 – 30	Aug	Tantra for Women
3 – 10	Sep	Awareness Intensive: Satori
4 – 5	Sep	Biodanza: Dance Your Life
7 – 8	Sep	Aura-Soma & Body Care
9	Sep	Tantra Energy
10 – 16	Sep	Self-Hypnosis for Meditation
12 – 14	Sep	Intuitive Tarot
18 – 19	Sep	Celebrating the New Woman
19 – 25	Sep	Aura-Soma Level 1 Course
20 – 22	Sep	Sound to Silence, Silence to Song
30	Sep	A Day for the Body

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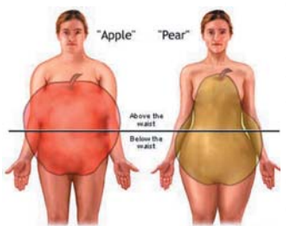
Clever Curves

Curvy women are not only easy on the eye. They are also more intelligent, live longer, and have cleverer children than their less curvy sisters.

A new paper, published in the journal *Evolution and Human Behaviour*, has found that women with large hips and small waists are more intelligent than those with either "apple–shaped" or linear bodies. It suggests that such women give birth to more intelligent children – possibly as a result of higher levels of omega3 fatty acids on the hips.



The study offers a new explanation for why many men find curvy women more attractive. Scientists at the Universities of Pittsburgh and California, Santa Barbara, used data from a study of 16,000 women and girls, which collected details of their body measurements and their scores in cognitive tests. They found that those women with a greater difference between the waist and hips scored significantly higher on the tests, as did their children.

What is important is that their waist should be smaller than their hips, with the ideal ratio being between 0.6 and 0.7. Researchers suggest that the fat around fuller hips and thighs holds higher levels of omega3 fatty acids which are essential for the growth of the brain during pregnancy. Fat around the waist may have higher levels of omega6 fatty acids, which are less suited to brain growth.

Scientific studies have shown that men are "hard-wired" to find women with a greater waist-hip differential the most attractive. No one has yet been able to explain this, although theories include enhanced fertility, better childbearing abilities and longer life expectancy.

Excerpted from *timesonline*

"It was terrible, mother," complained the curvy teenager. "I had to change my seat four times at the movies."

"Some man started bothering you?" asked her mother.

"Yes," said the girl. "Finally."

Osho

Cows Affect Global Warming

The fight against global warming may be getting help from Japanese scientists who believe they have devised a way to neutralize the perilous belches of 1.5 billion cows.

Junichi Takahashi's discovery could, he says, dramatically reduce the environmental damage caused by the world's cattle herds, whose collective belching is thought to account for five per cent of all greenhouse gas emissions.

According to the team from Obihiro University of Agriculture, a few simple food additives, costing about 50p each day per cow, could remove virtually all methane from a herd's daily output of greenhouse gas-enriched belches. Methane is about 22 times more potent than carbon dioxide at capturing atmospheric heat. Cows produce astonishing quantities of methane gas as the bacteria in their stomachs breaks down plant fibers. Their near-constant cud-chewing allows a small quantity of the gas to escape with nearly every breath each animal takes.

The Takahashi formula, discovered by chance during an investigation of mass cattle poisoning, involves a blend of nitrates and the amino acid *cysteine*. The combination acts as a powerful suppressant of methane production inside the cow's stomach, Professor Takahashi says, but has no effect on milk quality.

The research is to feature as the centerpiece of a symposium in Hokkaido immediately before the leaders of the Group of Eight nations gather there for the annual summit in July of this year. As host nation of the summit, Japan was already preparing to set environmental issues at the top of the G8 meeting's agenda.

Excerpted from *timesonline*

It is not only a question of your individuality, becoming a buddha, it is a question of saving this whole planet. This planet can be saved only by people who understand that every living being is divine.

Excerpted from
One Seed Makes the Whole Earth Green, Osho

The Ideal Partner

Twins who were separated at birth married each other without knowing they were brother and sister, a peer has claimed.

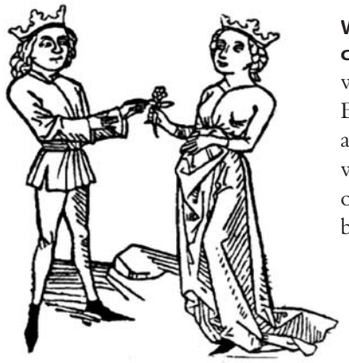
The children were adopted as babies by different families, and neither was told that they had a twin. They met, fell in love and got married before discovering that they were blood relatives.

