OCTOBER 2008 RS. 30

OSHO TIMES

THE MAGAZINE FOR CONSCIOUS LIVING

Gratitude

Relating
Keeping Love Alive

Working Life
Getting It All Together

Wellness
The Target Is You

Osho International Foundation

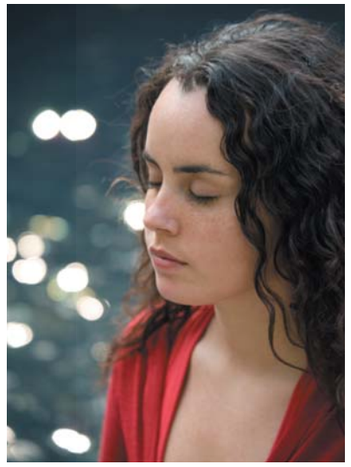
Osho International Foundation

EDITORIAL

The other day I was driving to somewhere I really didn't want to go. Grumbling and generally pissed off by the whole thing, I felt frustrated that I had let myself be pressured into this situation.

Suddenly I reminded myself how lucky I am to be living the life I am living. In that moment of realization, I looked out the car window and saw the sun shining and the beauty of nature that I was driving through. I hadn't seen it before, being so busy with my internal dialogue of complaining and self pity. This quite literally took my breath away – a huge sigh of contentment welled up from deep inside.

And with that breath came an immense gratitude – gratitude that I was alive, surrounded by the beauty of nature: gratitude for the crickets (that I hadn't heard until that moment), gratitude for all the gifts that existence has showered on me and continues to shower. All the complaints of the mind disappeared and I felt flooded with well-being – immediately! I had a good laugh about the unconsciousness of my mind.



It had been a momentary lapse, because normally I *do* feel an incredible gratitude – each day – for how existence takes such wonderful care of me. But this lapse also reminded me of how much my life has changed. It used to be my way of life – complaining, judging, blaming, feeling unfairly treated, disrespected – you know, all the usual rubbish that the mind loves to chew on. Osho is absolutely right when he says that a complaining mind is never at peace.

It is thanks to Osho that I came to understand that our attitude towards life is a choice, and whether we choose gratitude or complaint, that is exactly what life will reflect back to us.

In this issue, Osho speaks about the incredible alchemy of gratitude – how it can evaporate all kinds of problems. He explains that it is simply a matter of shifting our focus away from the mind – which can't help itself but to complain – and away from desires, to enjoying what is already here all around us.

And he shows us that if we learn the art of thankfulness, then even that most difficult of situations – parting with a beloved – can become something beautiful rather than a suffering.

I remember reading about an early meditation camp where Osho instructs the participants not to complain about anything – not the mosquitoes nor the food. He says that if for those three days people accept absolutely everything as it is and delight in it, they will cease to have complaints for the rest of their life. Because then they will know how peaceful and joyous it is to live without grudging.

Why don't you try it? – using the guidelines and helpful suggestions from Osho in this issue.

Anando
and the *OSHO Times* team

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Books also available online at osho.com/ebooks

You can **be in harmony** with the whole, or you can be in conflict with the whole, in disharmony. Harmony naturally results in deep silence, joy, delight. Conflict results in anxiety, anguish, stress, tension.

7 keys to stress-free living

Some things are stress inducing. Other things create harmony.

When I say just be,
I mean **be open**.
I mean don't try to be
something else. Because
in the very effort of
being somebody else
you will be strained,
you will be tense,
you will be under stress,
and you will remain
closed. You can open
only when you accept
whatsoever you are.
Don't try to be
something other than
you are.

The present moment is a culmination of the whole past and the beginning of the whole future. **Each moment** is a convergence of past and future. If you can become aware of both together, you will be at ease, without any stress. You will be very conscious and alert.

Meditation is the quality that arises naturally when you are enjoying, non-seriously. Playing cards, gambling, business – anything can be turned into meditation. The only thing that needs to be added is a non-serious playfulness. Then it doesn't create any tension in you, no stress is produced. You remain relaxed.

Rest in yourself,
relax into yourself.
Enjoy yourself,
celebrate yourself.
Rather than wasting
time in becoming
somebody, **be a nobody**.
Then all stress
disappears. Then
tension is not possible.
Anxiety cannot grow
because you have cut
the very root of anguish.
Then life is as beautiful
as roses and as luminous
as the stars.

Stress in itself can be used as a stepping stone. It can become a creative force, a creative energy. First accept it; there is **no need to fight** with it. Accept it, it is perfectly okay.

Time is perhaps the greatest tension and trouble of our life. Time is the conflict, anxiety, and anguish of man. To live in time means to live stretched between its two poles – the past and the future. Time always exists in exact proportion to our unconsciousness, to our psychological sleep. And when we are fully awake, aware, time ceases to be. The **fire of awareness** burns time altogether.

All excerpts are from OSHO books

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Keeping Love Alive

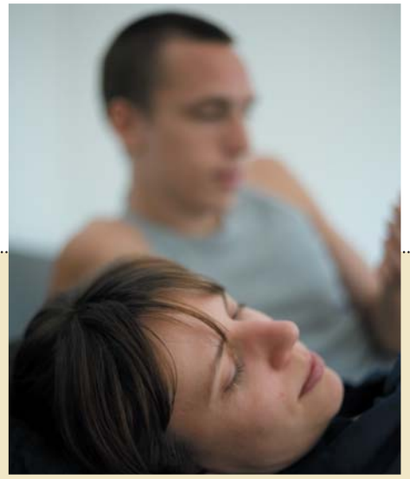
Raise your consciousness if you want to rise in love.

Osho International Foundation

"I love my partner. Why do I feel boredom and restlessness?"

Boredom and restlessness are deeply related. Whenever you feel boredom, then you feel restlessness. Restlessness is a by-product of boredom.

Try to understand the mechanism. Whenever you feel bored you want to move away from that situation. If somebody is saying something and you are getting bored, you start becoming fidgety. This is a subtle indication that you want to move from this place, from this man, from this nonsense-talk. Your body starts moving. Of course because of politeness you suppress it but the body is already on the move – because the body is more authentic than the mind, the body is more honest and sincere than the mind. The mind is trying to be polite, smiling. You say, "How beautiful," but inside you are saying, "How horrible! I have listened to this story so many times and he is telling it again!"



In all relationships nobody is responsible for misery. Just the very nature of a relationship is that it turns sour at a certain point. It is neither you nor the other who is responsible for creating the misery, but both are suffering immensely. And the nature of the mind is such that it goes on clinging and hoping, even hoping against hope that perhaps tomorrow things will be better, that it is only a passing phase. You go on somehow consoling yourself.

You go on thinking that the other will understand, but it is not the fault of the other. The other is also waiting for you to understand. And it is not your fault either. So there is nothing to understand; you have simply to see and recognize that a relationship as such is bound to end up in a boring, miserable suffering.

Whenever you feel bored you will feel restless. Restlessness is an indication of the body; the body is saying, "Move away from here. Go anywhere, but don't be here." But the mind goes on smiling and the eyes go on sparkling, and you go on saying that you are listening and you have never heard such a beautiful thing. The mind is civilized; the body is still wild. The mind is human; the body is still animal. The mind is false; the body is true. The mind knows the rules and regulations – how to behave and how to behave rightly – so even if you meet a bore you say, "I am so happy, so glad to see you!" And deep down, if you were allowed, you would kill this man. He tempts you to murder. Then you become fidgety, then you feel restlessness.

If you listen to the body and run away, the restlessness will disappear. Try it. If somebody is boring you simply start jumping and running around. Restlessness will disappear because restlessness simply shows that the energy does not want to be here. The energy is already on the move; the energy has already left this place. Now you follow energy. So the real thing is to understand boredom, not restlessness.

Boredom is a very, very significant phenomenon. Only man feels bored, no other animal. You cannot make a buffalo bored; impossible. Only man gets bored because only man is conscious. Consciousness is the cause. The more sensitive you are, the more alert you are, the more conscious you are, the more you will feel bored. In more situations you will feel bored. A mediocre mind does not feel so bored. He goes on; he accepts; whatsoever is, is okay; he is not so alert. The more alert you become, the more fresh, the more you will feel as if some situation is just a repetition, as if some situation is just getting hard on you, as if some situation is just stale. The more sensitive you are, the more bored you will become.

Boredom is an indication of sensitivity. Trees are not bored, animals are not bored, rocks are not bored – because they are not sensitive enough. This has to be one of the basic understandings about your boredom – that you are sensitive.

But buddhas also are not bored. You cannot bore a buddha. Animals are not bored and buddhas are not bored, so boredom exists as a middle phenomenon between the animal and the buddha. For boredom a little more sensitivity is needed than is given to the animal. And if you want to get beyond it then you have to become totally sensitive. Then again the boredom disappears. But in the middle the boredom is there.

If you become animal-like, then boredom disappears. So you will find that people who live a very animalistic life are less bored. Eating, drinking, marrying – they are not very bored, but they are not sensitive. They live at the minimum. They live only with that much consciousness as is needed for a day-to-day routine life. You will find that intellectuals, people who think too much, are more bored, because they think. And because of their thinking they can see that something is just repetition.

Your life is repetition. Every morning you get up almost the same way as you have been getting up all your life. You take your breakfast almost the same way. Then you go to the office – the same office, the same people, the same work. Then you come home – the same wife. If you get bored it is natural. It is very difficult for you to see any newness here; everything seems to be old, dust-covered.

The same husband every day becomes a dumb jerk; the same wife every day...you almost forget how she looks. If you are told to close your eyes and to remember your wife's face, you will find it impossible to remember. Many other women will come in your mind, the whole neighborhood, but not your wife. The whole relationship has become a continuous repetition. You make love, you hug your wife, you kiss your wife, but these are all empty gestures now. The glory and the glamour has disappeared long before.

Excerpted from *Ancient Music in the Pines,* Osho

The moment it starts happening, if you are alert you will separate...not condemning or complaining against the other, because nobody is really doing anything. It is the relationship's very nature that it cannot remain the same as it was before the honeymoon ended. It cannot be the same after the honeymoon; the whole world has changed. And as days pass, things that you were dreaming start becoming clear to you – that they were only dreams, they don't have any reality. Both feel frustrated, and both try to throw the responsibility on the other, so that instead of love, fighting becomes their only relationship.

But the problem is that the man or the woman goes on clinging even though everything is going towards hell. The reason for clinging is the fear of loneliness. It is better to be miserable but with somebody than to be lonely – because when you are lonely you have to face yourself. And unless you are prepared for a deep meditation, and to see your inner being and transform your loneliness into aloneness, you are going to cling even though it is miserable. And that's what you were doing, that's what many are doing.

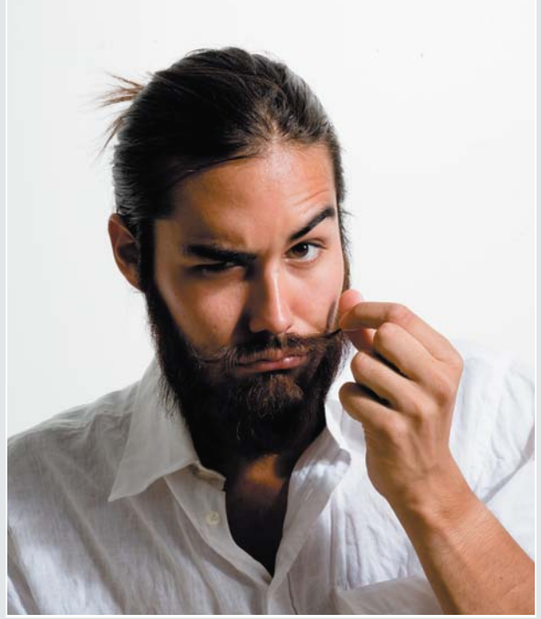
Excerpted from *The New Dawn,* Osho

Osho International Foundation

"Can a woman really drive a man crazy?"

It depends on the man. If he is wise he becomes a henpecked husband; if he is not so wise, then there is no other way than to be crazy. That's why ninety-nine point nine percent of men decide to be henpecked husbands – just to survive.

Nothing is wrong with the woman; she is not deliberately trying to drive you crazy. Just their minds function in a totally different way. In fact that is their attraction; their polarities function like a magnetic field. The more different a woman is, the more she will attract you. If she is just like you, thinks the way you think, the attraction will be lost. There will be no tension; the relationship will collapse.



The relationship is like an arch. When you make an arch you put bricks against each other; their very opposition creates the strength, and the arch can support the whole building. But the strength depends on the opposition.

A living relationship between a man and a woman is bound to be a little bit crazy. Man cannot drive the woman crazy because his argument, his way of thinking is logical. The woman's way of thinking is illogical, but that is her way; that's how she is made. She functions instinctively at the lowest and intuitively at the highest. Man functions intellectually at the lowest and intelligently at the highest. The way of instinct and intuition is the way of illogic. Logic cannot drive the illogical person crazy; if anything is going to happen it is going to happen to the logical mind.

Be a little more meditative. In fact, meditation has been discovered as a defense. It is not a discovery of women, remember. Many people have asked me, "Why have women not discovered meditation?" Why should they discover? They have no reason to discover it; it is man's discovery. Surrounded by his meditative energy he is protected. Nobody, not even a woman, can drive him crazy.

Excerpted from
Zen: The Special Transmission, Osho

"Why do my feelings for my beloved keep changing? I feel like I can't trust my love anymore."

Distinguish between the heart and being: trust belongs to being. Being is always the same; it is part of eternity. And because trust belongs to being, it does not change the way love changes.

Love belongs to the heart and heart is very moody. Sometimes you are full of love, and sometimes utterly empty, sometimes dancing, and sometimes with tears of joy; and sometimes nothing happens. The heart is very seasonal – one season comes and it is raining; another season comes and it is summer; another season comes and it is winter. And seasons go on changing, so love goes on changing.

You cannot do anything about it, you simply go on remembering and watching. Trust is enough. If love also joins it, it will become more juicy, have more flowers, more perfume; otherwise trust in itself is enough.

You should not pay too much attention to the changes of love. Accept them; it is the nature of love. And with acceptance, slowly, slowly the love will go deeper and will join hands with trust. And once love and trust are together, trust is so powerful that it transforms the very nature of love itself. But love has a dance in it, a beauty in it, a nourishment in it of its own. Trust will become more beautiful, more nourished, more juicy, more blissful. So the joining will be a great radical change in you.

But you should not try to do it; you cannot do anything. All that is possible for you is to go on becoming more and more strong in your trust, and accept all the seasons of love with the same attitude – whether it is smiling, whether it is giving tears to your eyes, whether it is an empty desert, or whether it is a garden full of flowers. Whether it has a song to sing or is just silent, accept all its seasons.

Love is a changing energy, and nothing is wrong in it. With your acceptance, one day there will be a quantum leap in your being and love will join with your trust.

Meanwhile make your trust more and more strong. Then trust will transform the changeability of love; all seasons will disappear, it will be always spring.

Excerpted from
The Razor's Edge, Osho

Osho International Foundation

Find the Cosmic Ocean of Energy

You have much more energy than you realize.

Roam about until exhausted and then, dropping to the ground, in this dropping be whole.

Just run in a circle. Jump, dance, and run again until you are exhausted – until you feel that now not a single step more can be taken. But you will have to understand that your mind will say that now you are completely exhausted. Do not pay any attention to the mind. Go on running, dancing, jumping. Go on! Do not pay any attention. Continue until you feel – not think, until you feel – that the whole body is tired, that "A single step more has become impossible, and if I move I will fall down."

When you feel that you are falling down and now you cannot move, that the body has become heavy and tired and completely exhausted, *then, dropping to the ground, in this dropping be whole.*

Then drop! Remember, be so exhausted that dropping happens of itself. If you continue, you will drop. The point has come – you are just on the verge of dropping. Then, the sutra says, drop, and *in this dropping be whole.*

That is the central point in the technique: when you are dropping, be whole. What is meant? Do not drop just according to the mind – that is one thing. Do not plan it; do not try to sit, do not try to lie down. Drop as a whole, as if the whole body is one and it has dropped. And you are not dropping it, because if you are dropping it then you have two parts: the *you* who is dropping it and the body which has been dropped. Then you are not whole. Then you are fragmentary, divided. Drop it as a whole; drop yourself totally. And remember, drop! Do not arrange it. Fall down dead – *in this dropping be whole.* If you can drop in this way, you will feel for the first time your whole being, your wholeness. You will feel for the first time your center – not divided, but one, unitary.

How can it happen? The body has three layers of energy. One is for day-to-day affairs, which is very easily exhausted. It is just for routine work. The second is for emergency affairs; it is a deeper layer. When you are in an emergency, only then is it used. And the third is the cosmic energy, which is infinite.

The first can be easily exhausted. If you are doing it alone – go to a hill and do it alone – you will become tired. When the first layer is finished you will feel, "Now I am tired." But in a big group of five hundred people doing meditation, you feel, "No one is tired, so I should continue a little more." And everyone is thinking the same: "No one is tired, so I should continue a little more. If everyone is fresh and doing, why should I feel tired?"

That group feeling gives you an impetus, and soon you reach the second layer. The second layer is very big – an emergency layer. When the emergency layer is also tired, finished, only then are you in contact with the cosmic, the source, the infinite.

That is why much exertion is needed – so much that you feel, "Now it is going beyond me." The first moment you feel it is going beyond you, it is not going beyond you – it is just going beyond the first layer. And when the first layer is finished, you will feel tired.

When the second layer is finished, you will feel, "If I do anything now, I will be dead." So many come to me, and they say that whenever they reach deep in meditation, a moment comes when they become afraid and scared and they say, "Now I am afraid. It seems as if I am going to die. Now I cannot penetrate any further. A fear grips me, as if I am going to die; now I will not be able to come out of meditation."

That is the right moment – the moment when you need courage. A little courage and you will penetrate the third, the deepest, infinite layer. This technique helps you very easily to fall into that cosmic ocean of energy:

Roam about until exhausted and then, dropping to the ground, in this dropping be whole. And when you drop to the ground totally, for the first time you will be whole, unitary, one. There will be no fragments, no divisions. The mind with its divisions will disappear, and the being that is undivided, indivisible, will appear for the first time.

