

OSHO TIMES

THE MAGAZINE FOR CONSCIOUS LIVING

Meditation: The OSHO Vision

Technology
for the New Man

Teach Intelligence, Not Facts

Relating
Going Deeper and Deeper

Osho on
Ecstasy



osho.com

Truth is always there, like the full moon in the sky....

Osho

It is absolutely incredible the way Osho foresees everything that is happening in the world today, presenting both the diagnosis and the cure – whether it is ecology, politics, education, terrorism, violence, ambition, anger, parent-child situations, endless relationship issues, love, laughter or celebration. With the emergence of each new generation, his “timeless” talks prove to be even more timely, as Osho’s words show their significance in the current issues they face.

Together with our readers, we in the *OSHO Times* team are astounded at the relevance of Osho’s answers to modern man’s every question. Each new issue of the magazine brings us into contact with his immense importance to the world. Producing it is a creative journey for us, and many learning experiences are helping us to sharpen our intelligence and bring forth hidden potentials of totality and flexibility.

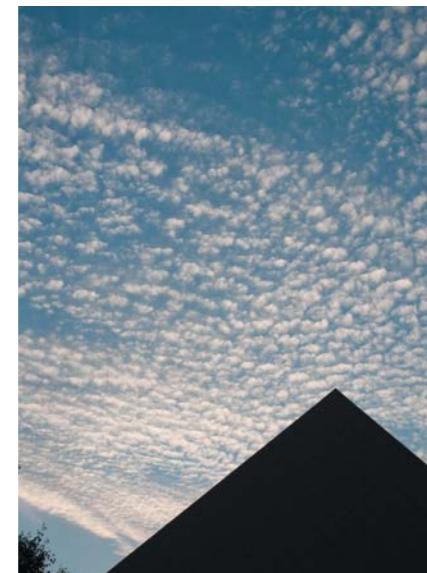
Now with our changing times, the work is entering into a new phase. We are opening our wings and flying into cyberspace, in the timeless and spaceless network of the worldwide web. It is the quantum leap from print media to digital media. And this electronic explosion carries Osho on the wind to every insightful human being.

True to this spirit the *OSHO Times* is becoming part of the digital network. The magazine has already been available in digital format for some years now, and will expand its scope in new ways. Some features will appear on our superb new website www.oshocom, which had 9 million visitors in 2008. Some of the content will be in the monthly *OSHO International Newsletter*, which invites you to click upon topics that open up to the website. India, embracing the digital change with amazing speed, now ranks third in the world in the numbers of visitors to oshocom – up from 12th only a few years ago.

The *OSHO Times* team will now spend their creative time and energy to share Osho with millions of people every month. In the age of social media where *YouTube*, *Facebook* and *Twitter* travel with the speed of light, the prospect of sharing Osho through all these means is mind-blowing. We can’t wait to be part of this expansion.

This month the *OSHO Times* Print Edition exits – as noiselessly and gracefully as a dry leaf falls from a tree. Neither the tree complains, nor does the leaf lament. It is with a song in our hearts that we join this new era.

Sadhana
and the *OSHO Times* team



OSHO TIMES

VOL. 7, ISSUE 12 AUGUST 2009



Printed and published by **Mukesh Sarda** on behalf of **OSHO Multimedia & Resorts Pvt. Ltd.** and printed at **Silverpoint Press Pvt. Ltd., Nerul, Navi Mumbai 400706** and published at **OSHO Multimedia & Resorts Pvt. Ltd., 17 Koregaon Park, Pune 411001.**

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ADVERTISING: **Vairagya**

Thank you to the meditators who were our models.

Headlines and text introductions are written by the editors.

All photos used in this issue were taken at the OSHO International Meditation Resort in Pune, India.

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The man of Zen is a man who **lives in mysteries**. To him everything is mysterious. Nothing is to be taken for granted, everything is a miracle. Life is a miracle, the songs of the birds are miracles, the flowers with so many colors.... This whole existence, if your inner being is awake, becomes an unending series of mysteries.

A man of Zen **lives at the optimum** – one cannot live more than he lives. Each breath is total in itself and each moment is so full of blessings, of ecstasies, of a great love, not directed to anybody but simply spread like the fragrance of flowers. Whoever is ready to receive it can have it. But whoever wants to grab onto it will lose it.

A man of Zen **belongs to the universe**.

The Man of Zen

In Osho's talks we frequently hear about the man of Zen. Who is he? What do we know about this fellow?

A man of Zen lives as ordinarily as you live. But his ordinariness has an extra-ordinary quality in it: it **radiates** joy, celebration, it radiates witnessing.

Nobody can order a man of Zen. You can kill him, but you cannot order him. You can murder him, but you cannot command him. The man of Zen does not bother about death, because he **knows his deathlessness**.



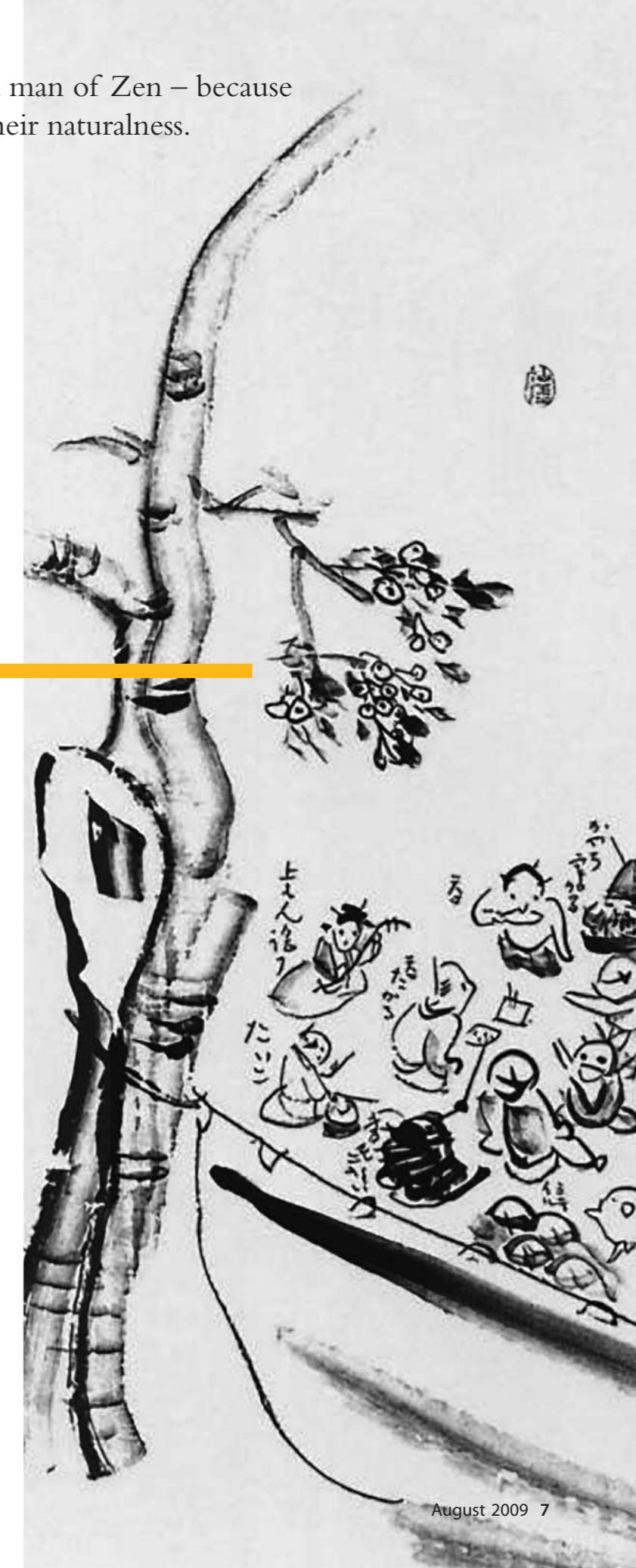
A man of Zen is **very loving** but he has not practiced love; it has come as a by-product of his realization. He has simply realized his own buddhahood. He has simply reached his own center of life, and being there he explodes into love, into compassion. His love comes after his enlightenment, it is not a method for enlightenment.