The British couple was granted an annulment at a special hearing at the High Court in London, Professor Lord Alton told *The Times*. Judges in the Family Division ruled that the marriage had never validly existed.

Lord Alton, who was told about the case by a High Court judge, said that the twins' experience demonstrated the need to strengthen the rights of children to know the identity of their biological parents. "The right for children to know the identity of their biological parents is a human right," said Lord Alton.

"There will be more cases like this if children are not given access to the truth. The needs of the child must always be paramount."

Fran Yeoman
Excerpted from *timesonline*



Where, in this whole world, will you choose who is made for you? The best way is to have both be born together. But genetics and gynecology studies all agree on one point – that the man and wife should be as far away from each other as possible. Then their children will be better physically, mentally, spiritually.

Excerpted from
The Sword and the Lotus, Osho

Osho Breaks Ground in Indore

Indore, the cultural capital of Madhya Pradesh – Osho's birth state – boasts an auspicious study circle, *Abhyas Mandel*. Its members are eminent littérateurs, journalists, educationists, and other intellectuals. For the past 49 years it has had a prestigious Summer Lecture series, widely covered by the media, where the *Who's Who* of India has talked about important topics ranging from politics to education, sports, literature and religion.

This year Amrit Sadhana, editor of the *OSHO Times*, was invited to speak on *Osho's Relevance in Contemporary Society*. It was their first public talk exclusively about Osho, and took place in a centrally located auditorium whose capacity was 500 people. This day the hall was overflowing with an audience of 700, many of whom sat in the aisles. Amplifiers and a TV screen were also placed outside the doors. Besides middle-aged listeners, there were a lot of young people, demonstrating the popularity of Osho with *Gen Next*.

Before speaking of Osho's relevance to our time, Sadhana outlined the development of modern society: "During the past 400 years the West developed science, technology and psychology. India was not party to this as it was enslaved by the British. Today people in every country are influenced by the electronic revolution and live in a media-dominated world.

"Osho is the first spiritual master who has studied these developments, which have created the psyche of the modern man. He devised totally new, transformative methods of meditation to accommodate them. All his life, he strived to drop the past and usher in a New Man who is not divided, moralistic and full of religious prejudices. If you want to discover who you really are, Osho is the only way."

The talk was greeted by thunderous applause, and followed by a spontaneous question-answer session. It was abundantly covered by Hindi journals such as *Nai Dunia*, *Bhaskar* and *Raj Express*, and English papers like *Free Press Journal* and *Hindustan Times*.

This event has only wetted the appetite of the study circle members. They have asked for further lectures in order to become more acquainted with the OSHO vision.

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OSHO Manan Neo-Sannyas Commune
Near Railway Overbridge
Palavasana, Mehsana
Tel: 02762-251689, 242977
Mobile: 9426318601
Facilitated by: Anand Swabhav

Gwalior (Madhya Pradesh)
18 – 20 July
Contact and Venue:
OSHO Glimpse
J 78 Patel Nagar
City Center, Gwalior
Tel: 0751-2345428
Mobile: 9425114898
oshoglimpsegwalior@yahoo.com
Facilitated by: Bharat Bharti

Dindigul (Kodaikanal)
1 – 3 August
16 Mounspuram,
Second street, Dindigul
Jeevan Naval: 09443023461
Chordia: 09443232465
Venue: S.V International Hotel
Kodaikanal
Facilitated by: Devendra Bharti

Trichy

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Meditation Resort
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in association with Times Foundation
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Times of India Building, 2nd floor
D.N. Road, Fort, Mumbai (MS)
Tel: 9323020611
Entry free

OSHO Meditation Training

OSHO International Meditation Resort, Pune

July 22 – 26
Facilitated by Sadhana and Sudheer

The OSHO Meditation Training is for everyone who wishes to go deeper in meditation, and for those who would like to develop their skills and confidence in introducing OSHO meditations to others. This instruction is essential in order to facilitate these scientifically created meditations according to the exact instructions Osho has given. It will help you to feel grounded and at ease when sharing the meditations with friends and colleagues, as well as when presenting them in a professional context. Also suitable for those in the helping professions such as doctors, nurses, therapists and teachers. Prerequisite: interview.

Existence Is Simultaneous

Painting by Tulika

…a truth our minds cannot grasp

Hyakujo is out taking a walk with his Master Baso when a flock of wild geese flies overhead.