Excerpted from *The Book of Secrets,* Osho

See also
osho.com/weeklymeditation

Osho International Foundation

Therapy: A New Vision

Here is a unique opportunity to read some of Osho's answers to therapists from around the world who have come with questions about the future direction of therapy.

"How is your vision of therapy different from all the former therapies like the Freudian psychoanalytic approach, the Humanistic and the personal growth groups?"

It is basically and totally different from any other therapy that has existed. The most fundamental difference is that all those therapies make an effort to put people back into their normal life. All those therapies serve the old rotten society.

Society drives people mad, crazy, schizophrenic. Therapies put them back into their normal average mind so they can function again in the old pattern where they had become incapable of functioning.

This society goes on creating sick people. Why does human society go on making schizophrenic people? Why are there so many rapes? Why there are so many people burdened with guilt? Why there are so many murders, suicides? And even though a person somehow manages to live normally, deep down nobody is normal. They all have nightmares, they all have fear, they all have greed, they all feel insecure. These therapies are in the service of the society that drives people nuts.

The basic difference is that I am trying to help these people understand that they are not responsible for their mind sickness; they are victims. My function is not to make then normal so that they can go back to the church, and back to the office, and back to the same wife, and back to the same world. No.

My function is to give them a fresh individuality, a rebellious intelligence, a perception in which they can see that the society has manipulated them, exploited them, almost killed them.

Your so-called therapists are simply serving the vested interests. They all accept that idea that you are mad and you need treatment. And their whole treatment is bringing you down to the lowest denominator in society.

My therapy helps you first to regain your confidence, your self-respect, the understanding that nothing is wrong with you. But this is only the groundwork. Then the real work starts: meditation.

My effort is just the opposite: first to make you feel relaxed about your situation, make you recognize that the society is sick, not you; that the society needs a change, a revolution, not you. If you are not fitting with society, the reason is not that you are mad. The reason is that you have enough intelligence so you cannot fit with all these retarded people.

My therapy helps you first to regain your confidence, your self-respect, the understanding that nothing is wrong with you. But this is only the groundwork. Then the real work starts: meditation.

Therapy is only preparing the ground. It is not enough. It is just to undo what society has done to you. Once it is undone, once you are unburdened, then begins the real work: the exploration into your own interiority. So according to me therapy is only a groundwork for creating space and the urge to explore your reality.

My work is first to unburden you and then to give you the vision, the perception, that this is not the end. You have to be psychologically healthy, whole. And unless you come to self-realization, the work is unfinished. My effort is to give you back your individuality. My function is to discover your whole revolutionary individuality, your uniqueness.

In the East, meditation has existed but without any therapy. It was half.

You don't clean the ground and you start sowing the seeds. Your roses will be lost in the grass that will be growing there. First you have to remove all grass and all possibilities for grass to grow.

Therapy is missing in the Eastern approach. Without therapy, the East has missed much. Without meditation, the West has missed much. I am bringing East and West together, because both separate are not going to create the whole man. Both together in an organic unity – therapy plus meditation – that is my formula.

Excerpted from *The Last Testament,* Osho

Osho International Foundation

"What is the function of therapy?"

Its function is to destroy all that religions have done to man.

It is a very suicidal work. Once you have destroyed all that religions have done to man, and man is healthy and whole, therapy is needed no more. But it has to be done. It is just like a medicine. You are sick, you need a medicine, and when you are healthy, you throw the bottle out of the window.

Therapy has to do something very great, but if it succeeds, that will mean the end of therapy too. And therapists should be proud of the phenomenon that they are not replacing any parasites, they are simply deprogramming humanity. Their work is that of a cleaner who has cleaned the place and now his work is finished.

Humanity can be absolutely spiritually, psychologically healthy. We just have to destroy all the hindrances that are preventing man to be healthy and whole. So therapy can destroy all the religions. It can deprogram people. But it has also to remember that there is a temptation always of reprogramming people. That has not to be done.

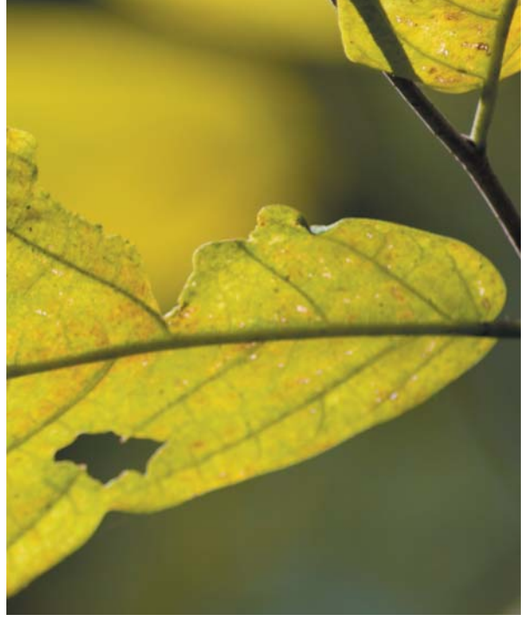
If people are reprogrammed, then some other therapy will be needed. Then you have replaced the priests; you have not changed the course of human evolution. You have not brought a revolution in the world, but just a small change. Now the priest is replaced by the therapist.

I don't want my therapist to replace these ugly monsters who, for millions of years, have destroyed all joy, all life, all love that every human being is born with. Cut their roots. Make man free. And feel blessed that you are not getting tempted to take their place.

My therapists' work is really great and dangerous. Great, because we have to destroy all. We have to undo everything that religions have done to humanity. And then, your work done, you feel contented, relaxed. You can become a gardener, you can become a farmer, you can become a woodcutter.

If my therapists succeed around the world, then soon there will be no religion, and then there is no need of any therapy.

Excerpted from *The Last Testament,* Osho



"What is the function of the therapist in spiritual therapy?"

The function of the therapist is not to teach you who you are, but to create situations in which you start discovering yourself.

The first condition is creating self-respect in you – which all the religions are against. They all condemn you. They create a sense of guilt, and that is a wound that goes on growing within you. Whatever you do, something is wrong in it. You can never fulfil the expectations of others for the simple reason that you have a unique individuality. Each one has to discover his own truth.

The function of the teacher, of the master, of the therapist, of the educationist, is to create just the right atmosphere so that you gain self-respect, and to give you an acquaintance with the methods for going inwards.

All educational systems take you outwards. Listening to the person – it will look strange, because the teacher's function is to make you listen to him. The Socratic method is listening to the person respectfully, patiently, so that he can open up. He need not repress anything, he need not inhibit anything; he can be utterly naked and yet remain dignified.

If a therapist can do that – help a man to be utterly nude, open, with no secret, hiding nothing – the therapist has succeeded, because in this nudity one realizes one's innocence. One is born again. This nudity is symbolic. Just as a child is born nude, you are born again – now spiritually nude.

Excerpted from *From Bondage to Freedom,* Osho

"Is there an end to therapy?"

Our therapy is just to destroy all that has made man miserable, split, schizophrenic, insane, sick. But once our therapy has destroyed all this poison in the world, then there is no future for our therapy. It has done its work and there is no need for it to exist anymore.

That has to be understood very clearly, because once you start doing something, it becomes your vested interest. Then on the one hand you go on doing what you are supposed to do, destroying sickness – and on the other hand you go on creating it, because without it you will be nobody.

My therapists have to understand from the very beginning that what they are doing is not something that is to be permanently there. It is only in the transitory period of humanity that therapy is needed. Therapy is needed because people have been made sick. Their sickness is not real, that's why it can be cured very easily, very simply.

But remember always that you are not to become a permanent phenomenon, because that means you will have to create sickness. You will have to create the same old game – perhaps under a new name. You have to be courageous enough, when the work is done, to retire from the work.

Become a gardener, become a farmer, a plumber or anything you can manage to do. But therapy should not be your profession. These are ugly professions. We have to have them because in the past man has suffered so many wounds, they have to be healed. And once they are healed you move to some creative work.

It was compassionate of you to help human beings to be psychologically healthy. It will be even more compassionate not to become a permanent source of dependence for all those people you have helped. You have to know when the time is ripe for you to become farmers, gardeners – anything that you love, but be creative. Therapy is not creative, therapy is destructive. It is destroying sickness which has been imposed on humanity.

A better human world will simply accept realities and will not ask for fictions.

If humanity decides to be honest and sincere, life can be a rejoicing. Life can be all that you need. Life has given you the opportunity to live it totally, and you are getting caught in stupid things and wasting the opportunity. And life is going by continuously, it is not going to wait for you. Life is short – rejoice in it, dance it, sing it.

Excerpted from *From Death to Deathlessness,* Osho

Osho combined his vision of therapy and meditation in the OSHO Meditative Therapies. These processes are offered every month at the OSHO Multiversity. See page 67 for details.

Osho International Foundation

Let the Corporate Houses Be Temples

In 1987 Sameer Jain, the MD of *The Times of India* group, asked Osho a question about his most earnest desire. Little did he know that many years later he would be giving form to Osho's answer in his own business.

"When one enters a temple, one feels a sense of sensory appeasement – music, chanting, incense, the visual beauty of the architecture. What can corporate houses, the temples of the modern age, learn from this?"

Not only the corporate houses but every place where man dwells has much to learn from the temples. First, you are always moving on holy ground. Not only in the temple are you in a holy place, but even in the marketplace you are moving on the same holy ground. You are not just to be prayerful in the temple, in the mosque, in the church. Your prayerfulness has to become your breathing. You have not to create a beautiful world of incense, of flowers, of music, of chanting, of beautiful architecture, of sculptures only in your temple; the temple should be the model for every house. Not only corporate houses, every house should be a temple, because every body is a temple. I would like all corporate houses to be temples.

Excerpted from
The New Dawn, Osho

This is exactly what The Times Foundation in Mumbai is now doing. Inspired by Sameer's mother, Mrs Indu Jain, who is the chairman of the Times group, a foundation was launched in 2003 to promote spiritual and holistic learning. It is aptly named *Nalanda*, after the famous center for learning in ancient India.

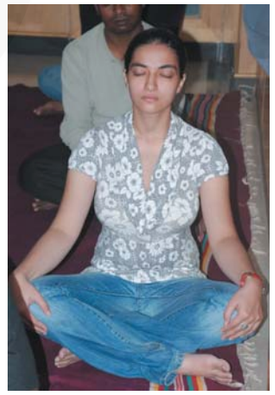
The Foundation feels that even though 21st century India is booming, with a fast growing economy as well as academic excellence, its development needs to be balanced by holistic learning. Individuals in every walk of life need to de-stress and master their inner as well as their outer world, in order to reach a new level of excellence.

For this reason, they have invited OSHO International Foundation to share OSHO Meditations with the citizens of Mumbai, in a beautiful hall in their office in *The Times of India* Building at the central railway station.

It all started with three-hour sessions every third Saturday of the month, from 17.30 to 20.30. This became such a great success, that the meditations were also offered every Sunday as well, from 10:00 to 13:00.

The format is simple and effective: two active meditations, such as OSHO Kundalini Meditation or Nadabrahma Meditation, with an OSHO DVD to complete the session.

The people who come are mostly working professionals who want to change the quality of their lives. They rush in on the way home from work, loaded with laptops and *tiffin* boxes. They go deep into the meditations and emerge feeling rejuvenated. More than 2500 have already taken part. Most have never seen Osho, some have listened to him or read about him. Watching him speak in a playful and profound manner is an amazing experience for them.



The facilitators of these events have all been trained at the OSHO Multiversity in Pune. Initially Lehrubhai, one of the original team who first organized Osho's discourses in Mumbai, conducted the meditations. Now new facilitators, have jumped in: Mani an accountant; Ramesh Jain, a CA with his own firm; Amol, an actor and accountant at the railways; and Maitri, a webpage designer. They find it amazing that in a metro city like Mumbai, people come so regularly for meditation.

Lehrubhai

Mani

Ramesh Jain

The office of famous publications like *Bombay Times, Mumbai Mirror* and *Femina,* filled with computers and piles of papers, hardly seems one's idea of a meditation space. But it is a living example that corporate houses can be temples.

Sadhana

The Participants Speak:

P G Shaw, 48, chief engineer:
I started OSHO meditations two months back. I am really delighted. They make me feel very joyful, excited, and peaceful as well. They have given me new insight into my life.

Tejol Kolwalkaer, 34, creative consultant:
Every Sunday morning I come to OSHO meditations. I have been doing this for the last six months but it feels like forever. The active meditations are joyous. Before I know it, I disappear. Call it bliss, god, or any other name, Osho's techniques give me an opening to the timeless, beyond all learning. These moments bring me outside the body and outside the mind. Deep gratitude to everyone here.

Santosh Gupta, 28, software engineer:
It is a wonderful experience. I feel a new height of awareness which makes me more calm and relaxed. I am grateful to the *Times Foundation* and the OSHO Meditation Resort in Pune for providing such an awesome environment for meditation.

Smita Joshi, homemaker, Borivali:
While doing OSHO Kundalini Meditation, I found my muscular tension was loosening. I had felt some bodily pain before coming here and it went away and a lighter feeling came, a letting go. I felt complete relaxation, also of the mind, and my knee pain decreased. I noticed that my pain is connected with the mind.

Amit Mishra, 29, ICICI Bank, manager:
It makes me feel blank – like Arjuna after listening to Krishna – peaceful, pure and spiritually healthy.

Dr Mahendra Raju, Chief Commissioner, Provident Fund, Mumbai:
I was introduced to Osho about eight years ago. He is a fountain of wisdom. His discourses changed my whole attitude towards life. I did three-day meditation weekends in Pune, and I am practicing his meditations. I enjoy them, and they make me forget my body and mind. I can use these experiences in my work place, where I find myself effective and efficient because of my quiet frame of mind.

Osho International Foundation

Gratitude

The feeling of gratefulness can arise only if we become aware of what existence is giving us. We have nothing to give in return, hence we feel deep gratitude. We are not worthy of it all, we don't deserve it.
Still the flowers bloom, still the sun rises, still the moon comes, and the stars....
Still existence goes on giving, whether we take any note of it or not.

Osho

Osho Internatio

Beyond Words

When we are making demands and asking life to be different from the way it is, our words are futile. When we are filled with the joy of gratitude, we are literally speechless.

"I have been praying for years, but none of my prayers have been answered. What is wrong with me and with my prayers?"

Prayer simply means gratitude, thankfulness. It is not a demand, it is not a desire. If you desire anything, it is not prayer. Then don't call it a prayer. And that's what you must have been doing: desiring something, asking god, "Do this, do that for me." And because he is not doing it, you are becoming frustrated. Something is fundamentally wrong in the very idea of prayer that you are carrying in you.

Prayer is not a demand. It is not a desire for something. Desires are heavy things. They gravitate towards the earth, they can't fly into the sky. When you have pure gratitude, when you are not asking anything but simply feeling thankful for all that existence has already done for you...and existence has done more than you are worthy of, more than you deserve.

Just look at what existence has done for you! It has given you life and love and joy. It has given you a tremendous sensitivity for beauty. It has given you awareness. It has given you the possibility of becoming a buddha. What more do you want?

Feel thankful, and then prayers have wings, they can fly; they reach to the ultimate. The earth cannot pull them downwards. They start rising, soaring upwards, they levitate. With desire prayer gravitates downwards; it cannot levitate.

But millions of people go on praying with this wrong attitude. They pray only when they need something. But whether the stuff is small or big, whether you are asking for bread or for banks, it is exactly the same! Don't ask for anything. Thank existence for all that it has already done. Bow down! Words are not needed in thankfulness. Just bow down in deep gratitude, in silence.

A real prayer is nonverbal; words are inadequate. They are made for other things, not for prayer. Yes, once in a while you may find tears rolling down from your eyes. They are far more significant than all the words you could use. Yes, once in a while you would like to dance like a Baul mystic – for no reason at all, for the sheer joy of being! That dance will be prayer. Yes, once in a while you may like to play on the flute. And believe me, existence loves music! Sing, dance, cry, or just be silent.

And you will be surprised: great light starts showering on you. You are bathed in bliss, in benediction.

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

"I feel so full of gratitude. There are no words to express it."

Existence is such an abundance – we cannot exhaust it. It is inexhaustible in its beauty, in its blissfulness, in its benediction.

You are feeling difficulties to express what is happening to you. And this is only the beginning – just think of the difficulties of those who have gone far ahead of you. There comes a moment when even to say that "this cannot be said" is not possible – because to say that this cannot be said, is still saying something about it. It is still defining it in a very negative way.

There comes a moment when only silence, utter silence, remains your expression. That is your thankfulness, that is your gratitude, that is your hallelujah...a dance which is invisible, a song which is not heard, a

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"How can I say thank you?"

There is no need: just be what you can be. Allow yourself to blossom. Enjoy in glory – and that will be thankfulness enough. Anybody who blossoms close to me has already shown his gratitude. Saying it would be profane. Saying it would destroy the beauty of the unsaid, the silent.

If you have really come to a point when you want to say thank you to me, then don't say it; I will understand it. By saying it you will be bringing down something from a very high level.

You will be surprised to know that in India, one of the oldest civilizations in the world, perhaps the oldest, you rarely hear anybody thanking somebody else. No child will thank his parents; no parents will thank their child. In the West that is part of your formal training: on each occasion say, "Thank you."

To make it a formality means you are making it an unconscious part of your behavior. Somebody presents you with a cup of coffee and you say thank you. If somebody brings enlightenment to your consciousness, are you going to use the same words? It is absolutely impossible. Those words have become so formal. You say them without even thinking about it, like a robot.

It is a good question, to ask me how to say thank you, because there must be a great feeling of gratitude, but all words seem to be meaningless. Thankfulness, gratefulness – they all seem to be too small. What has happened to you is so vast.

My suggestion is: it will be so apparent through your eyes and through your face, but there will be no need to say it.

Excerpted from *Beyond Psychology,* Osho

beauty which cannot be painted, described. And only when we have come to the point where words are to be left behind, does what I call *religiousness* begin.