For the man of Zen **everything is sacred** — even taking a cup of tea. Whatever he does, he does as if he is in a holy space.

There is no problem really for a man of Zen – because he looks at things and **accepts** their naturalness.

A man of Zen simply means a man who has become a buddha but who is not a master. He is a mystic in his own right but he does not know how to transmit the lamp. But his personality will be luminous, his eyes will have a different quality, his gestures will have a different grace. A man of Zen is a **small flame**; a master of Zen is the whole forest afire.

All excerpts are from OSHO books.



Going Deeper



and Deeper

What does it take to move in deep intimacy with someone else? How much time does it take? How mature do you have to be? How important is sexuality?

"I would like to have a longer relationship with a woman than just a date, but I think I am too immature and so it hasn't happened yet."

You have some wrong notions about relationships.

Only immature people relate. When you become mature what is the point of relating? So don't make that a problem. Immaturity is perfectly okay. And how is one going to mature? You have to relate with people; through that will come maturity. And when you have really become mature there is no need to relate. Then one is perfectly happy with oneself. One can give one's love, but there is no relationship. So relate as much as you want because soon this immaturity will go!

The second thing: a relationship has nothing to do with time. Whether it is longer or short is not meaningful at all. The question is of intensity and depth. Even if the relationship only lasts for twenty-four hours, if you really go into it, it is tremendously fulfilling. And it may last for twenty-four years and nothing happens. You can see so many dead husbands and wives living together for years, for centuries it seems, and nothing has happened! Length is not the question – quality, not quantity. So drop the idea of longer or shorter; that is not your worry. If it stays, good; if it disappears, good.

What can you do? Right now if you are immature, you are, so you have to relate in this immaturity. In fact the very desire to have a long relationship is part of immaturity – otherwise one moment of love is quite enough.

A mature person is independent; an immature person is dependent. It is because of the dependency that we long for a longer relationship. We want a long relationship so that we can depend on the same person forever, so that there is no need to face new challenges, new problems. If we are with the same person, having the same problems, we can become acquainted with the relationship, skillful in it.

The right thing is to relate with many people before you start settling with someone. Know as many women as possible before you choose a woman to stay with for your whole life.

My own observation is that people should not get married before thirty-five years of age. By that time they are experienced enough: by that time they have known so many women that they can choose. And the same is true for women.

The world is big and there are so many different



RELATING

kinds of people. Why be in a hurry to settle for a long relationship? And each individual is beautiful – a gift of existence! Relate, and don't hanker for any stable relationship right now. When the right person comes along, things will settle on their own. Why be in such a hurry to settle? Remain a vagabond as long as you can afford to!

Excerpted from *The Further Shore*, Osho

"We have been in relationship together for seven years. I am surprised that we have not separated because nowadays so many relationships end."

So you are destined to be together it seems!

There is no need to separate. If one can be in one relationship long enough, slowly, slowly it gains depth, intimacy. In a fast-changing world everything is changing fast – relationships also. Just as people are changing their jobs, changing their style of life and their clothes and their cars and their houses, naturally they are changing their relationships too, but then something immensely valuable will be missed.

There are a few things which need time to grow. If you don't give time for them to grow they will never grow. All trees are not seasonal flowers. If you are in a hurry then you will get only seasonal flowers. They come fast, they go fast. Within six weeks they are there and within six weeks they are gone; the whole life span is three months. But if you want the

great Cedars of Lebanon, they take hundreds of years to grow. And so is the case with love.

Sex is a momentary phenomenon – you can easily change your relationships – but only when two persons live together long enough do some edges slowly, slowly start disappearing, some conflict starts dropping. They start understanding each other on an intuitive level. When people are together long enough there is no need to say anything – they understand. If you are not feeling good, he will understand. You may not have said anything at all, you may not have even showed it, but he will understand. Something deep in his heart will start feeling that something is amiss.

When intellectual communication becomes secondary and intuitive communion becomes primary, this is intimacy. Then you care for each other. You are not just there to exploit each other – caring is born. You stop the old ideas about how the other should be; slowly, slowly they are dropped.

In the beginning every love relationship is a kind of conflict. The woman wants the man to be according to her idea of a man, and vice versa. It takes a long time to learn the lesson that nobody can change anybody, that the other has to be accepted as he is or she is, that not only does the other have to be accepted but respected too. The other has a certain dignity that should not be interfered with.

Be together, and go on growing in this intimacy.