"What are they?" Baso asks.
"They are wild geese."
"Where are they flying?"
"They have already flown away, Master."

At this point in the game, Baso suddenly grabs Hyakujo's nose and twists it until, overcome by pain, Hyakujo cries out, "Oh, oh!"

"You say they have flown away," says Baso, "but really they have been here from the very beginning."

Where can they fly away to? Where? There is nowhere to go, they have always been here, and they are here. There is no other space than the here, and there is no other time than the now.

Baso is a great master. Hyakujo himself became a great master. This story must have happened before he became a master himself. The wild geese flying, naturally, Baso asks, "Where have they gone? Where are they now?" And the disciple answers, "They have flown away."

Now a turn in the story. Zen masters use any device. He twists the nose of his disciple until, overcome by pain, Hyakujo cries out, "Oh, oh!"

"You say they have flown away," says Baso, "but really they have been here from the very beginning. And they *are* here! And they will be here. Nothing can go out of existence and nothing can come into existence. Everything simply is!"

Existence is simultaneous. We are sitting here. In the sky, the sun is there and the clouds. And beyond the sun, stars and stars and stars – no end. There are stars whose light takes millions of years to reach the earth. There are stars whose light has not reached yet since the earth came into existence. And there are stars whose light may never reach the earth, because they are so far away. But we all exist simultaneously. At this moment those stars are in existence as we are in existence.

The world is simultaneous, it is not a sequence. Things are not standing in a queue. We are *all* together. *Where* can anybody go?

Excerpted from *Zen: The Path of Paradox*, Osho

Just a Little Sense of Humor

Just a little laughter, a childlike innocence – and what have you got to lose?

Osho

Sisters Agnes, Theresa and Margaret go out for a walk from the convent. They enter the local liquor store and order a bottle of bourbon whiskey.
"Sisters," says the owner, looking concerned, "you should not be drinking hard liquor."
"It is not for us," explains Sister Agnes, "This is for Mother Superior's constipation."
He sells them the whiskey and the nuns leave. Later as he closes the store and walks down the street, the owner finds the nuns sitting under a tree, gulping in turns from the bottle.
"Sisters, I'm shocked," he says. "You told me that booze was for Mother Superior's constipation."
"It is," says Sister Theresa. "When she hears about this she will shit herself."

"I locked my husband out of the house last week for playing around with other women," sobs young Mrs. Bedspring in the confession box. "And now he wants me to take him back. What should I do, Father?"
"You must take him back," replies Father Fungus, patting her hand through the curtain. "It is your Christian duty. But first," Fungus continues, tightening his grip, "how would you like to get even with the bastard?"

Duncan Dorkee walks into Doctor Doom's office feeling a little out of condition.
"Ah, yes," says Doctor Doom, "you must run ten miles a day, and not take the bus. You must eat lots of tofu and cut out the cake, beer and cigars. You must drop sex for one month, and whenever you have the urge, just drink a glass of prune juice instead – in fact, drink three glasses ...." And the doctor babbles on like this for half an hour.
Duncan eases himself up out of the chair, and heads for the door.
"Wait!" shouts Doctor Doom, "you haven't paid for my advice."
"Thanks, Doc," says Duncan, "but I'm not taking it!"

"Thanks for the new drum-set you gave me," says Little Ernie to Uncle Newton. "It's the best present I've ever had."
"Really?" says Uncle Newton. "I'm very pleased you like it."
"Yeah," exclaims Ernie, "and I'm getting rich already!"
"Really?" asks Uncle Newton. "Rich? Are you becoming a professional?"
"Kind of," replies Ernie. "You see, my mom pays me a dollar a day not to play those drums you've given me during the day, and Grandpa pays me ten dollars a week not to play them at night!"

JOKES

Duckworth Bird and Whitney Whacker find themselves sitting next to each other at the poolside of the Screwing Sands Hotel in Jamaica. Duckworth leans back in his beach chair, takes a long sip on his iced Pina Colada, and sighs, "Ah! Life is good!"
"Yes," replies Whitney, sipping on his Tequila Sunrise. "It's true."
"You know," says Duckworth, "I'm here on my insurance money. I collected ten thousand dollars for fire damage."
"Me too!" exclaims Whitney. "But I got twenty thousand dollars for flood damage."
There is a long silence. Then Duckworth sits up straight in his chair, and turns to look at Whitney.
"Tell me something," says Duckworth. "How do you start a flood?"