I do not say renounce the world, but I certainly say move towards the moment when you will have to renounce the *word*. In the end there is no word, and that has been witnessed by thousands of mystics in thousands of years past.

And the moment you come to realize that words are slipping out of your hands, that the boundary line of language is crossed, a tremendous innocence, a new childhood arises in you. For the first time you can understand that which cannot be spoken. You can understand the message of the wind blowing through the pine trees. You can understand the poetry of the sound of running water.

To be freed from language is to be freed from all human limitations. Language is the greatest imprisonment. Silence is the only answer to all your questions, the only meeting with existence without any barrier, any wall.

As language disappears, the mind is no more of any use. For the first time you contact existence directly, without the mediation of the mind – and that experience is enlightenment. And nobody is far away from it; it is within everybody's reach.

But people are searching for their happiness where it does not exist. They are looking for living waters in deserts. And when frustration comes, failure comes, despair comes, they are angry at life, not angry at themselves.

What can life do? It is available, but somehow you manage to search in the wrong direction. Perhaps you are afraid deep down, that life may be too much, love may be too much, existence may drown you. And in a way your fear is right: the closer you come to reality, the less you will be. The moment you encounter reality face to face, you will not be at all.

Excerpted from *Beyond Enlightenment,* Osho

"How will I ever be able to express my gratitude?

It does not matter how you are going to express your gratitude. Your experience of silence and meditation, your experience of love and joy, your experience of dancing in blissfulness is more than any gratitude can be.

Gratitude cannot be expressed through words. It can be expressed only through your whole being – your eyes, your hands, your breathing, your heart. It overwhelms you completely. And it is not possible to put it into any words, so don't try. Nobody has ever been successful in showing his gratitude in words.

In the East, we have discovered different ways of showing it – the disciple touches the feet of the master. The West cannot understand it. All human beings are equal. Why should someone touch the feet...? They have not discovered many things. When the disciple touches the feet of the master, the master touches his head and a circle of energy is created; and that circle is gratitude.

Being present in deep silence is enough. Let your experience of the grace of the trees and the mountains and the beauty of sunrise and sunset spread all over the world. And without your being alert, it is spreading; hence tears come to your eyes.

People ordinarily think that tears come to the eyes when you are suffering, when there is pain. Their understanding is absolutely wrong. Tears come to people when they are in pain, when somebody dies; but they have known only one side of tears. The other side is reserved only for those few whose experience of love, grace and beauty and ecstasy is so overwhelming that it cannot be expressed in any other way. Tears are the most subtle expression.

Your eyes are full of tears, a silent expression of overflowing joy. Tears express any experience that is overwhelming – whether it is pain or blissfulness, whether it is agony or ecstasy.

It is unfortunate that millions of people never know the higher and the greater side of tears. They know only the lower, the very superficial, the ordinary. In their minds, slowly, slowly tears become associated with pain and misery and anguish and anxiety, and they remain unaware that tears can also become an expression of overwhelming blessings. And unless you have known your tears as overwhelming blessings and benediction, you have missed the most beautiful experience of life.

Tears are a kind of language – silent. They don't come from your head, they come from your heart. It is the heart which is flooded and cannot contain the experience any more and finds language impotent, inadequate. Then suddenly the heart remembers it has got a language which does not speak but still expresses.

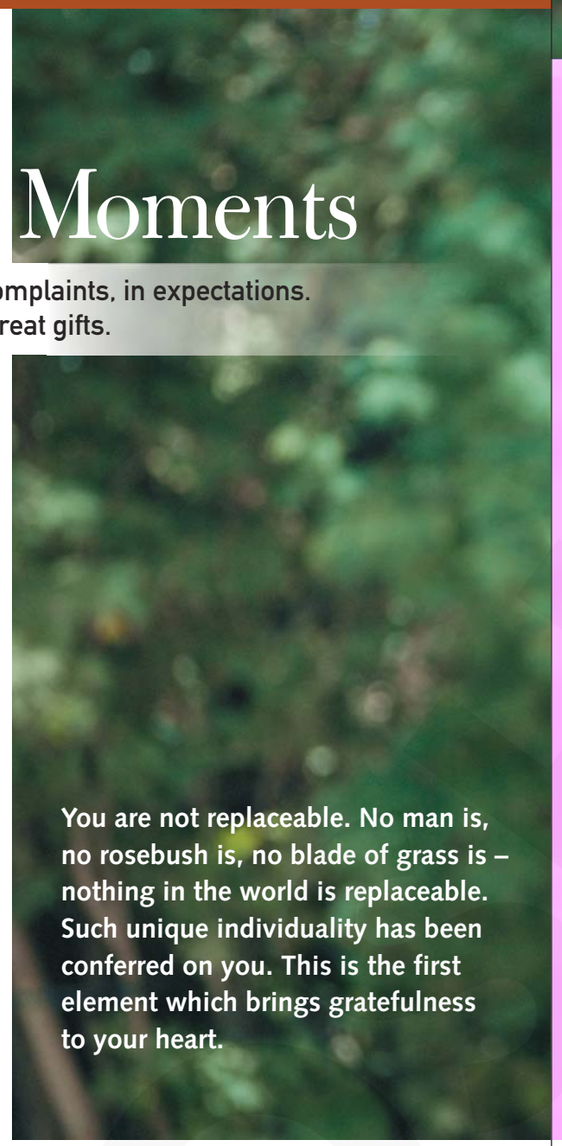
Tears of joy are the language of the heart.

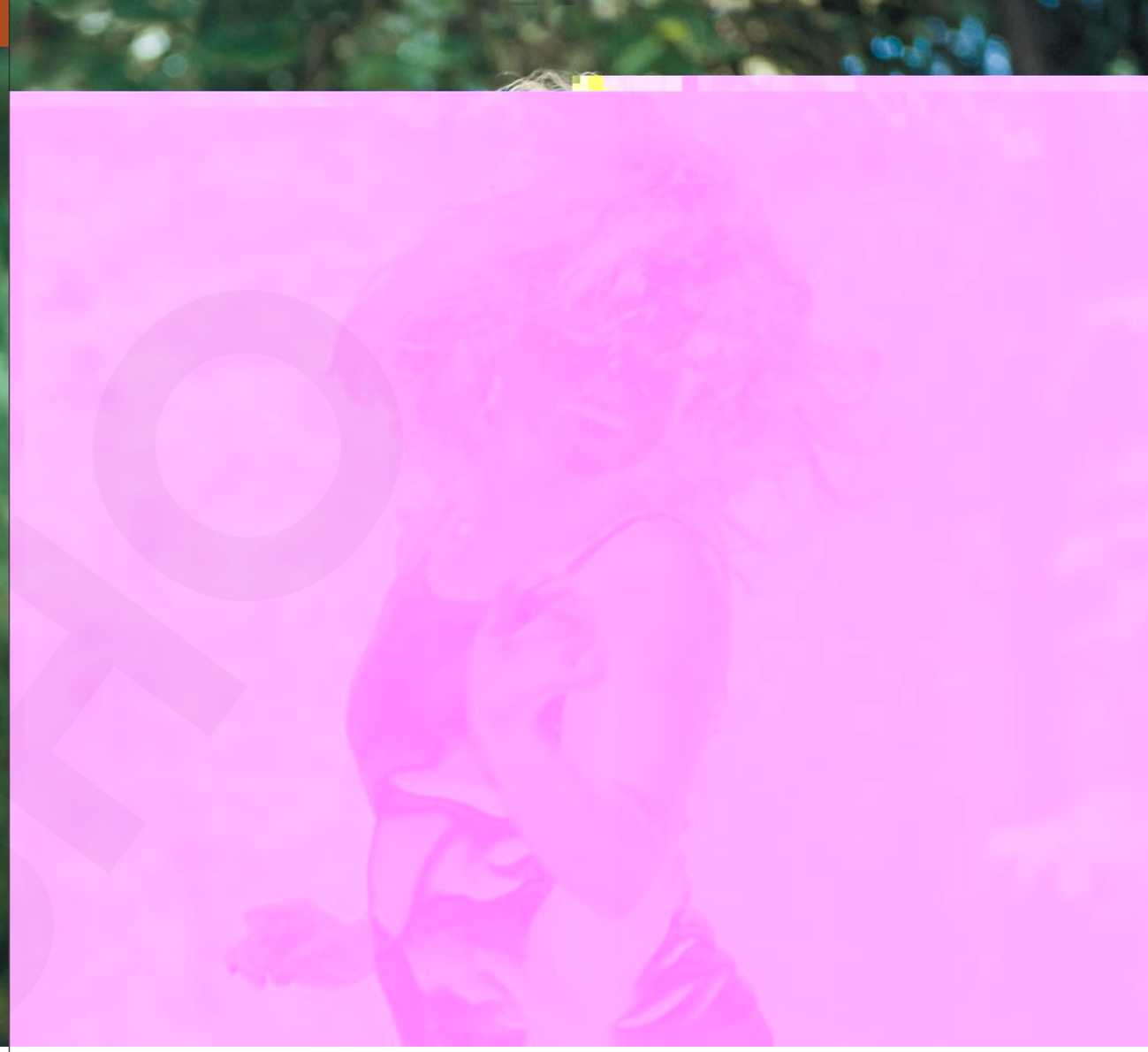
Excerpted from
The Rebellious Spirit, Osho

Osho International Foundation

A Life of Precious Moments

Our problems are rooted in the mind, in desires, in complaints, in expectations. In this state we can easily miss the moment and its great gifts.





"Whenever I experience deep feelings of gratitude, for those precious moments, all my neuroses evaporate. Can you speak on the alchemy of gratefulness?"

Gratefulness is certainly the most precious alchemical process. If it takes possession of you, then naturally all kinds of neuroses, psychoses, or any other psychopathology will evaporate – for the simple reason that gratefulness consists of a few fundamentals of spiritual awakening.

The first: that you are needed by existence. Man's greatest need is to be needed. And if you can feel that even trees, the moon, the sun and the stars all need you.... Without you this existence will miss something, will not be complete – although you are so small, almost nothing. But unless you were needed, you would not have been here. There must be some essential need which you are fulfilling.

Without you there would be a gap which nobody else could fill. You are not replaceable. No man is, no rosebush is, no blade of grass is – nothing in the world is replaceable. Such unique individuality has been conferred on you. This is the first element which brings gratefulness to your heart.

The second is that you are so unworthy, so undeserving. You have done nothing to have this dignity to be part of this beautiful existence – and still existence goes on showering its love. Not that you have earned it in any way, but it is simply the nature of existence, its overflowing joy, its overflowing love, its overflowing nourishment, its playfulness. And it goes on giving without asking anything in return. Its greatness, its vastness; our smallness, our nothingness.... Its abundance and our nobodiness immediately create a deep, heartfelt feeling of gratitude.

This feeling brings immense grace to you. It brings beauty, it brings a certain song to your being. It suddenly gives you wings to fly in the sky. The sheer miracle of it – that you are nothing and the whole existence is available with all its treasures to you – is unbelievable. What can you do? You can't do anything, except to be in deep gratitude.

To me, this is the only prayer. All other prayers are manufactured by man. This prayer is nothing but a silent *thank you*. But its alchemical impact on your being is immeasurable. If you feel a deep gratitude towards existence, in that gratitude you are cleaned and washed away – you are no more. And when you are no more, where can your neurosis remain? Your neurosis is nothing but the shadow of your ego. In gratitude the ego disappears, and its shadow disappears automatically.

The alchemy of gratefulness is that it dissolves your mind, it evaporates your ego. It makes you absent as a personality, and present as an individuality – absent as somebody, and present as nobody.

If you can remember as much as possible this state of gratitude, slowly, slowly it will penetrate into your blood, into your bones, into your marrow. Then there will be no need to remember. It will simply be there – like breathing, like heartbeats. Then you have arrived home. Now there is nowhere to go. Now you are not just a part of existence, but the whole of it.

The day one understands: "I am spread all over existence. When trees dance I am dancing. When the wind blows and sings songs amongst the trees, it is my song. When the ocean rolls in the full-moon night I am not separate from it...." This is the moment mystics have been calling: "When the observer becomes the observed, when the knower becomes the known, when the seer becomes the seen, when the duality between subject and object disappears, when you are the world."

This is the prayer I would like to spread all over the earth, because this is the only prayer that can save it.

Excerpted from *The Rebel,* Osho

Everything happens to the man who is contented because contentment is everything. This is not a result, that you should practice contentment in order so that everything happens to you – god and bliss and nirvana – no. Contentment in itself is the thing. A contented man comes to know that contentment is everything, everything has already happened. More

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and more his *yes* grows. More and more his being is attuned to acceptance. More and more he feels everywhere things are as they should be.

If you are pure, contentment becomes possible. It is seeing the whole – how beautiful it is. Contentment comes automatically if you can see the morning, how beautiful; if you can see the afternoon, how beautiful; if you can see the night, how beautiful. If you can see that which surrounds you continuously is such a continuum of wonder.

Every moment is a miracle, but you have become completely blind. Flowers bloom – you never see; children laugh – you never hear; rivers sing – you are deaf; stars dance – you are blind. Buddhas come and try to awaken you – you are fast asleep. Contentment is not possible.

Contentment is awareness of all that is already there. If you can just see the glimpse of what is happening already, what more can you expect? To expect more will be sheer ingratitude. If you can see the whole, you will be simply thankful. You will feel tremendous gratitude arising out of your being. You will say, "All is good, everything is beautiful, everything is holy. I am thankful because I have not earned it and I was given the chance, the opportunity, to live, to be, to breathe, to see, to hear – to see the trees blossoming and to hear the birds singing."

If you can become aware – just a little awareness and you will see that there is not anything to be changed, anything to be desired. Everything has already been given to you. Because of your complaints – clouds of complaints, negativity – you cannot see. Your eyes are filled with smoke and you cannot see the flame.

Contentment is a different seeing of life – not seeing through your desires, but trying to see whatsoever is already the case. If you see through desire, you will never be contented. How can you be – because desire goes on and on?

Wherever you go you will always find desire like the horizon – just there, somewhere in the future. It will always be so. When desire is ahead, then discontentment will be your state. And discontent is hell.

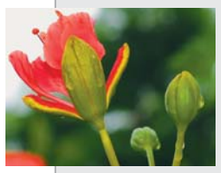
When you have understood this, you look at reality not through the screen of desire; you look immediately, you look directly. You put aside desire and you just see. You open your eyes and everything seems to be so perfect.

I have seen it! That's why I say this to you. It is so perfect that it cannot be improved upon. Then contentment descends on you. The scorching sun of desire has set, and the silent breeze of the evening and the silent darkness descend on you – and soon you will be enveloped in it, in the warmth of the night, the womb of contentment.

Contentment is a way of seeing, but only when you are innocent, light, weightless.

Excerpted from *Yoga: The Alpha and the Omega,* Osho

The mind is always complaining. From the cradle to the grave the whole journey is full of complaints. This is how we miss the great opportunity of growing, of loving, of being, of rejoicing. There is so much to dance, so much to sing, so much to love.



We have to change this habit of complaining. Instead of complaining, learn the art of thankfulness. That's what meditation is, the art of gratitude. Once you shift from complaint to gratitude, from discontent to contentment, it changes your whole vision, your whole perspective. Suddenly spring bursts forth in your being, thousands of flowers bloom in your consciousness – and the first flower is that of love.

A contented person is nothing but love. He is not even loving, he is simply love. He loves for the sake of love because that is his way of showing gratitude to existence. That's his thankfulness, his prayer. He goes on loving everybody. He does not ask for anything in return; he simply gives because so much has been given by existence that we should share it a little bit.

The miracle is that the more we share, the more goes on coming to us. Once you have learned the secret and the arithmetic of sharing you cannot be miserly about it. You will simply go on sharing as much as possible because the more you share, the more you have.

Share your bliss, share your love, share your understanding. Share everything that you have got – all the inner riches. That sharing is essentially what I mean when I say that the contented man becomes love itself.

Change your mind from discontent to contentment and then see the miracle: love starts flowing through you in thousands of streams, in many dimensions, in many ways. Life becomes such a splendor, incomprehensible to the intellect, unfathomable for the mind, a tremendous mystery and the ultimate ecstasy.

Excerpted from
I Am Not As Thunk As You Drink I Am, Osho

The Greatest Challenge

Buddha reminds his disciples: don't expect thanks. On the contrary, expect people to be angry, irritated, revengeful. If they don't kill you, be thankful to them. And what if they do kill you?

A disciple of Buddha was going to spread his master's word. Buddha asked him, "Where will you be going, in what direction, to what province?" And he said that he was going to a remote corner of Bihar, called Sukha, "because no other disciple of yours has ever gone to that part."

Buddha said, "Before you decide, answer three questions. First, do you know the people of that province are very violent, easily irritable, murderous? It is dangerous to go to them. That's why no other disciple has even thought of going to them. If they insult you, and they are going to insult you, how are you going to respond? What will happen in your heart?"

And the disciple said, "You know perfectly well what will happen in my heart, because you know my heart, because you are my heart. If they insult me, deep down in my heart I will feel thankful to them that they only insult me; they could have beaten me."

Buddha said, "Now the second question. They will beat you; you are going to be beaten. Then what will happen to you? Then what will you think?"

The disciple said, "You know perfectly well. I will be thankful to them, because I will think they are only beating me when they could have killed me."

Buddha said, "Now the third question. They can kill you. And if they kill you, what will happen to you? What will you think in your heart?"

The disciple said, "If they kill me, while I am being killed I will be thankful, because they have given me a beautiful opportunity, the greatest challenge.

"I will be thankful to them because they are killing me and taking my life away from me – a life in which I may have committed some wrong. Now I will never commit any wrong. A life in which I may have fallen from my awareness...now they are taking that life away from me, I cannot fall from my awareness any more.

"I will be utterly thankful to them, because when somebody is being killed, if he can remain alert, that is his last life. He will not be coming back to the earth. I will think they are my friends; they are delivering me from bondage. I will always remember them with tremendous gratitude in my heart."

Buddha said, "Now you can go wherever you want, because wherever you go you will be able to radiate my energy. You will be able to share my love and my compassion and you will be able to make people alert, aware. You are ready."