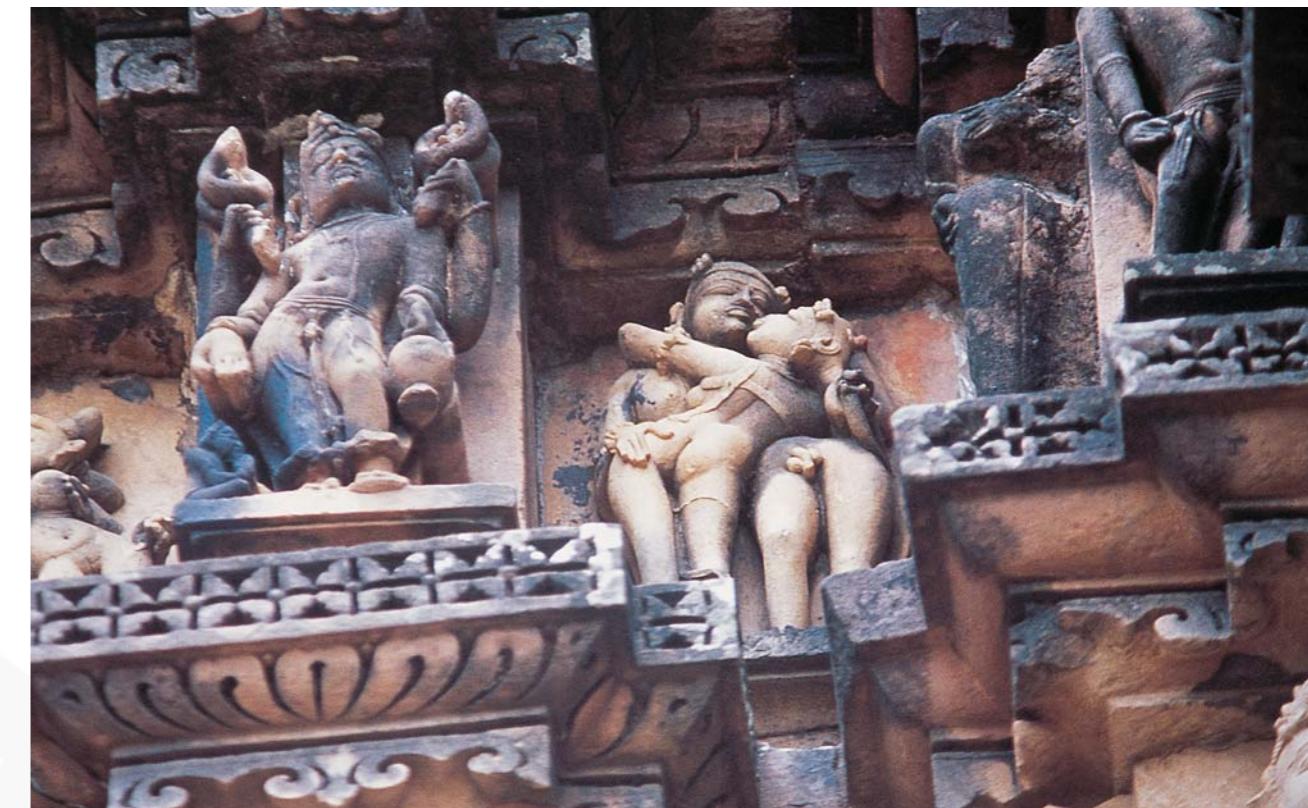
Excerpted from
God's Got a Thing about You, Osho

"I am looking for a deep, meditative relationship. I hear you say that one must begin with the body but I am not interested in sex."

Have you gone to Khajuraho or Konarak?

There you will see what I am saying to you. Those are Tantra temples, the *most* sacred temples that still exist on the earth; all other temples are ordinary, bourgeois. Only these two temples have a different message which is not ordinary, which is extraordinary. It is extraordinary because it is true. What is their message?

If you have been to these temples, you will be surprised that on the outer sunlit walls there are all kinds of sexual postures – men and women making love in so many postures – conceivable and inconceivable, possible and impossible! All the walls are full of sex. One is shocked. One starts feeling: What



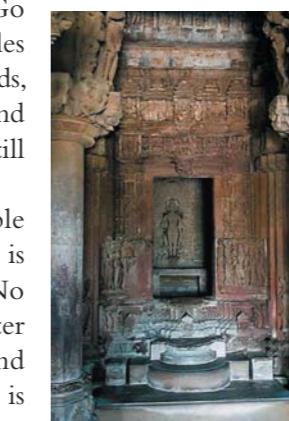
obscurity! One wants to condemn, one wants to lower one's eyes. One wants to escape. But that is not because of the temple but because of the priest and his poison inside you.

Go inside. As you start moving inside the temple, the figures are less and less, and love starts changing. On the outer walls it is pure sexuality. As you start entering inside, you will find sex is disappearing. Couples are still there, in deep love, looking into each other's eyes, holding hands, embracing each other, but sexuality is no more there. Go still deeper figures are even less. Couples are still there, but not even holding hands, not even touching. Go still deeper – and the couples have disappeared. Go still deeper....

At the innermost core of the temple there is not a single figure. The crowd is gone. There is not even a window! No light comes from the outside; it is utter darkness, silence, calm and quiet. And there is not even a figure of a god – it is emptiness, it is nothingness.

The innermost core is nothingness and the outermost core is a carnival. The innermost core is meditation, *samadhi*, and the outermost core is sexuality. This is the whole life of man depicted.

But remember: if you destroy the outer walls, you will destroy the inner shrine too – because the



innermost silence and darkness cannot exist without the outer walls. The center of the cyclone cannot exist without the cyclone. The center cannot exist without the circumference. They are together!

Khajuraho simply depicts you. It is the human story in stone; it is the human dance in stone – from the lowest to the highest rung, from the many to one, from love to meditation, from the other to one's own emptiness and aloneness. The still point is shown together with the turning world.

The way of Tantra is not one of blind sensuality – and not only of spirituality either. It is of both/and. Tantra does not believe in the philosophy of either/or; it believes in the philosophy of both/and. It does not reject anything – it transforms everything.

Only cowards reject. And if you reject something you will be that much poorer because something has been left untransformed. A part of you will remain ungrown; a part of you will remain childish. Your maturity will never be total. It will be like one of your legs remains on the first rung and your hand has reached to the last rung. You will be stretched along this polarity and you will be in anguish, in agony; your life will not be of ecstasy.

Excerpted from *Walk without Feet, Fly without Wings and Think without Mind*, Osho





"I have been in a relationship for the last five weeks. Nothing is static. Every moment is new. We open on many levels yet. I don't know what's happening to me."

Very good. There are many levels to a relationship. The body is not all; sexuality is just the beginning of a relationship. But many people end there, and many people never come to know that there are deeper meetings, communions.

Many people never know what it is when two hearts meet. People don't know even what it is when two minds meet. And when two vitalities meet, when two persons meet, there is a point where two selves simply dissolve into each other and nobody knows who is who. The man becomes the woman, the woman becomes the man. Then there is something of the unknown. Love almost becomes prayer.

Many people end with the body. It is very unfortunate. Love can open many doors. If love is there it always opens many doors. So when one is in love one should be as open as possible, as unafraid as possible, so that the arrow of love can penetrate one very deeply, and can touch layers which have never been touched before.