Jose, the Peruvian farmer, has a donkey called Pedro. One day he lends Pedro to his mother-in-law, Mama Enchilada. That evening, when Jose goes to collect Pedro, he finds that the donkey has managed to kick his mother-in-law down the village well. The next day, at Mama Enchilada's funeral, the entire male population of the village flocks to the church. After the ceremonies, Father Gonzalez approaches Jose and says, "Your mother-in-law must have been liked very much. I have never seen so many people in my church."
"Ah!" says Jose, "they didn't come to bury Mama Enchilada – they came to borrow Pedro!"

A flea rushes into the pub just before closing time, orders three large whiskeys, drinks them straight down, rushes out into the street, leaps high into the air and falls flat on his face.
The flea picks himself up shakily and looks all around, "Damn it," he says, "someone has moved my dog!"

A man is caught by the police and the magistrate asks, "Tell me, when you were caught, what did the policeman say to you?"
The man says, "Can I repeat the same vulgar language that he used here in court? Won't you feel offended? It might shock you."
The magistrate says, "Leave out the vulgar language but tell us what he said."
The man thinks and then says, "Then...the policeman said nothing."

Paddy and Sean are watching Molly being chatted up in the pub. When she leaves with the man, Sean turns to Paddy and says, "I can't understand it. Molly is one of the ugliest girls around, and yet all the men seem to find her attractive."
"It's because of her speech impediment," says Paddy, sagely.
"Her speech impediment?" asks Sean astonished.
"Yes," says Paddy, "she can't say 'no.'"

Paddy is on his deathbed, groaning, when his wife Maureen walks into the room and asks if he has any last requests.
"Yes dear," says Paddy, "there's one thing I really would like before I go off to that great shamrock patch in the sky." And then he whispers, "A piece of that wonderful chocolate cake of yours."
"Ah, Patrick," says Maureen, "have a potato instead. I am saving the cake for the party after the funeral."

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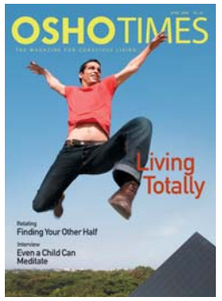

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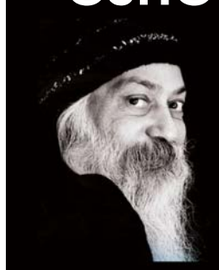

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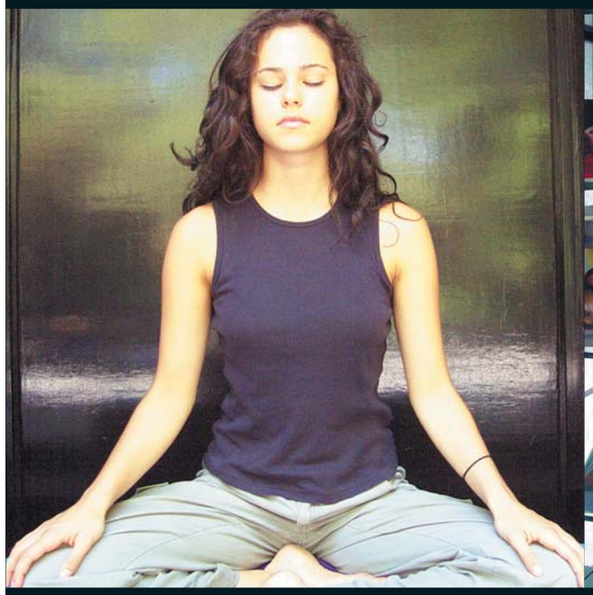

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mobile: 9425114898, 9926646118
Neelam Yadav: 9425116850

MUMBAI
608, Makers Chambers
V, Nariman Point, Mumbai 400021
Tel: 022-22829335 to 41
Fax: 022-22829339
Meditation Program: 10 am to 1 pm
every Sunday
Times of India Building, Opp. VT Station,
Mumbai 400001

PORBUNDAR
Pyramid
Next to Sandipani Ashram,
Porbundar 360575
Contact: Anand Atmaram
Mobile: 9979657304
Meditation Program: Every Sunday

ROHTAK
Jhajjar Road, near 2nd Water Works
Rohtak 124001 (Haryana)
Contact: Krishnadev Bharti
Tel: 01262-249440
mobile: 9416945839