It is a miracle if Jesus is not crucified, if Socrates is not poisoned, if Mahavira is not beaten again and again. If many efforts and attempts are not made on Buddha's life, that will be a miracle. These things have to be expected. That's how the greater part of humanity lives – in darkness, in such darkness; from their darkness you cannot expect more.

Excerpted from *The Book of Wisdom,* Osho

Osho International Foundation

Loving Gratefully

Instead of clouding love in possessiveness, dependency and jealousy, we can make consciousness the core of love.

"Why is it so difficult to come out of a relationship? I don't want to hurt the person I've been with, but we are having so many discussions, tears, fights, fears...."

You have given each other beautiful moments – be grateful, be thankful. The parting should not be ugly when the meeting was so beautiful.

You owe it to existence that the parting should be made beautiful. Forget all your promises. They were right when they were given, but the time has changed, you have changed. You are both standing at a crossroads, ready to move in different directions; perhaps you may never meet again. Make it as graceful as possible. And once you understand that it has to happen, gracefully or ungracefully, then it is better to make it graceful.

Your lover will live in your memory, you will live in the memory of the lover. In a certain way, those moments together will always enrich you. But part gracefully. And it is not difficult when you have understood love – which is a very difficult phenomenon.

You fell without a second thought; you can understand that very easily. Now love has disappeared. Accept the truth of it and don't blame each other, because nobody is responsible. Help each other gracefully; in deep friendship, part.

Lovers when they separate become enemies. That is a strange kind of gratitude. They should become really friends. And if love can become friendship, there is no guilt, no grudge, no feeling that you have been cheated, exploited. Nobody has exploited anybody; it was just the biological energy which made you blind.

I teach a different kind of love. It does not end in friendship but begins in friendship. It begins in silence, in awareness. It is a love which is your own creation, which is not blind. Such a love can last forever, can go on growing deeper and deeper. Such a love is immensely sensitive. In this kind of relationship one starts feeling the need of the other person even before the other person has spoken.

I have known a few couples, very few couples – my acquaintance with couples is big, but I have come across only two, three couples who had not fallen in love, who have risen in love. And the most miraculous thing about them was that they started feeling each other without words.

If the man was feeling thirsty, the woman would bring water. Nothing has been said, just a synchronicity. If the loved one is feeling thirsty, she must start feeling thirsty herself. A transfer is happening continuously, words are not needed. Energies can relate directly without language.

Such a love needs nothing from the other. It is grateful that the other receives something when he offers, or she offers. It never feels in any kind of bondage, because there is none. In such love, sex may happen sometimes, may not happen for months, and finally will disappear completely. In this context, sex is no longer sexual, but only a way of being together, going as deeply as possible into each other, an effort to reach the depths of the other. It has nothing to do with biological reproduction.

And once they start understanding that whatsoever they do.... In sex only their bodies can meet, then sex slowly disappears. Then a different kind of meeting starts happening which is just a meeting of energies. Holding hands, sitting together looking at the stars, it is more than any sexual orgasm can give. It is two energies melting.

Sexual orgasm is physical, it is bound to be the lowest kind. Orgasm which is not physical has tremendous beauty and leads finally to self-realization. And if love cannot give you enlightenment, don't call it love.

Love is such a beautiful word. When you say *falling in love*, you are using the word in an ugly way. Say *falling in sex*; be true. In love one always rises, never falls. But first you have to come out of the ditch. Help each other.

I teach a different kind of love. It does not end in friendship but begins in friendship. It begins in silence, in awareness. It is a love which is your own creation, which is not blind. Such a love can last forever. It can go on growing deeper and deeper.

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Biology is not going to help. Just be human to each other, and understand the point that the love that was blinding you is no longer there. Your eyes are open. Don't try to deceive the other that you still love. This kind of hypocrisy is not good. Simply say, "The feeling is no longer there. I am sad and sorry about it, I would have loved the feeling to be there, but it is not there. And I know it is not there in you either."

Once it is understood that the feeling is gone, now at least – just as human beings – help each other to get out of the ditch. If you help, there is no problem. But instead of helping, each wants to get it finished but doesn't allow the other to get out of the ditch. They go on pulling each other down.

Understand: the reason is fear. The old love is gone, the new has not yet arrived. It cannot arrive in your ditch, you will have to come out first. So the fear is of the unknown.

The past was so beautiful you would like to repeat it, so you try to force it; the other tries to force it. But these things are not within your power to force. A forced love is not love. Love enforced for any reasons is not love. And you both know what love is because you had been in those moments; so you can compare easily that it is not the same thing. Help each other to come out – and it is very easy if you help each other – and part in grace.

Next time try not to fall but try to rise. Don't let biology dominate you. Your consciousness should be the master.

Excerpted from *From Death to Deathlessness,* Osho

The moment you become meditative you stop reducing the other to a thing. Then you are no longer a husband and the wife is no longer a wife. You live together out of freedom, out of joy.

Love ordinarily is unconscious and animal. If you make it conscious – that means love plus meditation – then there is a totally different quality to it, a different beauty, a different flavor; then it works. But it works because of consciousness, not because of love. Consciousness changes love from a relationship into relatedness; it changes it more into friendliness. It is no longer bondage, it gives freedom.

The moment you become meditative you stop reducing the other to a thing. Then you are no longer a husband and the wife is no longer a wife, you are just two friends. There is no legal bond. You live together out of freedom, out of joy. You want to share, that's why you live together. And if that sharing stops you simply say goodbye to each other with great respect, with gratitude. Whatsoever the other has done, one has to be grateful for; there is no sourness about it.

Consciousness works both ways: if you live together it is a friendship, and friendship gives you freedom. You can be friendly with many people; there is no possessiveness in it. When love becomes friendliness there is no possessiveness in it, there is no exclusiveness in it, there is no jealousy in it. And when there is no jealousy, no possessiveness, there is freedom.

Freedom works, friendliness works. The moment love starts giving freedom to the other, then there comes a tremendous fulfillment out of it, because the greatest desire of man is freedom, not love. If one has to choose between love and freedom, then the conscious person will choose freedom and the unconscious one will choose love. Freedom is the ultimate desire of man. Man comes to flowering only in freedom. Meditation will bring freedom.

I am not against love: it is just one step lower than freedom, and it is beautiful to have love as a fragrance around you. Let freedom be your center and love be your circumference. Let love be the circumference and freedom the center, and you will have a total being, a whole being.

Excerpted from *Zen: Zest, Zip, Zap and Zing,* Osho

"You call the people who come here your friends. They seem to me to love you very much. Do you also love them?"

I love them, but my love does not include emotions or sentiments. In fact, emotions and sentiments bring the quality of love far lower, they are a sacrilege. But I can understand my people.

For one thing, I never condemn anything. My acceptance of any person is total. I will explain to my people that love should be far higher than emotions and sentiments. But if somebody starts crying, weeping, sobbing, there is no condemnation of it. It is how he is, it is where he is, it is the only way he can express his love. Perhaps some time he will learn to express better. But for the moment if he represses it that will be bad. I am all for expression. If you feel like crying, cry.

The tears that you have been holding become heavy on your being. The laughter that you missed will be a weight on your soul. So whatever happens in the moment, give it total expression. This is the way to transcend all things that can pull you from your purity of love.

For example, devotion is far lower than love, because devotion basically implies self-disrespect. I am against it because at the cost of self-respect you are respecting somebody else. The cost is too much. My whole effort is to teach you to feel dignity as a human being, to feel self-respect as part of this beautiful existence.

Love is a totally different phenomenon. It creates a spiritual equality. It does not mean ungratefulness, it does not mean ingratitude. In fact, the best way to express your gratitude, your gratefulness, is to rise to the level of the guide, of the master, of the friend, whatever name you give to him.

I prefer the name *friend* because friendship is absolutely unmotivated and unending. It is not a need. It is simply a love affair, unending, unmotivated, unconditional.

Excerpted from *The Last Testament,* Osho

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In a Few Words

What is gratitude? How does it arise? What gets in the way? How does it affect your life?

Even suffering has to be gratefully accepted, because it is **the very seed** of a buddha.

Feel grateful to pain, suffering, old age, death, because all these are creating the situation for you to **search for truth**. Otherwise you would fall asleep; otherwise you would be so comfortable you would become a vegetable.

The intelligent person lives joyfully, contentedly, whatsoever situation he is in, whatsoever he has got. His joy is **not dependent on anything**.

If you simply allow things to happen, not even choosing, then whatever comes to you is deeply, respectfully and gratefully accepted as a gift from the great existence. Then you have **become effortless**. Even a slight choice on your part... "if it had been just a little bit different"...and you have missed the point.

Wherever you are, wherever you find yourself, enjoy whatsoever you have. Enjoy it totally. Sometimes if you have nothing to eat, rather than feeling hungry, make it a fast. That is **the art of life**. You have been artistic about it. You were starving, you changed the face of starvation; you made it beautiful. When you have to eat, let it be a feast. Wherever you are and whatsoever is available, feel thankful.

Relax – that's how happiness comes. **Wait** prayerfully, gratefully – that's how happiness comes.

End this enmity with sex. If you want **a shower of love** in your life, renounce this conflict with sex. Accept sex with joy. Receive it gratefully and embrace it more and more deeply. You will be surprised that sex can reveal such sacredness; it will reveal its sacredness to the degree of your acceptance. And as sinful and irreverent as your approach is, that is how ugly and sinful the sex that confronts you will be.

Unless you have loved and loved abundantly, how can you pray? How can you feel grateful? If you have not loved, what is there to feel grateful for? Life is the beginning, love is the peak. If you have loved, suddenly you become aware of a very love-filled universe.

Whatsoever is, feel grateful for it. Don't ask for more and you will be cutting the very roots of the mind. **Mind lives in *more***. That more is unquenchable.

Your expectations are so fantastic, so far out, that whatsoever happens falls short; you cannot feel grateful for it. And because you can't feel grateful, much more that could have happened cannot happen, because it happens **only** through gratefulness. If there is no desire, if you have no idea what should happen – you are without any idea – then things happen.

The more grateful you feel towards existence, the more you are **at home and at ease**. The whole dis-ease of the human mind is because gratefulness has disappeared from the world. Never before was man so ill at ease. The reason is the modern mind. The modern man is the first on earth who is utterly ungrateful. We have started taking things for granted.

Rather than thinking how much more intensely you should work on yourself, think about how you can do it more relaxedly. Rather than asking for more, feel grateful for what has **already happened**.

Remain grateful for as long as you can remember. If you forget, okay. When you remember again, feel grateful for **small things**. Somebody just smiled at you – feel grateful. Somebody said hello – feel grateful, because there is no need and no necessity that somebody should say hello.

Ungratefulness means that you are trying to improve upon something which has been given. Real gratefulness means that whatsoever happens is good. Allow whatsoever happens and accept lovingly. When a desert state is accepted lovingly it starts changing into a Garden of Eden. That is **the miracle of gratitude**: whatsoever it touches, it transforms into gold.

In the evening feel grateful for whatsoever happened during the day.

All excerpts are from OSHO books.

See also osho.com/library

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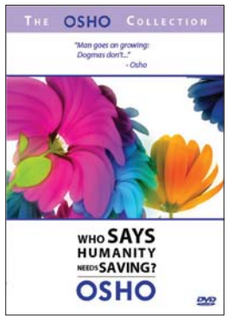
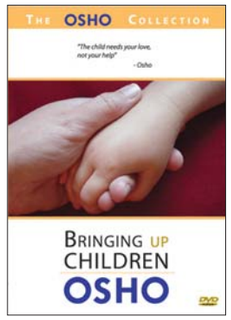
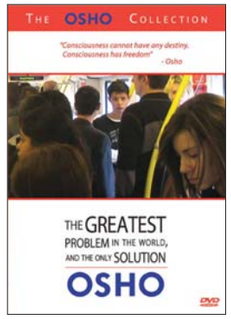
OSHO COLLECTION







New York

After a first release of DVDs in the Spanish language in a joint venture of OSHO International and ARTHOUSEMOVIES, OSHO COLLECTION is expanding the number of languages and international distribution. Twenty DVDs with sub-titles in English, Spanish, Portuguese, Czech, Hungarian, German, Romanian, Swedish, Norwegian, Danish and Turkish will be available soon in many countries, distributed through local joint ventures or distribution systems.

OSHO COLLECTION is a selection of talks by Osho from different time periods of his work, covering a wide selection of interesting topics:

Who Says Humanity Needs Saving?
Bringing Up Children
The Greatest Problem in the World – and the Only Solution
Why Is Communication so Difficult, Particularly Between Lovers?
Spiritual Growth and Enlightenment
A Gnostic Is One Who Knows
Is Spiritual Guidance an Absolute Necessity for Human Growth?
The Fear of Intimacy
The Meaning of Life
What Is Truth?
Jealousy Means to Live in Comparison
The Art of Being Human
When Eternity Penetrates Time
Watch and Wait
You Are in Prison – and You Think You Are Free
Zen Is a Revolution
The Mind: A Beautiful Servant, a Dangerous Master
Only the Meditator Knows
There Is No Death
Hypnosis – in the Service of Meditation
The Very Essence of Meditation

For details see: www.oshodvd.com

English – United States

New York publishing house St. Martin's Press will release three new OSHO titles within the coming months. *The Man Who Loved Seagulls* will be the next one hitting the shelves in the English language. Osho introduces essential stories and parables from the world's great wisdom traditions of Zen, Taoism, Christianity and Judaism.

Osho – himself a master storyteller – interprets the stories in this collection and applies them to the concerns of modern day life. The valuable lessons they impart are both timely and universal. The stories encourage meditation as they are meant to be told and studied again and again, in order to discover new layers of meaning with each reading.

By the spring of 2009 this title will be followed by a new updated edition of an all-time bestseller by Osho, which gives a beautiful insight into the essential aspects of Osho's proposal: *Life, Love, Laughter* will be a long awaited title for many.

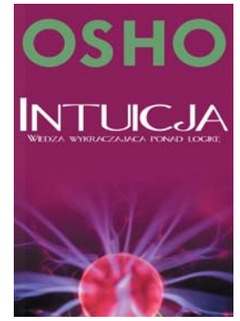
Poland

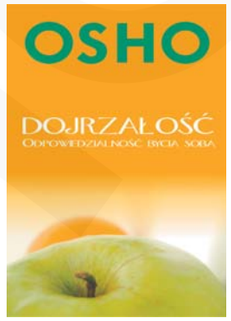
Just a few years ago an important Polish publisher informed OSHO International that they were not able to continue to publish OSHO books due to pressure of the Roman Catholic Church, who seemed to have a strong influence at that time.

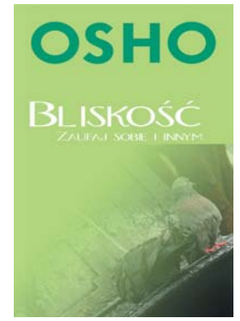
That created a gap which, together with some major changes in the country, opened the door for a new level of publishing in Poland. In 2007 and 2008 probably more new OSHO books are published than any other author in the Polish language.

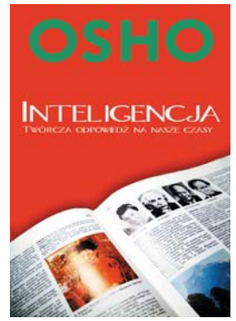
Today six publishers in Poland carry books by Osho, and licenses cannot be signed fast enough. OSHO books can be found in bookshops all over the country, and in many book shop systems on the internet.

Publishers are invited by radio and television stations to discuss the growing interest in an author who seems to take over a large part of the "spiritual bookshelves," not only in traditional bookshops but also in supermarkets and alternative sales outlets.



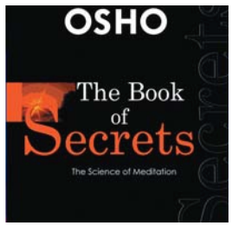






Germany

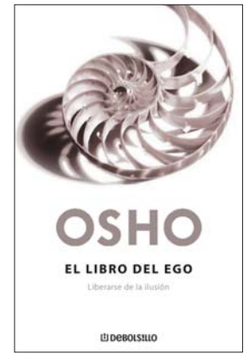
Random House Germany just signed a new licensing agreement with OSHO International Foundation for the complete edition of *The Book of Secrets,* which will be published as one complete volume in 2009. Random House Germany, with its ARKANA imprint, is adding this new title – with more than 1200 pages – to their Osho list after very good experience with large OSHO books. Contrary to many international trends, it appears that the Osho reader really likes to read!

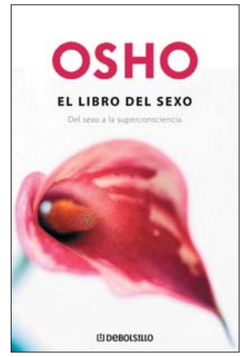


Long-time editor Gerhard Riemann is convinced that now is the time to make this valuable OSHO meditation book available to a larger audience in Germany. *The Book of Secrets* was the first OSHO book published by international publishing houses in the seventies.

Like many publishers, Random House Germany is now offering a new service to their readers. They can read book excerpts on line and have a first-hand taste of the content. Pages can be turned thanks to new software technologies. This option is already increasing book sales.

Spanish Books





Look for news about the English-language releases in the on-line catalog at www.osho.com/shop and in the monthly OSHO newsletters.

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Human Consciousness

An evolution from sleep to awareness.

In India we have divided human consciousness into four stages. We call the first stage the ordinary waking consciousness. Right now you are in the ordinary waking consciousness. What is an ordinary waking consciousness? You appear to be awake but you are not. You are a little bit awake, but that little bit is so small that it doesn't make much difference.

You can walk to your home, you can recognize your wife or your husband, you can drive your car...that little bit is only enough for this. It gives you a sort of efficiency – that's all. But it is a very small consciousness, exhausted very easily, lost very easily. If somebody insults you it is lost, it is exhausted. If somebody insults you, you become angry. You are no longer conscious. That's why after anger many people say, "Why did I do it? How did I do it? How could I do it? It happened in spite of me." Yes, they are right – it happened in spite of you because you lost your consciousness. In anger, in violent rage, people are possessed; they do things they would never do if they were a little aware. They can kill, they can destroy; they can even destroy themselves.