Excerpted from *God Is Not for Sale*, Osho

Don't take the other for granted. Relate again, start again. Relating means you are always starting, you are continuously trying to become acquainted. Again and again, you are introducing yourself to each other. You are trying to see the many facets of the other's personality. You are trying to penetrate deeper and deeper into his realm of inner feelings, into the deep recesses of his being. You are trying to unravel a mystery which cannot be unraveled.

That is the joy of love: the exploration of consciousness. And if you relate, and don't reduce it to a relationship, then the other will become a mirror to you. Exploring him, unawares you will be exploring yourself too. Getting deeper into the other, knowing his feelings, his thoughts, his deeper stirrings, you will be knowing your own deeper stirrings too. Lovers become mirrors to each other, and then love becomes a meditation.

Remain continuously on a honeymoon. Go on searching and seeking each other, finding new ways of loving each other, finding new ways of being with each other. Each person is such an infinite mystery, inexhaustible, unfathomable, that it is not possible that you can ever say, "I have known her," or, "I have known him." At the most you can say, "I have tried my best, but the mystery remains a mystery."

In fact the more you know, the more mysterious the other becomes. Then love is a constant adventure.

Excerpted from *The Book of Wisdom*, Osho

OSHO INTERNATIONAL Newsletter

Everything, Everywhere, All the Time

Today's technology is finally catching up with Osho. All his texts, photos, audios and videos are already in place for the current global technological expansion. His enlightened message now reaches people all over the world constantly via the web. Search facilities on osho.com make Osho insights on any topic easy to find. What a support for generations to come!

The image is a vertical collage of various sections from the July 2009 OSHO International Newsletter. At the top, there's a banner for 'new earth JOURNAL' with the tagline 'visionary music to enhance wellbeing'. Below it, the 'OSHO INTERNATIONAL NEWSLETTER JULY 2009' is displayed. The collage includes:

- MAGAZINE:** A portrait of Osho and a quote: "Everybody is living in ignorance, because everybody who brought you up - wanted to have power over you, to expand the country over you. And children are the most helpless people in the world, the most exploited class. It is not the parrotish who are the most exploited class, it is the children who are the most exploited class - and so helpless..." (Osho)
- EDUCATION:** A quote: "A natural man is organic as all his emotions... Somebody has asked a question: 'If people become automatic, what is useful, and if they don't judge anything, how can they improve, and if they go on sneezing and shouting in the streets, what will happen to the world?' Many things will happen to the world. First, there will be a revolution in the society."
- Read More →**
- SHARE IT:** Buttons for Facebook, MySpace, Digg, etc.
- Real Health is Inner Health:** A quote: "Now, there are masters who say, 'Whatever you want, you will get it through meditation. Money will pour in. Just sit here and meditate.' That is a lie. You will never get it. This is covering the language of your desire. The truth is just the opposite. They tell me, if you really meditate you will be a failure in life, an utter failure..."
- Read More →**
- SHARE IT:** Buttons for Facebook, MySpace, Digg, etc.
- Therapeutic Wellness:** A quote: "If you are not healthy, you are not healthy because you are not healthy. If you are healthy, you are healthy because you are healthy. This is covering the language of your desire. The truth is just the opposite. They tell me, if you really meditate you will be a failure in life, an utter failure..."
- Read More →**
- SHARE IT:** Buttons for Facebook, MySpace, Digg, etc.
- OSHO INTERNATIONAL MEDITATION RESORT:** A quote: "This is such a sacred time in the OSHO International Meditation Resort... In the quiet one finds a deep connection with peace and the place. There is also great pleasure in the air as one walks for the rain to hit the cracked earth, wash the dirt away and bring back that which is green in the tropical garden..."
- Read More →**
- SHARE IT:** Buttons for Facebook, MySpace, Digg, etc.
- VAL:** A large vertical graphic element on the left side of the page.
- OSHO INTERNATIONAL MEDITATION RESORT:** A quote: "The moment comes when you are not afraid, but in this still space on the edge of the moment comes understanding and awareness. One actually has the ability to be with the moment with awareness and with openness. Through this kind of walking meditation with pranayam begins with what feels like years of practice. This is the beginning of the path. This is the beginning of the path that one needs to follow to attain the ultimate goal, which is immortality, immortality, immortality and support for meditation. Breath and movement, movement and breath, are an unbreakable way for spiritual transformation..."
- Read Article →**
- OSHO IN THE PRESS:** A quote: "I am not only this body; I am the peak - the peak also needs you..."
- Read Article →**
- OSHO IN THE PRESS:** A quote: "Lalitha: First Look Magazine talks about the OSHO International Meditation Resort in the Life style section of its magazine..."
- Read Article →**
- OSHO MULTIVERSITY:** A quote: "It is not only this body; the peak - the peak also needs you..."
- SHARE IT:** Buttons for Facebook, MySpace, Digg, etc.
- OSHO MULTIVERSITY:** A quote: "Find out why you are in the Awareness Intensive. What is it? Find out! 8 days. Shrink the mind and enter a great silence in OSHO Mind - from 3 - 9 July and gain the results to share this with the world. You will be transformed. You will be reborn. Discover your hidden talents in Creativity. Our nature on 10-14 July. Get ready to share meditation in OSHO Meditation Training and to experience the joy of Primal Feeling on 22-26 July. Lighten your life in Primal Feeling on 27-31 July. Time to renew your life in Turner Breath of Life on 28-31 July..."
- Read Article →**
- OSHO MULTIVERSITY:** A quote: "Digital Primal - Primal and human quantum in Manishavane - Part 1, 3, 4, 5, 6, 7, 8, 9, 10, 11, 12, 13, 14, 15, 16, 17, 18, 19, 20, 21, 22, 23, 24, 25, 26, 27, 28, 29, 30, 31, 32, 33, 34, 35, 36, 37, 38, 39, 40, 41, 42, 43, 44, 45, 46, 47, 48, 49, 50, 51, 52, 53, 54, 55, 56, 57, 58, 59, 60, 61, 62, 63, 64, 65, 66, 67, 68, 69, 70, 71, 72, 73, 74, 75, 76, 77, 78, 79, 80, 81, 82, 83, 84, 85, 86, 87, 88, 89, 90, 91, 92, 93, 94, 95, 96, 97, 98, 99, 100, 101, 102, 103, 104, 105, 106, 107, 108, 109, 110, 111, 112, 113, 114, 115, 116, 117, 118, 119, 120, 121, 122, 123, 124, 125, 126, 127, 128, 129, 130, 131, 132, 133, 134, 135, 136, 137, 138, 139, 140, 141, 142, 143, 144, 145, 146, 147, 148, 149, 150, 151, 152, 153, 154, 155, 156, 157, 158, 159, 160, 161, 162, 163, 164, 165, 166, 167, 168, 169, 170, 171, 172, 173, 174, 175, 176, 177, 178, 179, 180, 181, 182, 183, 184, 185, 186, 187, 188, 189, 190, 191, 192, 193, 194, 195, 196, 197, 198, 199, 200, 201, 202, 203, 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I am a modern man – in fact a little ahead of my time! I am going to use every possible means to spread the truth: newspapers, video, tape recorders, films, radio, television, satellite transmission, everything. Buddha had to go to every village; I can be in my room, and I can fill the whole earth with my message.