VADODARA
"Dhyan"
7 Vikramnagar Society, B/H,
Aryakanaya Vidyalaya
Karelibaug, Vadodara 390018
Contact: Dinoo Bhai
Tel: 0265-2462837
Meditations: full day every day

Japan

My Castle Center-Minami 1F
17-28 Chigasaki-Chuo, Tsuzuki-Ku,
Yokohana-Shi, Kanagawa, Japan
Tel/Fax: +81-(0)45-9484731
Contact: Sahasi mobile: 08011509187
www.oshoglimpsejapan.com
Meditation Program:
OSHO Kundalini Meditation
6: 30 pm every day except Sunday
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Evening Meeting

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Misunderstanding

In the August **OSHO**TIMES

"Language is not a very good vehicle for communication. People have their own ways of understanding. Words have their own meanings for each person. All language is very, very personal." Osho

There is so much confusion between husbands and wives, friends and lovers, the mystics and the masses, one religion and the next – nobody can understand anybody else. Osho comments on the endless misunderstandings that fill our lives and suggests new possibilities for being together in harmony.

When Words Get in the Way

The existential principle *existence precedes essence* means "you are born as pure existence with no essence, with no built-in program, with no destiny." Osho uses this statement as an example of what our minds can do with words.

The Truth Is Hard to Swallow

Why is there so much misunderstanding surrounding Osho and his work? The same thing happened to Buddha, to Socrates, to great artists. Is there anything that can be done to change this, or is it always going to be this way?

Creating Understanding

If we can listen in the right way, if we can be present and available, we can hear the truth.

The Religious Mind

Our minds are full of beliefs, values, dogmas. It is all conditioning. How is it possible to experience true religiousness with so much clutter in the way?

In a Few Words

There is a lot to say about understanding. There is Osho's *Book of Understanding*. And you can also read what he says about misunderstanding here, in a few words.

Plus

Osho on… Fear of Change

Questions Lovers Ask

Meditation: Alone in the Crowd

Short 'n Sharp: I'm Confused!

In the coming months there will be features on:

- The Roots of Violence
- Alone Together
- Osho on… Facing Fear
- Short 'n Sharp: Chocolates, Ice Cream and Sweets

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Astrology

July 2008

by Yogaraj

Astrology is the science of wholeness, unity, nonduality.

Osho

ARIES (March 21 – April 20)

Emotional wounds come from the personal, the collective and beyond. Now is a time to look within and heal and let go of past hurts.

People cling to their diseases, their complaints. They go on saying, "These are wounds and we would like them to be healed." But deep down they go on making the wounds, because if all the wounds are healed they will not be there. Go inwards and inquire, and you will feel: all your miseries exist because you support them. If you don't give them energy they cannot exist. Osho

TAURUS (April 21 – May 21)

Understanding the game of power in relationship is your key. And you can win only by losing.

If you want a loving relationship then you should forget all power politics. You can be just a friend, neither trying to dominate the other nor being dominated by the other. It is possible only if you have a certain meditativeness in your life. It needs great insight, a clarity of vision. Love needs a cleaning of all kinds of ugly things which are in your mind – jealousy, anger, the desire to dominate. Osho

GEMINI (May 22 – June 21)

"I think therefore I am" is what you might identify with, and the reality is: I don't think and therefore I am. Don't think about it!

Don't think; just be in a deep non-thinking, and allow the inner guide to guide you. In the beginning you will feel afraid, insecure, but soon, when you come every time to the right conclusion, the right door, you will gather courage and become trusting. Wisdom comes from the innermost depth of your being, it is not of the head. Follow the being, wheresoever it leads. Osho

CANCER (June 22 – July 22)

A feeling of a split inside, between being with the other and dissolving. Can you not do both?

When you are with somebody – a friend, a beloved, the trees, the clouds, the moon – dissolve yourself totally into them; forget yourself, as if you are not. And when you close your eyes, forget the clouds, the woman, the friend, the stars, as if the world has disappeared. You are alone and there exists nothing else. Go on moving between these two with a natural ease, and you will be surprised that then they enhance each other. Your aloneness has more depth; your love has more energy to share. Osho

LEO (July 23 – August 23)

A tremendous opportunity to learn about your deepest needs, but only if you can stay in the moment without trying to change the moment.

If you can stay in the present moment, the doors of wisdom will open on their own. In a thousand ways the same thing has been said, again and again. This moment contains everything – the whole universe – past, present and future. This moment is all. If we can enter into this moment's reality, we will be entering the very center of the universe, the very source of life. Osho

VIRGO (August 24 – September 23)

Who am I? is an eternal question, and during this time a fresh look into the mystery. I'm not my work and I'm not my relationship or service, and I'm not…. Negate!