The ordinary waking consciousness is only *waking* for name's sake – deep down dreams continue. Just a small tip of the iceberg is alert – most of the thing is underneath, in darkness. Watch it sometimes. Just anywhere close your eyes and look within: you will see dreams floating like clouds surrounding you. You can sit on the chair any moment of the day, close your eyes, relax, and suddenly you see that the dreams have started. In fact they have not started, they were continuing – just as during the day stars disappear from the sky. They don't really disappear, they are there, but because of the light of the sun you don't see them. If you go into a deep well, a very deep, dark well, from the dark well you can look at the sky and you will be able to recognize a few stars – even at midday. The stars are there; when night comes they don't reappear, they have always been there, all twenty-four hours. They don't go anywhere, the sunlight just hides them.

Exactly the same is the case with your dreaming: it is just below the surface, just underground it continues. On the top of it is a little layer of awareness, underneath are a thousand and one dreams. Close your eyes any time and you will find yourself dreaming. That's why people are in great difficulty when they start meditating. They come to me and they say, "This is something funny, strange. We never thought that there were so many thoughts." They have never closed their eyes, they have never sat in a relaxed posture, they have never gone in to see what was happening there because they were too engaged in the outside world, they were too occupied. Because of that occupation they never became aware of this constant activity inside.

Ordinarily all desires exist in the second state of consciousness, the dreaming state. Desire is a dream and to work for a dream is doomed from the very beginning, because a dream can never become real. Even if sometimes you feel it has become almost real, it never becomes real – a dream by nature is empty. It has no substance in it.

The third state is sleep, deep sleep, *sushupti*. In it all dreaming disappears – but all consciousness also. While you are awake there is a little awareness, very little; when you are dreaming, even that little awareness disappears. But still there is an iota of awareness – that's why you can remember in the morning that you had a dream, such and such a dream. But in deep sleep even that disappears. It is as if you have completely disappeared. Nothing remains. A nothingness surrounds you.

These are the three ordinary states. The fourth state is called *turiya*. The fourth is simply called *the fourth*. The fourth state is that of a buddha. It is almost like dreamless sleep with one difference – that difference is very great. It is as peaceful as deep sleep, as without dreams as deep sleep, but it is absolutely alert, aware.

Excerpted from *The Art of Dying*, Osho

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OSHO Multiversity
presents:

awareness totality creativity

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getting it all together

Toshan was working in the computer industry, doing marketing in Japan and in the US. She was pursuing her career when she started asking herself, "What is my mission? What do I really want to do in this life?" Then she started meditating and found her way to the Work as Meditation program.

She combines working in Multimedia with participating in OSHO Multiversity courses and giving sessions.

What brought you to the Meditation Resort?

A friend and co-worker told me about the Meditation Resort in Pune, and how the meditations saved his life. I was so fascinated by listening to his story, that without thinking I told him, "Yes, I'm going to India."

My first meditation was the AUM meditation in Tokyo, and that was my first meeting with Osho and meditations. Then I experienced many OSHO meditations like Dynamic and Kundalini. Somehow I felt like something in me really moved from that point. For the first time, I was really feeling. But I also had resistance. I didn't know what would happen to me if I went to Pune.

I waited a couple of years before I came here. When I arrived I said, "I came so late! I could have come earlier, but wow!" Being in the Meditation Resort was like finding my second home.

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WORKING LIFE

What attracts you to the work are you doing?

I am working for the Japanese OSHO Books project. I do proofreading and I translate for the new osho.com. I am very good with the computer so I'm really enjoying the work. I can really go into reading Osho books and that is fascinating.

There are so many Osho books which are not in print any more, which means they are not available in the stores. We want to share Osho's books with friends in Japan, so I'm digitalizing all the books for the internet so that people there can read them.

I can be playfully enjoying the moment – moment to moment. I had been in an international work environment before, however this international work is so different. That attracts me a lot too. For example, I am Japanese so it's easy for me to be on time, but in some other countries the conditioning is not to be on time. Another example: for Japanese to be in silence, or not to express everything that you feel, is a kind of virtue. But in some other countries expressing is a virtue: what you think, what you feel, what you perceive.

These things come up in the work and give me such understanding of how conditioning can be different from country to country and religion to religion.

You also give sessions in the Multiversity called The Transmission of Light. How does this work?

It supports us to enhance or expand the energy that is not fully activated within us yet. We can awaken this energy using energized crystals and gem stones. I use crystal *mandalas,* which have 44 different frequencies, and twenty-one diagnostic cards for this.

The session looks very receptive and soft. But what's happening in you is very intense because light is very intense. Each crystal has the capacity to store and radiate a particular energy. I ask the person to select the cards or crystals, then I put the crystals on the body and I shine a small torch through them. The light transmits that energy to our body system. Once you receive the energy of the light, that same energy within us starts responding: "Hey, are you there?" "Yes, I'm here."

The session can support your meditation. When we are meditating, we might have a particular experience or insight but we can easily forget. This work helps you to crystallize, to hold the taste of the moment within you so that your meditation can be part of you. We can use this device to remember again and again who we are.

You do two very different kinds of work. How is it for you to be moving in these different directions?

Every morning I go into the Osho books and projects, using all the computer software, and then I go to a session where I need to be receptive. At first I was anxious about how I could harmonize this in myself. However once I started, I was amazed that there was no division in me, doing the computer work and then giving esoteric energy work. I can see that something is integrating in me by having these two polarities.

I am surprised myself at how quickly I can go into the space of giving a session. I'm learning that being in the present is enough to be able to be with a client for giving a session. Working on the computer in Multimedia, you also really need to be in the present. It's a little bit more active, but you have to be in the moment if you are reading or writing something.

You've also been participating in some courses in the Multiversity. What did you do?

I did a channeling training. It was wonderful. When I am giving a session, it is sort of a channeling. Since the training, I feel that I can be more empty. I feel like I'm also part of the crystal I'm holding. The crystal does the work but at the same time I am also supporting what's happening by letting the energy flow through me.

And you also did the Awareness Intensive Training.

Doing that training has deepened my understanding about how we can directly experience who we are. At the same time this training also gave me a glimpse that different approaches go to the same destination. In the training I learned a lot about communication. This helps me with the people who come to my sessions, as well as my friends and the people I work with. I can watch how I am responding. And I learned how important intention is for whatever I do in my life.

What is your day like?

I enjoy meditating. I usually start with OSHO Dynamic. Then I have a nice breakfast in the sunshine before I start work. After work I do OSHO Kundalini and the Evening Meeting, and sometimes I go to the night meditation.

When I'm in Japan I also work with people. When the Western group leaders come, they call me for translation. I also sometimes do translations for small books or leaflets. I'm self-employed. I like that even though it's a little bit scary in terms of security, but this is my choice: yes.

If you were talking to someone who had never done the Work as Meditation program, what would you say about it?

I like this question because just a couple of weeks ago I emailed my parents to tell them what I'm doing here and how I'm enjoying it. I explained a little bit about this place and that so many people come from all over the world for meditation and transformation. I told them that we work as a meditation; there is no goal, there is no plan. You have to be who you are in the moment.

It's not about what you have attained, what you have accomplished. The whole purpose is to work as a meditation, seeing yourself while working – what kind of ideal you have, what kind of conditioning you have, and what kind of belief system you are attached to.

If people are interested in working in the Meditation Resort I would definitely encourage them to come. You can enjoy and experience who you are through working as a meditation. And I guarantee you will receive so many gifts that you could never ever receive anywhere else. I'm receiving every day. Sometimes it's a detailed gift, sometimes a sour gift, sometimes sweet – everything. The whole package is here!

Gandha

A simple daily meditation for your work and for your whole life

Awareness while you are working needs a tremendous training and discipline, and one has to start from very simple actions. For example, walking: you can walk, and you can be aware that you are walking – each step can be full of awareness. Eating: just the way in Zen monasteries they drink tea; they call it the *tea ceremony* because sipping the tea, one has to remain alert and aware.

In everyday life you should follow the simple course. First become aware about actions that do not need your involvement. You can walk and you can go on thinking; you can eat and you can go on thinking. Replace thinking by awareness. Go on eating, and remain alert that you are eating. Walk; replace thinking by awareness. Go on walking; perhaps your walking will be a little slower and more graceful. But awareness is possible with these small acts. And as you become more and more articulate, use more complicated activities.

A day comes when there is no activity in the world in which you cannot remain alert and, at the same time, act with totality.

Excerpted from *The Hidden Splendor,* Osho

Osho International Foundation

"Try to formulate some problem which comes from you, not from the society, not from your teachers, not from your upbringing – just from you. This is a meditation."

Osho

The Eternal Quest

OSHO

Excerpted from Chapter 12:

Before you ask something, I must tell you that there are two types of questioning. One type of questioning comes not because you do not know, but because you know something. It comes out of your so-called knowledge. You have the answer already and then you raise the question. It shows two things.

Whatsoever you know, you have not *really* known it; otherwise there would have been no question. And secondly, because the question has been raised by our preconceived conditioning, by our preconceived answer, you are not even ready to receive a new answer. So whenever there is such questioning it is absolutely useless. It leads you nowhere.

Never ask because you know something. If you know, it is good. Then there is no need to ask. If you don't know, then ask as if you are ignorant, you don't know – because unless you feel that you don't know, you are never vulnerable, open, receptive. And receptivity is needed; otherwise you raise a question and don't allow the answer to go in.

But all questions are more or less like that. We have the answer already and then we question. This is really a search for confirmation. You are not confident because really you don't know; you have simply gathered some information. Now you want someone to give you conviction, recognition. You want someone to be a witness to your knowledge so that you can feel, "Yes, I am right."

This is very absurd. If you know, then knowledge itself, knowing itself, gives the confidence, the conviction. It is self-evident, always self-evident. If you know something, then even if the whole world denies it, it makes no difference. And in just the same way, if you don't know a thing and the whole world says, "Yes, this is right," it too makes no difference. Knowing is self-evident and ignorance is also self-revealing.

So don't ask from your knowledge. If you know, it is good. If you don't know, then be conscious that you don't know and ask from your conscious ignorance.

The second type of questioning, which is authentic questioning, inquiry – sincere, honest – is always from the feeling that you do not know. And the moment that you feel you don't know, your doors are open. Now you are ready to invite the guest. Otherwise you invite the guest and your house is completely closed. Then don't invite! If you invite, then make a space for the guest. If you have answers ready-made already, then you have no space within you. You can ask questions, but then you have no space within you to receive answers.

Questioning is useless if there is no space to receive. So see when you are asking: is there any space to receive an answer? First create the space, then ask. Then, this second type of questioning becomes existential, then it is not merely intellectual, then it is not merely mental. You are totally involved in it; your whole is at stake, your total being. This is what is meant by "being existential." Now it comes from your very existence, from your very being.

The first type of questioning is always conditioned by others. This must be understood very clearly. Ignorance is yours, and your so-called knowledge is given by others. Ignorance is more existential than so-called knowledge. If you don't know, this not knowing is yours. And if you say, "I know because I have read the Gita," this knowing is not yours. "I know because so-and-so has said such and such a thing, because Buddha had such knowledge and I have become acquainted with it, therefore, I know" – this knowledge is not yours.

And remember, even your ignorance is more valuable than others' knowledge. At least it is yours. Something can be done with it. It is real, existential. Nothing can be done with a fiction. The real can be transformed and changed, but with the fiction you can do nothing, with imagination you can do nothing. Imagined knowledge, based only on information, is fictitious. It is not existential.

So ask a question, inquire about something, through your existential feelings, not your accumulated, mental information. If you really ask from your ignorance, then your question will be universal in one way and individual in another way – individual and at the same time universal – because when you ask from your ignorance the problem is the same for everyone, but if you ask from your knowledge, then the problem differs.

A rediscovered treasure – published for the first time by Rebel Books

Osho introduces his vision to people from all over the world whose material needs are fulfilled and who are now aching to discover something beyond learning the knack of social and psychological adjustment, beyond "normal insanity."

The 120 questions and responses in this book are all about this quest.

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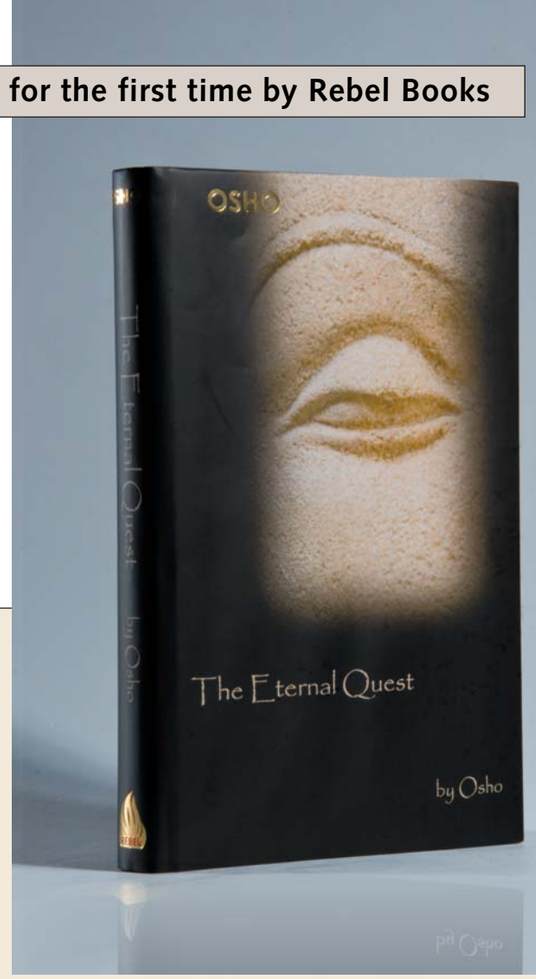
Inspiring, profound, playful, and practical, this book covers everything from the science behind OSHO Dynamic Meditation, tantra and yoga, to why we keep suffering in love and life. A wonderful read.



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Osho International Foundation

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

Drop your German-ness; that is your disease. And it is not only about you. The Indians have to drop their Indian-ness; that is their disease. And the Italians have to drop their Italian-ness; that is their disease.

Osho

Nations are just man-made boundaries; races are stupid discriminations; religions are man-manufactured. And they are all dividing man against man. My sannyas is an effort to bring a new world into existence, where nobody is a German and nobody is an Indian and nobody is a Japanese; where nobody thinks that he is superior, where nobody thinks that women are inferior and slaves, where equality and equal opportunity to grow is simply accepted as natural.

I did not say that man has nothing to offer. He has much to offer. In fact all science, all technology is going to be man's offering to existence, but he has to remember that the works of the intellect and reason are not the highest creations of man. The higher creations come from the heart, in songs, in music, in poetry, in dances. Unless you can celebrate, what use is all scientific progress? And without a woman there is no celebration.

You put a hundred men together and they will all be serious. Just bring one woman in and immediately all their eyes start sparkling, they become interested. Life starts being juicy; something is going to happen. Man without woman is half, and woman without man is half. They are part of one whole.

I did not say anything in favor of men, because men have done so much wrong to women that now it is better not to say anything about men's talents and genius. It is better to bring out the women's genius and talents. It is simply a compensation.

I know there are a few things which only men can do, and there are a few things which only women can do. And that makes life more beautiful and more attractive. Between these two polarities life becomes a magnetic pull. Between these two polarities of man and woman many mysteries happen. The whole romance of life, the whole poetry of life is because of the polarity of man and woman.

But man has ruled over women for millennia. He has been given every opportunity and chance and woman has been repressed continuously, has been crippled. She has not been allowed to compete with man shoulder to shoulder in life. That's why we don't know how many Gautam Buddhas on the women's side did not get the opportunity to blossom. We don't know how many Albert Einsteins have simply been denied any possibility for growth.

It is a very strange thing that even dimensions like poetry, music, dance are dominated by men. The greatest dancers in the world have been men, not women. In fact, women should have been ahead of any male dancer. But one needs opportunity. One needs education, one needs training. If you bar the whole of womankind from education, training, discipline, you are making the whole society and the whole world poor, unnecessarily poor.

My emphasis is to give respect to women – and equality is not against men. It is a world which belongs to you both and you both have to be together to make it as beautiful and as divine as possible.

Man alone has been creating only wars. In three thousand years, five thousand wars…is life just to fight? Is life just to kill, massacre, rape? Your whole history is full of murder and you call those murderers your great men. Alexander the Great…. And you don't see that small murderers are being jailed, sentenced to death, and big murderers become your heroes. It is because the woman has been completely cut off from contributing anything to life; otherwise there would not have been so many wars.

No woman is interested in war, it is simply against the feminine nature. She is interested in love, she is interested in a beautiful house, she is interested in a beautiful garden around the house. She is interested in small things, but those small things make life worth living. She is not interested in creating atomic weapons, nuclear missiles. She cannot understand what man goes on doing. Is he insane or something?

Half of humanity is dying of starvation and the politicians who are all men and the generals who are all men go on piling up nuclear weapons. They have already more than they need – seven hundred times more than they need to destroy this whole world. All that is living on the earth – trees, birds, animals, human beings, anything that is living – we have already seven hundred times more than enough material to destroy it. And still they go on piling it up.

Do you think this is sanity when half the human race is dying of starvation? This is happening because man alone has been contributing to existence. He has not the compassion of a woman; he has only the hardness of a man. He does not allow the softness of woman to influence world affairs.

We need a very balanced life, in which the man and the woman contribute equally. Life will be more peaceful, more lovable, more joyous. It will become a tremendous celebration. And in that celebration, my hope is we will be able to go beyond the ordinary, mundane enjoyment into the cosmic bliss, into *sat chit anand*; into truth, into consciousness, into bliss.

Excerpted from
Sat Chit Anand, Osho

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

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This Beautiful Earth

Have you ever said hello to a tree? You yourself would think that you are going out of your mind. Have you ever touched a tree with love, the same way you would touch your beloved? Have you ever hugged a tree? You are missing a whole world of sensitivity that surrounds you, that is available.