Excerpted from *The Guest*, Osho

The OSHO International Newsletter comes to you every month as an introduction, a bridge and a reminder to use this treasure of OSHO content in any format you wish: text, audio or video.

What's in the OSHO International Newsletter:

- OSHO.com contains Osho's relevant and timeless answers on questions about relating, health and emotions.
- OSHO Multiversity gives you up-to-date information about all the courses, therapies and trainings that are coming up in the next 60 days.
- OSHO International Meditation Resort has the latest activities with the flavor of each month at the Meditation Resort.
- The Book Release section shares the latest book releases worldwide and where you can buy them. There are also links to the whole archive of OSHO Library.
- OSHO Multimedia section lists the TOP 5 downloads from the previous month in each category. If you have the time, you can also sift through all 3000 audio talks, 240 eBooks and hundreds of music tracks that are available online.
- The OSHO Monthly Meditation comes from *The Book of Secrets*. It is wonderful for people on the go.
- Popular sections to introduce Osho to family members and new friends:
 - The monthly Horoscope, audio greetings and a direct link to the most popular short OSHO Videos.
 - Every January you can download a new Screen Saver with eye-catching images from the OSHO International Meditation Resort.
 - OSHO Guesthouse presents information about its facilities and seasonal offers.

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It can easily be archived and carried on your hand-held devices for future reading and sharing. All articles and sections have a *Share it* tab that makes it easy to put any article or information on your favorite social media site like Facebook, Digg or Twitter.

Sharing OSHO content from the newsletter and osho.com insures it is from the source, and discourages piracy and use of stolen material. We take all the necessary precautions to prevent spam as well.



The paper-free OSHO Newsletter is environmentally friendly, promoting a greener approach. Delivery is very efficient; it goes directly to the remotest parts of the world, wherever the internet subscriber happens to be.

It is available in 8 languages: English, Hindi, German, French, Italian, Spanish, Japanese and Portuguese. Once the English version is done, our translators across the globe translate it into in their languages. On oshocom/newsletter subscribers can choose to receive their issues in one or more languages.

The content and design of the OSHO Newsletter are the result of a great deal of care from people working together all over the world. Here are some comments from a few long-time contributors:

Rishi: I am involved in both the English and Hindi newsletters, and I enjoy the whole process very much. Being a part of the Osho proposal expands my own life. It reminds me of Osho's statement, "I leave you my dream."

I always read the articles, as they are continually relevant to my everyday life. The article on *Emotional Ecology* is one of my favorites. While working, many times I experience a sudden paradigm shift – from speedy working plus emotions to relaxation and peace.



OSHO INTERNATIONAL NEWSLETTER

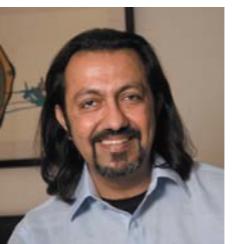
Anil: The OSHO Newsletter is sent to over 110,000 subscribers all over the world every month. Via your email you receive the latest news, and you can also click on various topics which bring you directly to osho.com.

The importance of the content of the newsletter, and how deeply it touches people is apparent from our *Open* and *Click* rates. These surpass all standards of industry – any marketing director would be envious.

Richa: The OSHO Newsletter is a wonderful tool to share Osho's insights on the basic issues that we face today – from dealing with stress to handling overwhelming emotions – with just a click of a button. It is amazing how even a small fraction of awareness makes a huge difference in how we feel.

Osho fits so beautifully with the young men and women of our times. With the newsletter, even on their mobile phones everyone can view an Osho insight, get an OSHO SMS as *No-Thought for the Day®* when they wake up, or keep themselves abreast of all the meditations and colorful activities happening at the Meditation Resort.

Devendra, Anuprada



When I say, "Spread the word," I mean, whatever I have been telling you, go on spreading in as many ways as possible. Use all the news media, use everything that technology has provided, so that the word reaches to every nook and corner of the earth. And remember, it is far more powerful than any nuclear weapons because nuclear weapons can only bring death – that is not power. But the word which has come from an enlightened consciousness can bring new life to you; it can give you rebirth, resurrection – that is power.

Destroying something, any idiot can do. Creating needs intelligence.

I will be leaving words of immense potentiality for you. If you can simply go on whispering them, you will be surprised that they can change the whole human heart.

If the word has come from the awakened consciousness, as it reaches within you it becomes sound – because meaning is of the mind. Deeper than mind is no-meaning, just sound.

But there is still a depth where sound disappears into silence. The true word, the authentic word, always creates silence in you. That is the criterion of its power – that it is not empty; it contains sound, the sound contains silence, and silence is the nature of existence.