The search for truth is negative. Hence, the method of the Upanishads: *neti, neti*. Go on negating until there is not any possibility to negate, only you are left in your consciousness which cannot be negated – because who will negate it? Then a point comes when there is nothing else to cut anymore; you have come to the treasure. Osho

LIBRA (September 24 – October 23)

Relationship is an opportunity to use a mirror – the other – to understand who we are. Reality will overwhelm wishful thinking – if you're lucky.

Togetherness helps spiritual growth tremendously, because it gives you an opportunity, a great challenge. It exposes you to the full light and you can see yourself. The other becomes the mirror. Learn to be alone – and that will happen only through meditation – and then allow mirrors into your life so that you can see what you are, how much you have grown. Osho

SCORPIO (October 24 – November 22)

To understand the worth of material things is one thing and to understand self-worth is another. Both are important, though in this time the latter will take precedence.

The West has chosen to listen to the body, and has become completely deaf to the reality of consciousness. The result is great science, a richness of worldly things, and a poor man not knowing who he is. Unless consciousness grows with the richness of the material world, a life is created which is not worth living. Osho

SAGITTARIUS (November 23 – December 23)

Would you rather be popular or true? And perhaps being true will make you popular and if you're true you won't care if you're popular.

Most people want convenience, comfort, ready-made answers. Even truth people want cheap. An honest, sincere person will start from skepticism. He will inquire. He will put a question mark on every aspect of conditioning that his parents and his society have burdened him with. Only very rarely have a few people taken a small footpath of their own and left the super-highway where everybody is moving. That's why I say truth is costly. You will have to pay for it. Osho

CAPRICORN (December 24 – January 20)

Strength can come in many guises both male and female, and both bring gifts in unique ways. See if you can relax into both sides and explore all facets of strength.

Ordinarily we go on repressing one part of the being because we are taught to be males or females. No society allows that man is both – not a fixed identity but a dynamic process. Sometimes you are more a female, less a male. Sometimes you are more a male, less a female. Always remember to never get fixed, that you are continuously changing, river-like, flowing. Listen to life itself – and life is continuously changing. Osho

AQUARIUS (January 21 – February 19)

The past will be pulling and the future will beckon – and the gift lies in the moment.

Once expectations are not there you are free to move into and accept the unknown – whatsoever it brings. And to accept it with deep gratitude. Drop the past; that is the way to die each moment. Never plan for the future; that is the way to allow life to flow through you. You remain in an unfrozen state, flowing. This is what I call a meditator – no past, no future, just at this moment alive, intensely alive, a flame burning from both the ends, a torch burning from both the ends. This is what let-go is. Osho

PISCES (February 20 – March 20)

Stepping out of the warmth of your comfort zone into the cool of the unknown may give pause, but the step will bring a new richness.

With fixed rules there is safety, comfort, convenience. Drop that comfort, drop that convenience, drop that safety. A life is life only when you live it dangerously, when it is a great adventure, an exploration always in the unknown. Remain available and act, don't react. Act out of your consciousness. Be a mirror and act out of that mirror-like consciousness. And you will be tremendously happy. That happiness is yours, and just for the asking. Osho

See also osho.com/astrology

Chillies

You Are Responsible

You are responsible for whatsoever you are.
If you are miserable, you are responsible.
Don't throw the responsibility on anybody else,
otherwise you will never be free of it.
Because how can you be free if I am responsible
for your misery?
Then unless I free you, you cannot be free;
it is in my hands.
And if it is in my hands,
it can be in somebody else's hands.

Those who are with me have to understand,
howsoever hard and painful it is,
you and you alone are responsible
for everything that is happening to you,
has happened to you, will happen to you.

Once you accept all your responsibility in its totality,
you become mature.
You stop throwing tantrums and
you stop seeking messiahs.
Then there is no need for any Jesus to save you.
Nor can any Jesus save you –
he was exploiting your situation.

Excerpted from
From Unconsciousness to Consciousness, Osho

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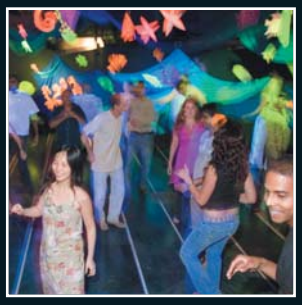

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