Slowly, slowly, you will start feeling that when you say hello to a tree...of course it cannot respond in language, but it will respond in some way. It may start swaying even though there may be no wind. When you touch it lovingly, just a little acquaintance is needed, and you can feel that on the other side there is not something insensitive, but something which is far more sensitive than people are. The tree will be sending its energy, its warmth to your hand.

If you hug a tree, the world is going to think you mad. But all the trees will know that there is still hope for man; there are still sensitive people. And hugging a tree, you will find more sensitiveness, more lovingness, than you can find even hugging your friend or your beloved because your friend or your beloved are full of tensions, anxieties, agonies. Trees are absolutely innocent; their consciousness is as pure as the purest sky, unclouded. We are not living in a dead world.

Although it has not been discovered yet by science, it is predictable that even in rocks you will find a consciousness deep asleep. Nothing is dead anywhere; it is whole, alive, sensitive. We are unnecessarily confining ourselves to human beings. We should spread our hands in all directions – to the animals, the trees, the birds, the rocks, the oceans.... By this expansion of your experiences, your own consciousness will be evolving more and more. This universe is not a graveyard, it is full of rejoicings; you are just deaf. It is full of beauties, but you are blind. All the birds are living in a different dimension of consciousness; you can have a communication with them.

Man's future evolution is to expand his own consciousness in all dimensions, so that he can find the oceanic life and sensitivity that constitutes the universe.

Excerpted from *The Golden Future,* Osho

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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.

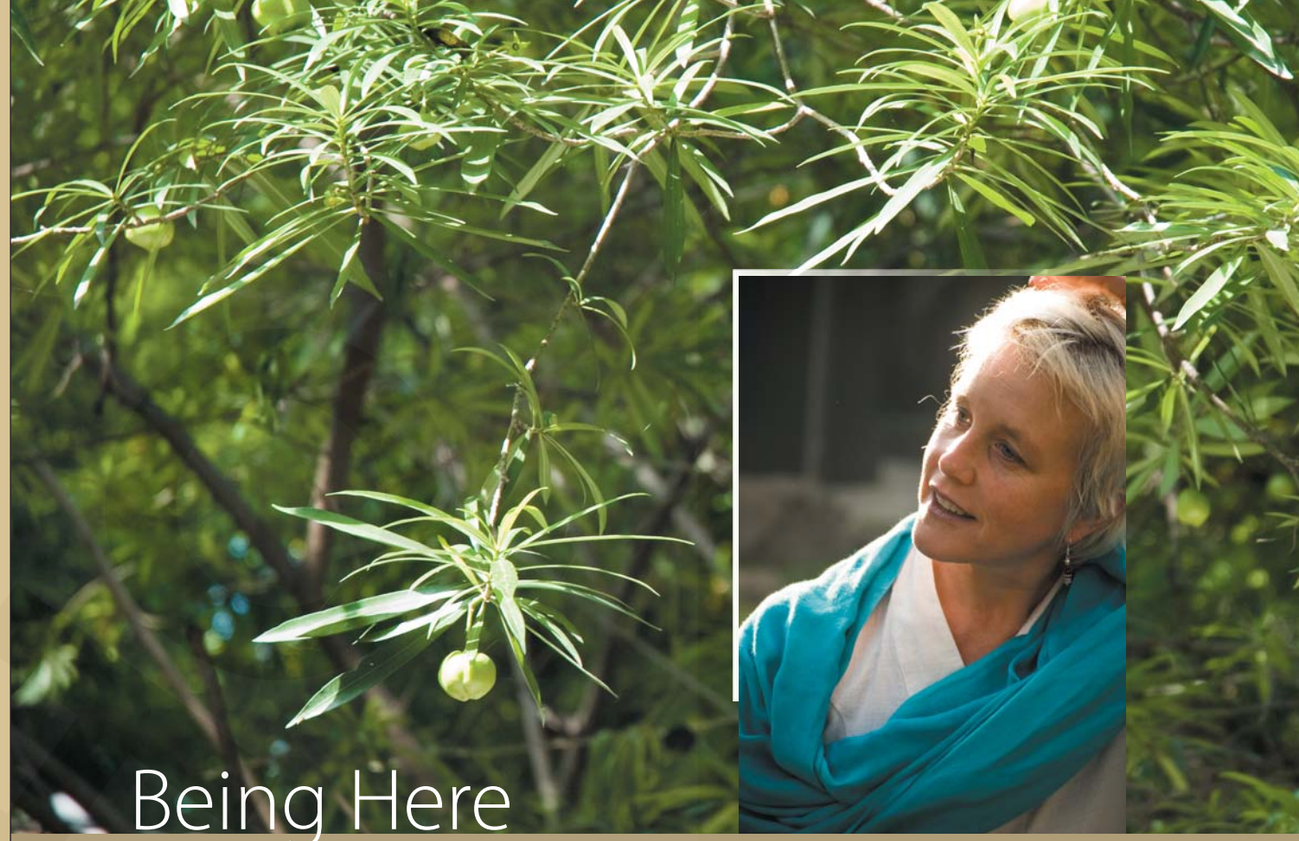
Children under 18

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

Kimaya Yojan is from New Zealand. She was on her way to London to take up a job in IT when she visited the Meditation Resort.

How did you find out about Osho?

Through Tarot Cards. I picked a card which said just what I needed to hear. It was almost like magic! So I came here. I had planned to stay for two or three weeks, but started doing Multiversity courses and ended up staying three months.

Which courses did you do?

Tantra and MaleFemale Polarity. This was perfect, because I could address the dominant male I have inside and the result is that my inner female is coming out. Now it's a beautiful dance between the two.

Then Primal Intensive, which was one of those life-altering junctures. I could release the past and enjoy a new space for the first time. I also fell in love with OSHO Dynamic Meditation. Before I had struggled physically with it; and when this space opened up, I connected with a new source. Dynamic has become very relaxed and much more powerful. Again it is like magic: it takes me over.

What do you especially like about the Meditation Resort?

It's a Zen oasis. I find it such a pleasure to be around this international group of like-minded people. We each have our own paths but they're related, aligned. The level of connection is unique and beautiful.

Osho's discourses stimulate me immensely. I really feel like I'm with a contemporary master. It is special for me to watch Osho on video and feel his presence. When I come out from the Evening Meeting I feel much more rested and clear. It took me a while to appreciate it, but it's a real transformational experience. What a gift!

What will you be taking with you?

In London I'll work as an IT project manager. The challenge and opportunity is to take Osho's magic into the field of IT, which can be very dry, driven and competitive. I'm altered completely by being here, and I will bring as much as I can of what I've learned to my work and life wherever it is. The people here can really be their conscious selves, and have room for their further development. I'll be looking for a context where this can flourish for me in the IT arena.

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Jugalbandi of Santoor and Sitar

The international audience at the Osho International Meditation Resort was recently treated to a *Jugalbandi*, a musical "duel," featuring Shakir Khan, son of Ustand Shahid Parvez and eighth descendent of the illustrious Etawaha Gharana on sitar, and Kunal Gunjal, disciple of Pt Shivkumar Sharma on santoor.

It is a rare experiment to fuse santoor and sitar, as the soft feminine sound of santoor is likely to be overpowered by the masculine and aggressive sitar. Here the instruments were fused together like the Chinese yin and yang, much to the delight of both players and listeners.

The duo started with *Raga Rageshri* in *vilambit rupak taal*, later switching over to a fast composition in *teen taal*. Shakir plays through a *gayaki ang*, the melodious mode. His remarkable command of melody as well as rhythm was equally matched by Kunal.

The sparkling accompaniment of young Rohit Mujumdar on tabla challenged them with various rhythmic patterns, and drew enthusiastic applause. The concert ended with an imaginative composition in *Mishra Khamaj*, a light-hearted raga, in which the musical dialogue was soft and playful, enhanced by a supportive tabla rhythm.

Deeply Rooted in the Earth

Sampu wrote:

Child waiting,
Earthbound…
Cloud sparrow,
Higher and higher.

It is a small haiku. It says, *Child waiting, Earthbound*… a child in the mother's womb is waiting to come to the earth. First one has to get roots into the earth; only then you can spread your branches into the sky like wings. Unless you have roots, you cannot spread your wings into the sky. The deeper the roots, the higher goes the tree … almost reaching to the stars.

Only one painter in the West, Vincent van Gogh, a Dutch painter, had such tremendous insight – almost the insight of a mystic, very close to being a buddha. He always painted his trees surpassing the stars. The stars remained underneath the trees, and the trees went beyond the stars. Whenever he was asked, "What are you doing? This is simply insane. No tree can reach beyond the stars!" …

Sampu is saying, *Child waiting* – in the mother's womb…for what? *Earthbound* – he wants to get to the earth, to get his roots deep into the earth, because unless you have roots in the earth you cannot rise into the sky, you cannot be a cedar of Lebanon, four hundred feet high. Then you need four-hundred-foot-deep roots. A balance is needed, otherwise the tree will fall.

This is one of my basic and essential approaches, that unless you are deeply rooted in materialism you cannot rise into spirituality. Our world is suffering because we have not been able to create a synthesis between East and West, between earth and sky, between spirit and matter, between your inner and the outer. Unless this great synthesis is achieved, humanity has no hope.

Excerpted from *Christianity and Zen*, Osho

Painting by Tulika

Osho International Foundation

The Target Is You

Practicing Zen Archery is a wonderful way to get to know yourself. It increases your physical strength and teaches you balance, centering and awareness.

The Multiversity offers morning classes in Buddha Grove as well as courses. Here three practitioners share their experiences with this amazing art.

Lalit is a businessman who first studied to become a medical doctor. He worked as a lecturer in a medical college, where he started practicing OSHO Meditations. On his first visit to the Meditation Resort he watched Zen Archery, and it was love at first sight.

This practice helps me to see myself and reminds me of my unawareness. From the beginning, when I bow down to the target with bow and arrow in my hands, I am sensing my inner state. In-between shooting and the time of finishing I see a change: I am more stable, aware of my body and breathing, more sensitive and calm. Sometimes when the arrow releases, it gives a glimpse of no-mind. Over the years I learn more subtle details and movements; it is never-ending.

We practice in order to develop the principles of truth, goodness and beauty in us. Truth: finding the perfect shot, how the arrow is released unhindered. Goodness: compassion, courtesy, calm mind, respecting

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fellow students and masters. Beauty: the Japanese bow and all accessories are beautifully made. When the Zen Archer is performing the shooting ceremony, it is very soothing to see.

What place does centering have?

Right from entering the practice area, each and every moment demands centering within. The simple movement of holding the bow and arrow and looking four meters away while walking needs presence of mind. When I am shooting an arrow, if I have a thought running in my mind I will not be able to go deeper in movement, breathing and opening of the bow. I have to be there to let the shooting happen. If I am anywhere in my mind or feel heavy emotion, my shooting is worse that day.

How do you carry it over into your other activities?

Responding to your questions, I look deeply into my experience and get what I feel is the right answer. When I have a business meeting I am more alert, focused on the meeting rather than obsessed with the result.

Archery has taught me that when I do something, or miss something, I cannot reverse it. Once the arrow is released, there is nothing that can bring it back; that's the truth. I don't have to believe it, I know it.

It's such a great experience to work with all kinds of people at the Meditation Resort. Every person's behavior is a reflection of their inner state. I have observed some people doing their work with a smile on their face and treating others with love. A few are unaware of what they are giving to others. It is a constant flux.

I learn a lot while teaching Zen Archery, and spontaneously invent new ways of making it more simple for people to learn. The last course I facilitated, a two-day Zen Archery Intensive, incorporated Chi Kung, dance, sharing, and meditation.

How can Zen Archery help business people?

I think Zen methods can have an important place in the corporate world. They cultivate the mind in a specific way that can be very useful. In business one wants to "hit the target," to achieve results immediately. In Zen Archery, we learn that the desire to hit the target is a hindrance in releasing the arrow. This principle can be of immense help.

I would like to introduce Zen Archery to people from corporate and other areas in India. My dream is to start something called *OSHO Kyudo*, Zen Archery in the Osho manner.

Anuprada

In Tao and Zen, archery is just a way to learn something about life. When somebody insults you, remember that the person who has insulted you is outside you, on the periphery, like the target; you are deep within yourself, the source. And between you and the insulter stands the mind – like the arrow.

If your mind is arrowed on the person who has insulted you, you will miss. Let it be arrowed towards the source. Rather than thinking that he has insulted you, look into your own being. You must be carrying some wound, that's why you feel insulted. Otherwise how can anybody insult you?

Go back to yourself. Rather than going to the other, go to yourself, turn back. Let your arrow move in a circle and come back to the source from where it started. Somebody has insulted you and a turmoil arises. This is the beginning of the arrow. The arrow starts moving towards the other person. It wants to hit the other person, to insult the other person. Don't be deceived by it. Let it move in a circle. Let it come one hundred and eighty degrees back to you – to where it started, to where you felt the turmoil. Let it come back there; look there.

This can become the key of an inner transformation. A new being is possible.

Excerpted from *Tao: The Pathless Path*, Osho

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Bodhi Hanna enjoys fantastic health. She finds that Zen Archery keeps her energy strong and available, as well as helping her to be in the moment.

Archery is meditation in movement. You go slowly and totally into each movement, and then come to the next. You can picture yourself as a tree – your feet, legs and hips are the roots – with a flexible upper body and arms. You learn centering, and that is very important for your being.

In the language of Zen Archery, you come into a *vertical line* – connected with the earth and the sky, with yourself in-between. This balances you, and you feel a oneness with left and right and up and down. Everything has an outlet, and your mind can't work – only your intelligence. You come from your belly and find a power you never knew you had. It is learning nondoing while doing.

What is teaching like for you?

It's different every time. We do grounding exercises in the beginning, from the head down to the feet, and I show people how to stand in this rootedness. I explain the principles and the meaning behind them in an easygoing way, and participants get it very fast, sometimes in one hour. Everybody gets a taste but to really learn it, you can practice for lifetimes. I try to be present in the moment and give energy out to people, and they give me a lot of positive feedback.

It seems to have nothing to do with hitting the target.

In ordinary archery it's about hitting the target. Zen Archery is more or less hitting yourself into oneness with bow and arrow and target. You expend your energy when you release the arrow, and then come back to yourself.

How do you apply this in your everyday life?

It's the same in normal life. When you are not full of gibberish, through this vertical, balancing line and centering, you come into a state of no-mind.

Anything more to say?

In Arjuna's time, ceremonial archery was here in India. Then Bodhidharma came and took everything to China. Then Rinzai brought it from China to Japan. And Osho brought it from Japan back here! A very beautiful circle. I feel you can experience Osho's teaching very easily with Zen Archery.

Chetna

Premyogi works as a geologist in Switzerland. He became interested in Zen Archery fourteen years ago after seeing a performance at the Meditation Resort. He was turned on by its beauty and strength.

How often do you practice? How does it help you?

Every day. It is a process. You need to balance the two sides of the body, to keep the spine upright, pulling the back of the neck and pushing down the tail bone. In the beginning it is challenging, because the body is not used to it. You do everything from the *hara*, the lower belly. In this art you work with the body; then the energy follows.

Practicing archery is like experiencing the effect of a mirror. All my mental and emotional aspects are exaggerated. There is little possibility to escape from them because of the technical constraints and strong energetic effort. I often feel my limitations, doubts, unworthiness and frustrations – but also peace and strength, and in the moments of release, some sort of gap.

Does it influence your daily life?

It creates more watchfulness, centering and grounding. I notice a distance to many details I considered important before. Just doing whatever has to be done makes me more calm and relaxed.

Zen Archery and other meditation practices have helped me to be more precise in what I am doing in my profession and everyday life. I do one thing at a time. I am less influenced and self conscious when being watched, and more at ease when speaking to a group of people. Also, my posture has become more upright. Since the way of shooting is influenced by my life patterns, my practice is slowly changing these patterns.

In the East it is well-known as a form of meditation.

Like any activity, Zen Archery can be used as a meditation, because alertness is needed for good practice. Some call it *the way of frustration* because you never achieve, you always learn. So Osho's active meditations are very helpful. The shooting can never become an automatic process because its secrets are continually unfolding. This helps to stay aware.

What about teaching?

Teaching should only be done after much experience. It can be tricky, because a lot of technical stuff has to be learned. You need to remember how frustrating it

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was in the beginning in order not to overload others and not to feel superior.

I have always focused on learning. Over time I enjoyed shooting more and more, and realized my limitations more clearly. I enjoy being asked to teach, but I am very happy to practice for myself.

At the Meditation Resort students who are really interested can manage to practice a lot and work on whatever is coming up in them through OSHO meditations. In this way they can learn much faster. Also, the Evening Meeting helps drop tensions which surface during the day. As a teacher it is great to see people at ease, learning quickly and with so much joy.

Zen Archery is a way of getting to know oneself. The goal is the practice of alertness via never-ending learning. For onlookers, hitting the target often seems to be essential, but it is not so. Hitting can be achieved more easily with a wrong than with a correct technique. To accept this judgment from others – and a deep-rooted desire in myself – is a good test for my centering in the moment.

Sadhana, Anuprada

For more information about Multiversity courses in Zen Archery, please see osho.com.

INDIVIDUAL OSHO SESSIONS

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*.

Diamond Bodywork

Diamond Bodywork is a meeting of light, sensitive touch, energy work, deep tissue massage and joint release. Each session is unique. You can get in touch with feelings and memories which have formed blocks in the body, and experience a deep relaxation. A series of sessions, allowing all of the areas of the body to integrate, is most effective.

Family Constellation

Every child takes on roles in the family structure. By recreating the family structure or *constellation*, the relationships within the system can become clear. Then you can see how these unresolved dynamics have been affecting you since childhood.

OSHO Rebalancing®

Deep-tissue bodywork with joint release techniques and body awareness exercises. Memories of past experiences and holding patterns that have been stored in the body can be raised up to your consciousness. You connect directly with your feelings without the interference of the mind. Through expressing, understanding and accepting you can let go of these blocks in your life and welcome a new spontaneity and aliveness.