Excerpted from *The Path of the Mystic*, Osho

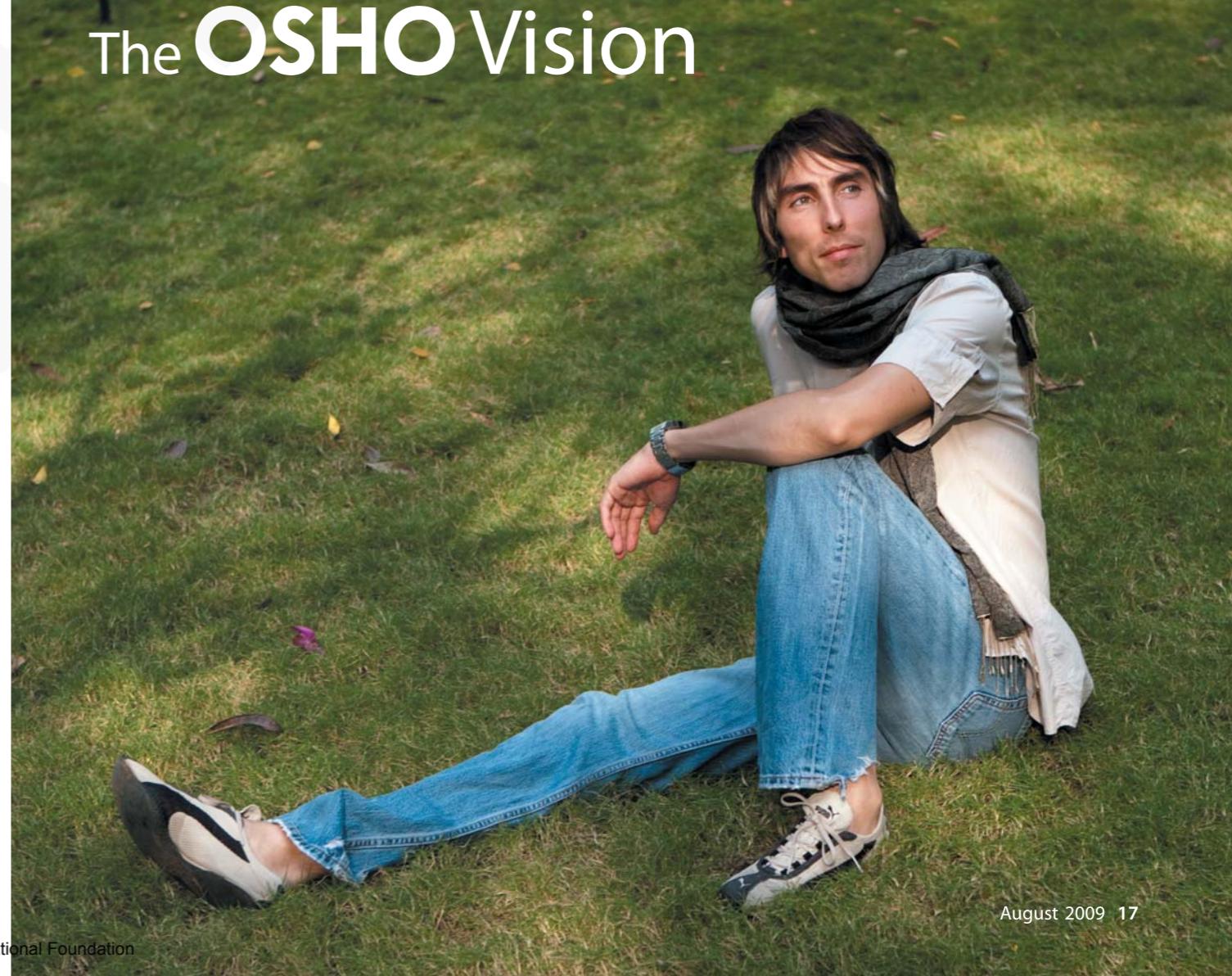
Meditation means relaxing in the moment, in the present. People who condemn meditation always condemn it with the argument that it is an escape, escaping from life. They are simply talking nonsense; they don't understand what they are saying.

Meditation is not escaping from life; it is escaping into life. Mind is escaping from life; desire is escaping from life.

Excerpted from

The Dhammapada: The Way of the Buddha, Osho

Meditation: The OSHO Vision



Going All the Way

Whether he is leading a meditation program, or commenting on Zen anecdotes with a huge international audience, or speaking to an individual who is new to meditation, Osho uses every opportunity to share his vision on how to approach meditation.



For meditation continuity is very essential.

The deeper the continuity, the more ripe your experience will be. It often happens that you do it for two days, then skip one day, in which case you will come back to the same place where you were doing it before. For at least three months there should be complete continuity.

So many of you must have started meditation on many occasions, and then gave it up. Then you start again, and then give up again. No; for three months there has to be absolute continuity. And why I am saying it for three months? Is it because in three months everything would have happened?

Meditation succeeds only for those for whom it becomes number one on the list. Otherwise it cannot be successful. Drop everything, but never drop meditation.

It is not all necessarily going to happen in three months! But one thing is certain: in three months you will definitely be so juiced up that then it will become impossible for you to give it up even for one day.

And in three months the ultimate can also happen. I am not saying that it will not happen. It can even happen in three days, in three hours even, it can happen in three seconds. It all depends on you how intensely you have taken the jump. But I am saying three months because for anything to become deeply engrained in man's mind, three months are necessary.

Perhaps you don't know that if you go to live in a new house then it will take you at least three weeks to forget that this is a new house. After doing a lot of experiments on this, scientists have said that it takes at least twenty-one days for a new thing to become old. When you sleep in a new house for the first time then you cannot sleep properly. Scientists say that it takes at least three weeks for sleep to come back to its normal state.

If it takes three weeks to change to a new house, then you cannot say that three months is a long time for changing the mind! Three months is not a long period. It is a very small thing. Continuously for three months – go back from here with a resolve that you will do it continuously for three months.

Meditation succeeds only for those for whom it becomes number one on the list. Otherwise it cannot be successful. Drop everything, but never drop meditation.

The second thing to keep in mind is that you will be having some unique experiences which you have never had before, so you should not be afraid. Sometimes even a newly born happiness makes us afraid. If suddenly happiness starts showering, we start trembling. It takes some time to get used to the new. It takes time to understand the new. And it takes a long time for the new to spread its roots inside us. So sometimes

suddenly you will feel so ecstatic, you will be filled with so much bliss that you will be flying in the air. Don't be afraid then. No one has ever been harmed by meditation. And without meditation no one has ever come to any good, this also you should keep in mind.

Excerpted from *Dhyan Darshan*, Osho

Hakuin said to his disciples:
The wisest course is to forge straight ahead without stopping. If you rest at the first sign of heat and then again as soon as the first wisp of smoke arises, even though you drill for three *asamkhyeye kalpas*...

Asamkhyeke means innumerable, and kalpas means ages. If you drill for innumerable ages, you will never find a spark of fire.

What he is saying is that there are things which have to be done fast. If you do them slowly, at the most you may create smoke but not fire. To create fire you have to drill hard and without resting. If, seeing that the wood is becoming hot, you say, "Let us rest a little," the wood will become cool again. If, seeing that the wood is smoking, you say, "Now the fire is not far away we can rest a little," the smoke will disappear, the wood will become cool again. The fire is hidden in the wood but you have to be very continuous until you find the spark, the flame jumping up from the wood.

This is a very good example for meditators. You go a little while and then you say, "I have to go tomorrow again, what is the hurry? It is enough, now rest – and if finally everybody has to become a buddha, what does it matter whether it is Sunday or Saturday? There are only seven days; some day I will become a buddha." But if you think in terms of going slowly, in a lousy way, taking rests, you will never reach.