Open Session

An open session may use any appropriate method – counseling, mirroring, energy reading, emotional awareness, body expression, hypnosis, gestalt – to help you explore your current life situation. An exciting journey of being here-and-now and finding new solutions.

➜ 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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Enhance your life inside and out with unique OSHO Courses and Trainings

Loving Yourself

A practical workshop that teaches you different techniques you can practice in your daily life, to create a more loving relationship with yourself. Your relationships with others also become more loving, and your whole life changes.

8 – 10 Oct

Tantra Breath

Tantra means *yes* – embracing life to the fullest and awakening all your life energy.

13 – 16 Oct

Opening to Intimacy

By playfully and honestly expressing ourselves, we lose our fear of love and open ourselves to new dimensions of intimacy.

15 – 17 Oct

Awareness Intensive: Who Is In?

This course is designed to focus our total energy into the search for who we really are.

17 – 20 Oct

Tantric Meditation: Watching the Fire

Experience the many techniques from *The Book of Secrets* that use our vital, most fundamental life energy to find a key to our inner mysteries.

23 – 26 Oct

Coming soon

Heal Yourself with EFT

Easy to learn and effective, Emotional Freedom Techniques combine work on the energy body with psychology. Solve unwanted emotional feelings like anger or grief and change limiting beliefs or body issues in a simple way.

13 –14 Nov

NLP Practitioner Training

Neurolinguistic Programming is a great tool for creating communication and effectiveness. Learn its fundamental principles and acquire the means to use them.

25 Nov – 10 Dec

The Freedom Process (AFH)

An intensive experience to penetrate into the unconscious and wake up from the hypnosis of conditioning. An adventure for people who are tired of being robotically driven by the past and want to open their lives to the loving, careful gaze of awareness.

15 – 26 Dec

OSHO Art Therapist Training

Experience creating from your source in this unique combination of art, therapy and meditation. The more you grow into your own creativity, the more possibility to help others do the same.

16 – 30 Dec

Pulsation Intensive: Neo-Reichian Breathing and Bodywork

An experiential course giving you a basic understanding of Reichian bodywork. Release the backlog of emotions in your body and rediscover the healing power of your own breath.

27 Dec – 6 Jan

OSHO Therapist Training

One of the most extensive OSHO Multiversity programs, which teaches all the basic skills for working with people from a space of meditation. At the same time it offers a profound personal transformation on the level of the body, the emotions and the mind, and dissolves life-long patterns of conditioning.

29 Dec – 2 Mar

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 Oct

OSHO Born Again

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 Oct

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 Oct

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 Oct

OSHO Dynamic Meditation *Booster*

Seven days: starts from the 25th of each month

COURSES & TRAININGS

OCTOBER HIGHLIGHTS

A SELECTION OF OSHO COURSES AND TRAININGS

1 – 3	Oct	Opening to the Heart
3 – 5	Oct	Dehypnosis and Self-Hypnosis
3 – 9	Oct	OSHO No-Mind
4	Oct	Tantra Energy
4 – 6	Oct	Opening to Centering
5	Oct	Bringing Meditation in Your Daily Activities
5 – 7	Oct	Opening to the Inner Child
8 – 10	Oct	Loving Yourself
10 – 16	Oct	Self-Hypnosis for Meditation
11 – 13	Oct	Personal Power: The Courage to Risk
11 – 31	Oct	OSHO Mystic Rose
12	Oct	Sing Your Heart Out
13 – 16	Oct	Tantra Breath
15 – 17	Oct	Opening to Intimacy
17 – 19	Oct	Opening to the Heart
17 – 20	Oct	Awareness Intensive: Who Is In?
17 – 23	Oct	OSHO Born Again
19	Oct	Welcoming the New Man
19 – 20	Oct	Celebrating the New Woman
21 – 23	Oct	Inner Skills for Work & Life
22 – 24	Oct	Dehypnosis and Self-Hypnosis
23 – 26	Oct	Tantric Meditation: Watching the Fire
24	Oct	A Day for the Face
24 – 30	Oct	OSHO Reminding Yourself of the Forgotten Language of Talking to Your BodyMind
25 – 27	Oct	Opening to Feeling: Breath
26 – 27	Oct	OSHO Reiki First Degree
27 – 29	Oct	Opening to Centering
28 – 29	Oct	Welcoming Abundance
31 Oct – 1 Nov		Balance Your Life

PREVIEWS

1 – 7	Nov	Primal Rebirth
11 – 13	Nov	Hypnosis for Healing Wounds from the Past
13 – 14	Nov	Heal Yourself with EFT
18 – 20	Nov	Enneagram for Life, Love and Personal Potential
20 – 22	Nov	Art with Heart
24 – 27	Nov	Finding your Voice, Finding your Song
25 – 27	Nov	Opening to the Inner Child
25 Nov – 10 Dec		NLP Practitioner Training
28 – 30	Nov	The Joy of Being Alone

Dates and programs are subject to change.
For an up-to-date listing of programs visit osho.com/multiversity.

email: multiversity@osho.net
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Hundreds of Worlds

We may not be alone after all. A study has found that rocky planets possibly with conditions suitable for life may be more common in our galaxy than previously thought.

New evidence suggests more than half the sun-like stars in the Milky Way could have similar planetary systems. Astronomers believe there may also be hundreds of undiscovered worlds in outer parts of our solar system.

Michael Meyer, an astronomer from the University of Arizona, said he believes earth-like planets are probably very common around sun-like stars. "Our observations suggest that between 20% and 60% of Sun-like stars have evidence for the formation of rocky planets not unlike the processes we think led to planet Earth," he said. "That is very exciting."

Some astronomers believe there may be hundreds of small rocky bodies in the outer edges of our own solar system, and perhaps even a handful of frozen earth-sized worlds. NASA's Alan Stern said he believes we have found only the tip of the iceberg in terms of planets within our own solar system. "Our old view that the Solar System had nine planets will be supplanted by a view that there are hundreds if not thousands of planets in our Solar System."

Excitement about finding other earth-like planets is driven by the idea that some might contain life or perhaps, centuries from now, allow human colonies to be set up on them. "The key to this search," said Debra Fischer of San Francisco State University, California, "was the Goldilocks zone. This refers to an area of space in which a planet is just the right distance from its parent star so that its surface is not-too-hot or not-too-cold to support liquid water."

Excerpted from *BBC News*

There are worlds upon worlds inside you too, just as outside there are worlds upon worlds. Scientists go on discovering new solar systems, new stars, new galaxies of stars, new milky ways. They go on discovering, there seems to be no end. There seem to be universes and universes unending. So it is in the inner world: there are also many planets and many universes, but all are rooted in a single seed.

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

Snoring Can Damage Your Health

We all know how impossible it can be to sleep in the same room as a snorer. New research suggests that it could actually be damaging your health. It is well known that snoring causes sleep deprivation to both the snorer and those who hear him/her, as well as knock-on effects: daytime drowsiness, irritability, lack of focus, decreased libido. It has also been suggested that it can cause significant psychological and social damage to sufferers.

Researchers at London's Imperial College on the effect of noise on sleep have reported that a snoring partner can raise one's blood pressure by as much as a low-flying aircraft or a lorry reversing. "We know that noise from air traffic can be a source of irritation, but our research shows that it can also be damaging for people's health," said Lars Jarup, the author of the study.

The study published in the European Heart Journal said blood pressure went up in direct relation to noise loudness, by 0.66 mm Hg for every five-decibel increase. The type of sound or its origin did not appear to be important. It was only the volume that mattered.

Excerpted from
The Times of India

Only a Buddha knows where he goes in his deep sleep, because even in his deep sleep he remains alert. He goes to the essence, the source, the primal spirit. Even if for a few moments at night you fall into the primal source, you are rejuvenated. That primal source is always there; you have not lost it, you have only forgotten it. And that primal source is beyond all dualities. It is neither the life nor the death that you know, it is transcendental.

Excerpted from *The Secret of Secrets,* Osho

Transparent Fish

Researchers have created a *Zebrafish* that is transparent throughout its life and hence could be used to examine various human processes.

Zebrafish, being genetically similar to humans, prove to be good models for human biology and disease. The new fish created by Richard White, a clinical fellow in the Stem Cell Program at Children's Hospital Boston, may allow scientists to directly view its internal organs, and observe processes like tumor metastasis and blood production after bone-marrow transplant in a living organism.

According to White, this breakthrough may out-do the classical method of killing and dissecting the animal after allowing it to get the disease. He said that until now it has been Zebrafish embryos which have enabled researchers to study disease in live organisms, since they are transparent. Zebrafish adults are opaque, which means that after four weeks everything becomes invisible.

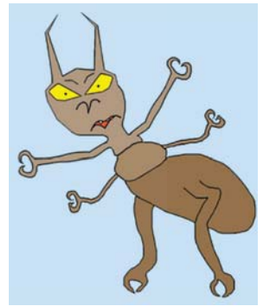
White's first experiment on the Zebrafish examined how a cancer spreads. He comments, "The process by which a tumor goes from being localized to widespread and ultimately fatal is the most vexing problem that oncologists face. We don't know why cancer cells decide to move away from their primary site to other parts in the body."

Excerpted from *The Times of India*

Whatever any doctor in the world has learned about bodies, they have learned about corpses, not real bodies: they have been dissecting dead bodies. Sooner or later medical science will have to accept the fact that their understanding is basically wrong, because a living body functions totally differently. The dead body does not function at all. You study the dead body and you apply your conclusions to the living body. That is one of the greatest flaws in modern medical science.

Excerpted from *Beyond Psychology,* Osho

Traveling Head Lice



Head lice taken from 1,000-year-old mummies in Peru support the idea that the little creatures accompanied humans on their first migration out of Africa, 100,000 years ago, a new study claims.

Genetic tests showed the lice are nearly identical to strains found around the world that have been dated to when humans first began to colonize the rest of the world. "It tells us that this genetic type got around the globe right as humans spread and migrated around the globe," said David Reed of the University of Florida, who worked on the study.

The lice were collected from the heads of two mummies found in the southern Peruvian coastal desert and dated to around 1000 AD. "The mummies belonged to the post-Tiwanaku Chiribaya culture," the researchers wrote. The two heads, removed from the bodies by looters years before, had elaborately braided hair. Researchers collected more than 400 head lice from one and 500 from the other. "They were loaded. It was amazing," Reed said. "It really was remarkable how lousy they were."

Reed was able to get intact DNA from the lice, and sequencing showed they were the strain that was distributed across the Americas hundreds of years before the first Europeans arrived. The bloodsucking creatures can only live on humans and can transmit diseases such as typhus. Reed believes some mummified lice will carry the *rickettsia* bacteria that transmit typhus, and gene sequencing of these bacteria can also help trace routes of human migration.

Maggie Fox
Excerpted from *Reuters*

God is very ordinary. If he were not ordinary he would not become the rocks, he would not become the trees, he would not become the animals, he would not become human beings; he would not descend to such lower states. But he is so ordinary...and he is so happy to be a fish or even to be a cockroach or a beetle.

Excerpted from *Walking in Zen, Sitting in Zen*, Osho

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Meditation Resort
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Trichy 620015
Mobile: 9443424065
Facilitated by: Mohan Bharti, Dr. Manish

Mehsana (Gujarat)
17 – 19 October
Contact: OSHO Manan
Neo-Sannyas Commune
Near Railway Overbridge
Palavasana, Mehsana
Tel: 02762-251689, 242977
Mobile: 09428959979
Facilitated by: Anand Swabhav

Mirjapur (Uttar Pradesh)
14 – 16 November
Contact: Anand Abhay
9236187751
Venue: Birla Guest House
Near Railway Station, Vindhyachal
Facilitated by: Anand Swabhav

Panchkula (Haryana)
21 – 23 November
Contact and Venue: OSHO Dhara Trust
58 Industrial Area Phase I
Panchkula 134113
Haryana
Tel: 9779018620, 09876618618,
0172-2564562
Facilitated by: Bharat Bharti, Sanjay Bharti

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Entry free

The Eyes of a Majnu

Painting by Tulika

Osho International Foundation

Love is true alchemy.

The Sufi story about Majnu is very significant. It is not an ordinary love story as people have been thinking; it is an allegory.

Majnu fell in love with a woman called Laila who was not beautiful according to others. And Majnu was mad, so mad that the very name of *Majnu* has become synonymous with madness. He was continuously praying to god, continuously moving around the city asking people for help because he was a poor man, and the woman he had fallen in love with belonged to an aristocratic family. Even to see Laila from far away was not easy. It was a Mohammedan country, and in a Mohammedan country it is very difficult to see even the face of a woman.

Seeing his agony, even the king became a little concerned. He felt great compassion for him. He told him, "I know that woman; that family is well known to me, and if Laila had been a beautiful woman she would have been part of my harem. I have not chosen her. I have all the beautiful women from all over the country, and I feel so much for you that I will give you a chance. You can choose any woman from my harem and she will be yours!"

Majnu looked at each woman in minute detail and said, "This is not Laila!" Again and again...he passed over dozens of women and the remark was always the same: "This is not Laila!"

The king said, "You must have gone utterly crazy! Laila is nothing compared to these beautiful women! You can choose anyone. I *know* your Laila, I have known the most beautiful women of the world, and my women are some of the greatest that have ever been on the earth."

"I still insist that there has never been a woman like Laila and there will never be again. But to see the beauty of Laila you need the eyes of a Majnu, and you don't have those eyes so nothing can be done about it. You have to see her through *my* eyes; only then will you be able to see the grandeur, the splendor of her being."

Remember these words: To see the beauty of Laila you need the eyes of a Majnu.

Excerpted from
Come, Come, Yet Again Come, Osho

A Sense of Fun

Only you can be the judge. If there is a deliberate effort in your mind to offend somebody, to hurt somebody, if it is violence disguised as humor, avoid it. But if it is not violence but just a pure sense of humor, the sense of fun – the sense of not taking life too seriously – then there is no problem.

Osho

A group of hikers passing a hillbilly's cabin smiles as they see the owner reclining in a rocking chair on the porch. They notice his wife going into the house via the front and only door. A few seconds later they see a wildcat leap through the open window.
They rush up to the mountaineer. "Do something quick!" someone shouts. "A wildcat just leaped into your house and your wife is in there."
"That's his tough luck," says the hillbilly. "I never did like wildcats, anyway."

The noted doctor opens the patient's stomach and a bunch of butterflies fly out.
"Say," says the doctor, "this guy was really telling the truth!"

At the height of the unfortunate American involvement in East Asia, an owlish-looking young fellow approaches the recruiting officer's desk.
"What must I do to get to Vietnam as soon as possible?" asks the prospective soldier.
"Well, first you have to sign up," exclaims the officer with a grin.
"Do volunteers have to take a physical?"
"Certainly."
"Darn, that'll slow me up. I wanna get to the front lines right away."
"In any case, you'd have to go to boot camp for training," explains the officer. "Nobody goes where the fighting is until he's properly trained."
"Then at least will the army fly me to Vietnam? I'd hate to go there by slow boat."
"What are you so all-fired anxious about?" growls the army man. "Don't you realize you could get killed or wounded over there?"
"So I get killed or wounded. What's the difference, as long as I'm getting all the glory?"
"Listen, buddy," snaps the recruiter, "why don't you go home and forget the whole thing? You're crazy!"
The young fellow abruptly reaches into his coat pocket, pulls out a paper and thrust it into the army officer's hands.
"Here," he says quickly. "Just sign!"

JOKES

On her morning flight through the forest, an angel meets a Polack dwarf. The angel says, "Dwarf, I grant you two wishes. Whatever you desire, tell me, and it will be fulfilled."
The Polack dwarf scratches his head, which helps him to think, and with a big smile says, "Well, if that's so, I would not mind a nice cold draught of beer."
An enormous tankard of beer immediately appears in front of him. The angel says, "This is an enchanted tankard. You can never empty it. Beer will always be flowing from it. Drunk you get, but never sick of it. Just a taste and you will never forget it. It will quench all your thirst and you will always be drinking from it."
The Polack dwarf is pleased. He takes a sip, licks his lips, and feels very satisfied with himself.
The angel looks at the dwarf and says, "You still have one more wish."
"Do I?" he exclaims. "Well, I wouldn't mind another beer, just like this one."

A man is badly injured in a car crash and has to be taken to hospital. When he opens his eyes, the doctor is standing by his side with a serious look on his face.
"Well," stammers the doctor, "I have some good news and some bad news for you. What do you want to hear first?"
"Give me the bad news first," replies the injured man.
"We had to remove one of your legs."
"Well," says the man, "I expected it. It was a bad accident."
"Yes," says the doctor, "but unfortunately we removed the wrong one!"
With tears rolling down his cheeks in a croaking voice the man asks, "So what's the good news?"
"Well," the doctor said cheerfully, "there's a guy in the bed next to you who wants to buy your slippers!"

Old Man Finkelstein is brought to court for alleged rape. He pleads guilty by reason of insanity.
"Insanity?" asks the judge. "You look perfectly sane to me."
"Oh, I am," says the old man. "It's sex I'm crazy about."

A woman goes to a palm reader.
"Your husband will die a violent death," she is told.
"One more question," she asks. "Will I be acquitted?"

Snow White goes to the doctor. "Doctor," she says, "could you examine me and tell me if I am still a virgin?"
So she lies on the couch and the good doctor examines her. When he finishes, she says again, "Well, doctor, am I still a virgin?"
"Well," replies the doctor, "it's very strange: you're technically still *virgo intacto*, but I can just detect seven small dents in it."

A matchmaker proposes a beautiful young girl to a businessman client as a possible bride. The client is reluctant to pursue the matter because he doesn't possess enough money for such an attractive girl.
"Oh, you needn't worry about that," assures the matchmaker. "You'll never have to support any of her family – the girl is an orphan."
The meeting is arranged. Several weeks later the man complains to the matchmaker. "You lied to me," he says. "The girl is not an orphan. She not only has a father who is alive and well, but he is living in prison!"
The matchmaker shrugs. "You call that living?"

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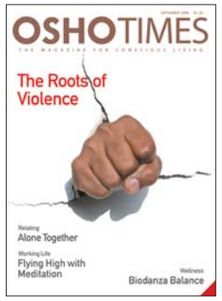

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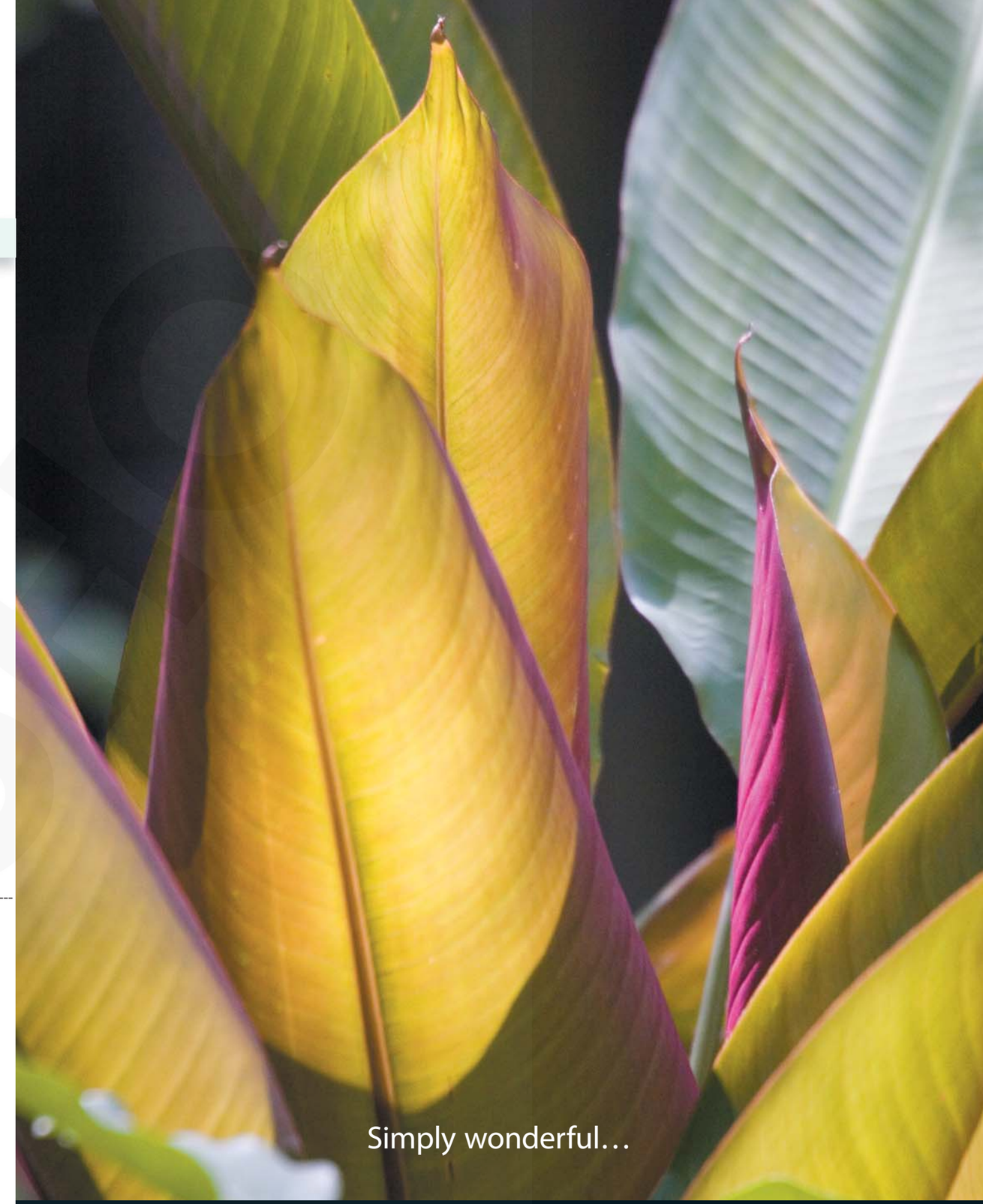

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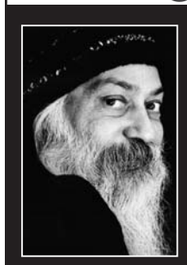

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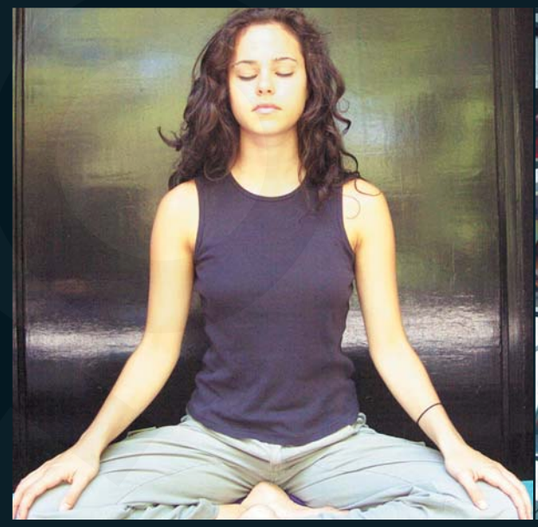

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Real Courage

In the November
OSHOTIMES

Bliss needs great courage. The first courage is not to follow the crowd; otherwise you will remain miserable because they are all miserable. They want you to follow their ideology, their conventions, their religion, their culture. Every crowd is dictatorial, totalitarian. Every crowd is against freedom, against individuality, against truth, against everything that is valuable. So the first courage is to be an individual.

Excerpted from *The Golden Wind*, Osho

What Is Courage?
Courage is not about exceptional acts. It is about daring to live life moment to moment, in innocence and wonder, every day.

Have a Giggle
Are you ready to take responsibility for having fun, for enjoying the gift of your life?

Start With the Basics
The courage to face the world begins with recognizing who you are.

The Courage to Love
Out of fear we create contracts and conditions around love. What we do to protect love simply kills it. It takes courage to let love grow.

In a Few Words
These qualities are expressions of true courage. Which ones can you recognize in your own life?

Plus
Relating or Relationship
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Astrology

October 2008

by Yogaraj

Astrology is the science of wholeness, unity, nonduality.

Osho

ARIES (March 21 – April 20)

A time to stand alone in your relationships. At times this may bring fear of your loneliness and at times your joy in being alone…and the emphasis now is on the latter.

Aloneness is positive, overflowing joy for no reason. It is our very nature to be joyous; there is no need to depend on anybody else. There is no other motive in it, it is simply there. Just as water flows downwards, your being rises upwards. Just give it a chance – give it solitude. Solitude is not solitariness, just as aloneness is not loneliness. Osho

TAURUS (April 21 – May 21)

Intensity is not your strong point. It may seem more like pain but it is nevertheless there for you to explore – another dimension of who you are. Say yes to the intensity, let go of the pain and deepen your understanding.

In conflict between your mind and your being, trust the being; the being is vast and can understand experiences which the mind is incapable of. The mind is a small entity; your being is as vast as the whole universe. The pain is the intensity of joy, and you have to make space for it. Osho

GEMINI (May 22 – June 21)

Stops and starts, stops and starts: learn from the pauses in your energy. In the pauses, sink into the silence and only then move forward, each time bringing with you a taste of the silence.

The moment you watch, you are just a consciousness, and the mind and you are separate. That is the whole method of putting the ignition off. It is your energy that keeps it on. When you are separate your cooperation disappears and the mind comes immediately to a halt. That is the state of meditation: absolute silence. Osho

CANCER (June 22 – July 22)

Seek out that which makes you creative – and it may be something new, at least for you, and seemingly out of the ordinary. In your search for the creative you will come closer to that which you are.

Even trees are creative, rocks are creative. You are man: the very culmination of this existence. You are at the top – you are conscious. Never be attached to wrong beliefs, that you are uncreative. Maybe you were searching in wrong directions, in which you are not creative, but there must be a direction in which you are creative. Seek and remain available, and go on groping – unless you find it. Osho

LEO (July 23 – August 23)

For a period you may feel a little bit out of sorts, somewhat withdrawn, somewhat reflective, needing more time alone, on your own. And you find yourself being pulled in on all levels, away from that which is known. Celebrate this!

If you can totally risk, not preserving anything, not playing tricks with yourself, not withholding anything, suddenly the unknown envelops you. And when it comes you become aware that it is not only the unknown, it is the unknowable. It is not against the known, it is beyond the known. To move alone into that absolute, the quality of the warrior is needed. Osho

VIRGO (August 24 – September 23)

To judge or to discern; one of the ego, one of meditation. If you choose to judge in this time – or any time for that matter – it is dark. If you look in meditation at the tensions that are now arising from a distance, you move into the higher value: discernment, light.

Be a simple witness of your thought processes. Sitting silently, witness the thoughts passing before you – not interfering, not judging. Create a gap between the witness and the mind. Once the gap is there, you are the witness. Osho

LIBRA (September 24 – October 23)

This is a time about I, not the I of the ego and doing, but the I of who am I? and no-doing. Sink into this question and more: "What is my worth; what is my creativity; what is my contribution?"

Creativity comes only out of absolute emptiness. The original always comes from an egoless state, when you are absent. When you are absent, consciousness is present. And then something miraculous starts happening, not by you but through you. It gives you a great feeling of humbleness and gratitude. Osho

SCORPIO (October 24 – November 22)

You may be feeling some impatience or frustration with your search for who you are, as if you are being pulled back or even stopped. Even in this there is something for you to find.

When there is a search, energy is moving out. You have moved away from yourself – the goal is there far away and you are no more herenow. When all desire disappears, suddenly the turning-in of the whole flood of your consciousness makes you aware of something which has always been there, but you were keeping your back towards it. Osho

SAGITTARIUS (November 23 – December 23)

Work and the place of work offer ample opportunities to watch ourselves on all levels, including body, mind, and emotions. You might be inclined to start with the body, as it will eventually lead you to the other places in any event: Work as meditation.

Everything should be done with a meditative mind. Work should be a meditation. Buddha introduced walking also as meditation. Then why should working not also be associated with meditation? There is no reason. Only when work and all kinds of movements of your body are followed by a meditative silence, can you really be a buddha. Osho

CAPRICORN (December 24 – January 20)

Lots of energy moving these days in all areas of your life, and in ways that may provoke many changes. The tendency is to stop change by stopping the energy, and the great opportunity is not in stopping your energy – but in following your energy.

Never be lukewarm. Because when you are boiling one hundred percent, only then does the evaporation happen. Move to the extreme. Meditate more and by and by you will see that the same energy is transforming. When you change, energy changes because energy belongs to you. When your plane of being changes, then energy has to follow you. Osho

AQUARIUS (January 21 – February 19)

In these days the unconscious mind is looking for some space and will let you in on some long held mysteries about who you are, mostly related to wounds from the past. The way in is so simple: close your eyes and watch – with no judgment please.

Drop this mind which wants things to be explained. There are things which cannot be explained because there are things which are mysterious. And those are the real things. That which can be explained is meaningless; trivial, mundane. All that is beautiful, true, all that is great is beyond explanations. It is a mystery. You have to go into it. Osho

PISCES (February 20 – March 20)

An invitation to come and play in the world using your male…or let's say your yang energy. Embrace and enjoy, and you may especially look forward to showing, or better put – exposing – yourself.

This world is not utilitarian, it is just a play of energy. Energy enjoys itself playing; it divides itself and then plays the game of hide and seek. Absolute, infinite energy. Existence cannot be economical. It has so infinitely much that it can only play. This play goes on and on, there is no end to it – the energy is infinite. And you cannot ask "Why?" Energy moves, there is no *why* to it. Osho

See also
osho.com/astrology

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Chillies

Destroy the Past

I am the beginning
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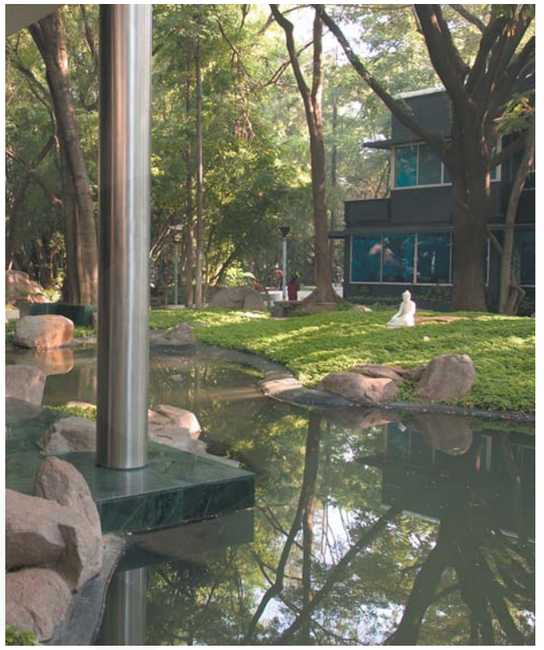
so that he can start from scratch –
a new man, a new civilization, a new culture.

Excerpted from *From the False to the Truth,* Osho



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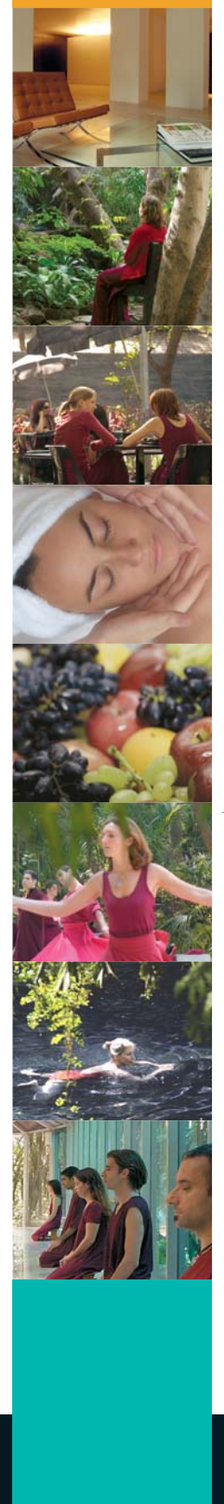

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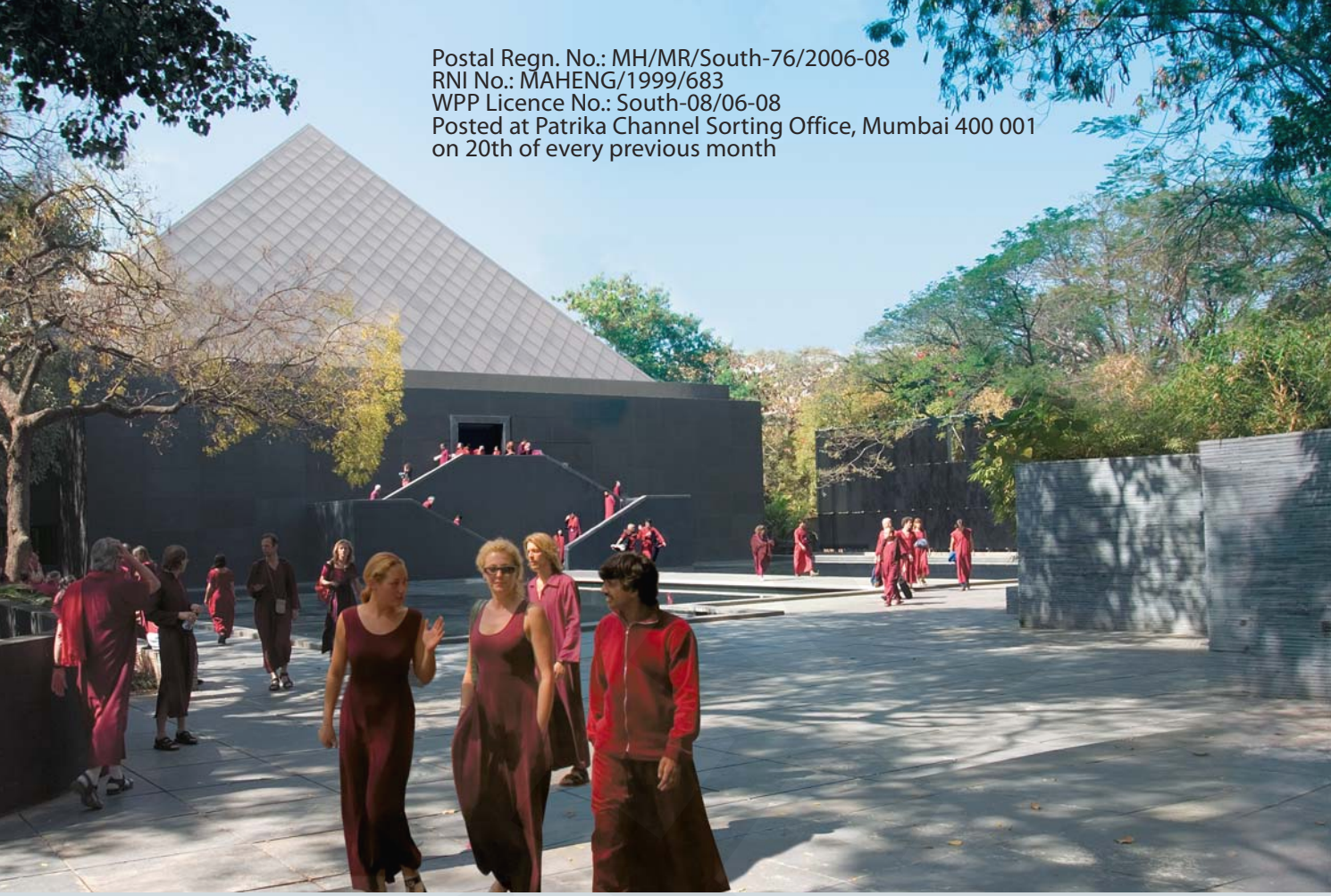

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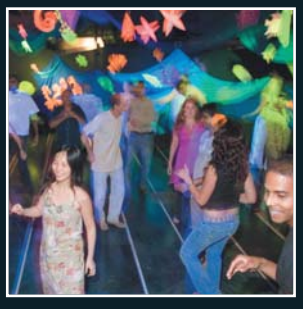

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