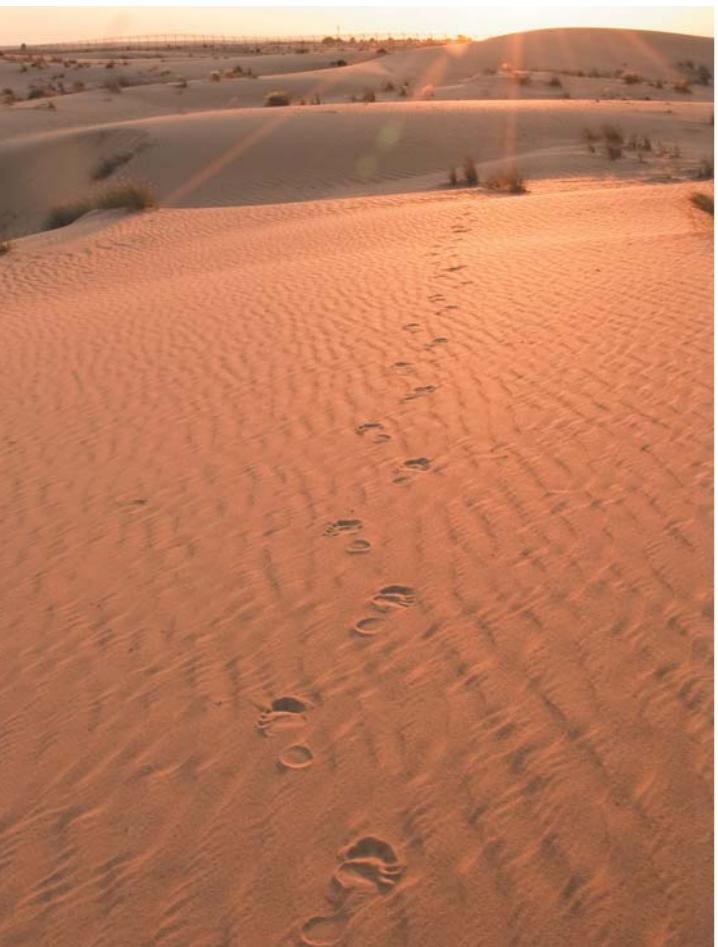
Although the path is very short, it is short only for those who go like an arrow. The arrow does not stop on the way; there are no stations for the arrow. It does

You go a little while and then you say, "I have to go again tomorrow, what is the hurry? It is enough, now rest. If finally everybody has to become a buddha, what does it matter whether it is Sunday or Saturday? There are only seven days; some day I will become a buddha." But if you think in terms of going slowly, in a lousy way, taking rests, you will never reach.

not rest a little while in the air and then go again, it simply goes straight without halting on the way. And that should be remembered by every meditator.

I have been using the word arrow purposely so that you can understand that going into yourself is not a morning walk. It is not something that you can do in parts; you have to do it in a single quantum leap. Whenever you decide, then don't look back, just go ahead.

Certainly it needs guts and courage because you are moving in a dark and unknown space. You don't even have a lamp with you – no companion, you



don't have any map. And meditation demands that you go with the speed of light, so fast that the journey of thousands of lives is completed in a single moment.

Hakuin says:

My native place is close to the seashore, barely a few hundred paces from the beach. Suppose a man of my village is concerned because he does not know the flavor of sea, and wants to go and taste it for himself. If he turns back after having taken only a few steps, or even if he returns after having taken a hundred steps, in either case when will he ever know the ocean's bitter, salty taste?

But, though a man comes from as far as the mountains of Koshu or Shinshu, Hida or Mino, if he goes straight ahead without stopping, within a few days he will reach the shore, and the moment he dips the tip of one finger into the sea and licks it, he will instantly know the taste of the waters of the distant oceans and the nearby seas, and of the southern beaches and the northern shores, in fact of all the sea water in the world.

You have to go to the ocean. One hundred feet or two hundred feet, that is not the question. You have to go all the way. The question is of going to the sea, but not just going in a lukewarm way: "Today a few steps and then we will see tomorrow." Tomorrow you will have to take these few steps again. And if this becomes your habit – "A few steps today and then we will see tomorrow" – if this becomes your pattern then you will never reach. You will always be going on those few steps, and then the decision that, "It is enough, now we will see tomorrow."

For the meditator, there is no tomorrow. Future is not the concern of meditation. Future is the concern of the mind; mind cannot live without future. If suddenly all future disappears, mind will be at a loss what to do. Future is the space in which mind goes



on weaving imaginations, projects, ideas: what one is going to become, what one is going to achieve. All ambitions are laid out in the future. But if the future completely disappears – suddenly you come to the point where you see that there is no future – either your heart will stop or you will run away, backwards, thinking that at least the past will be there.

But the past and the future are both in your mind. Existentially there is only this moment. So when you meditate today, do it as if this is the last day. You may not have any chance to meditate again, so go all the way to the seashore.

Once you have got the taste of your being – the rejoicing, the dancing, the blessing, the ecstasy – then there is no problem, you know the way. It is not far, it is within you, just a few inches away from your mind. But just once you have to know it, then there is no problem. Then you cannot forget it, then you cannot go against it; then it becomes your very life.

And when meditation becomes one's very life, there is nothing more in this existence to make you richer, to make you more of a splendor. The secret is hidden within you.

Excerpted from
The Language of Existence, Osho

Continue to meditate. Make it a regular thing. Even if you don't do anything, you simply sit under a tree or in your room, slowly that one hour becomes the most precious time. You start waiting for it. You look forward to it.

Something starts settling in you; that one hour becomes sacred. It is like a diamond in a heap of pebbles – it shines, it has a grandeur of its own. That one hour finally becomes the only time saved. All else has gone down the drain. One day one understands that those were the only moments that one lived.

When the German poet Goethe was dying, somebody said: "In your long life you must have enjoyed many beautiful moments." He was a man of great caliber, one of the greatest geniuses of the world, multi-dimensional. But the question made him very sad. He said, "If I count, it can't come to more than two weeks in my whole life. But those are the only two weeks that I have really lived – a few moments few and far between. Those were the real moments; the rest has just been a wastage." If Goethe said that, what about an ordinary man? Not even two weeks!

But if one meditates, if one keeps that one hour sacred and separate, slowly that one hour becomes a window; it starts giving you glimpses of the beyond. In that one hour you become open to something unknown, mysterious. You start feeling the presence that can only be called divine; there is no other word to express it. That one hour becomes a transforming process.

So even if nothing happens in the beginning, don't be worried; just go on sitting for that one hour. It brings great fruit.

Excerpted from *Hallelujah*, Osho

Gurdjieff, Buddha and Lao Tzu

Osho describes the approaches of three important mystics on what – if anything – needs to be done to become self-realized. And in the telling, there is his own vision....

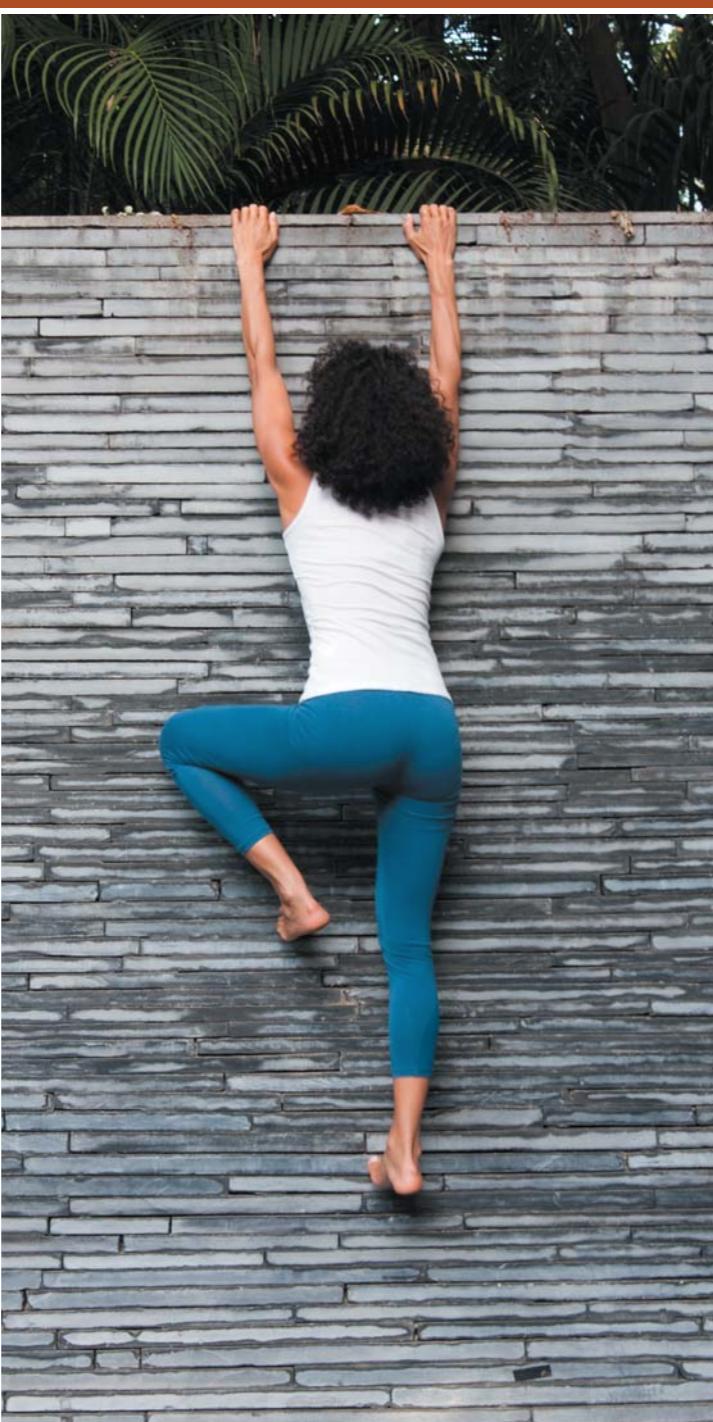
A man who has been with different schools says:
“When I worked with Gurdjieff people they told me to make an effort, to struggle, to work. When I worked with Buddhist masters they told me not to make any effort. You say both. I’m confused.”

Yes. I say both, and I can understand your confusion. Gurdjieff follows the path of will. He says, “Bring tremendous effort – to the very climax, so that you can become crystallized. Struggle hard, make all the efforts that you can.”

If you go to Zen Masters, Buddhists, they believe in effortlessness, they believe in surrender. They don’t believe in struggle. They say, “Drop all efforts. Just sit silently, don’t do anything. Someday it will happen. It cannot be done, it happens.”

With me, confusion is bound to be there because I say both. I say work hard. I say bring your total energy into effort so that one day effort can be dropped and you can become effortless. To me, effort brings you to effortlessness. First one has to learn effort. Then one has to learn effortlessness.

If in art your effort is present, then it is not great art. You are not a great master yet. The very effort shows that you are not one when you are painting. If you sing and in singing effort is present, you are still



trying hard to prove something. When you become a great singer, effort drops. Your singing becomes like the singing of the birds; your singing becomes spontaneous.

The great musician is one who can play on his instrument not knowing what he is going to do. He himself is surprised when something happens. He himself is part of the audience. The great master becomes a vehicle, surrendered. But to attain to that surrender, tremendous effort is needed.

If you just go and sit, do you think that something is going to happen? Nothing will happen; the market



will go on moving in the mind. You can go on sitting like a statue, dead. You can learn the posture, you can learn the trick of sitting for hours, but what will happen to your mind? You may be sitting in a temple but you will not be there, you will be somewhere else. You are always there where your desire is.

To drop effort, you will have to learn what effort is. Gurdjieff is the beginning; Zen is the end. Gurdjieff is the ABC; Zen is the XYZ. You can reach to Zen only if you have passed Gurdjieff. If you try to reach directly to Zen, you will never reach. This is what is happening in the West now. Zen has been absolutely misunderstood.

Go to Japan and see the Japanese monasteries. A Zen monk has to work hard for twenty years, thirty years. He has to meditate six hours, eight hours, ten hours, twelve hours, even eighteen hours a day. Then comes a moment when the master says: now relax. Only at the peak is relaxation allowed.

It is very easy to misunderstand Zen because the language is so poetic. The language is so paradoxical that in the West a hippie-type Zen has come into existence. Zen people say, “There is nothing to do. There is nowhere to go.” It fits perfectly with your laziness.

You sit, you be lazy – not doing anything, not going anywhere – you will not become a Buddha. Buddha himself worked hard for six years in his last life. If you count his past lives, then for millions of lives he had been working hard. Then one day he dropped – he became enlightened. When people asked, “How did you attain?” he said, “By dropping all effort.” He’s true, but he can be misunderstood.

First, you need effort to drop it one day. You don’t have effort yet – how can you drop it? If you want to sit silently, you will have to run for miles and miles, and only then can you sit silently. To drop thinking you will have to think for miles and miles and miles; only then can you understand the futility of it all. In that understanding, thinking stops.

When you are not doing anything and all the ripples of the mind have subsided, and your whole being is simply silent – this is not laziness. This is tremendous energy; unmotivated, not going anywhere. You are full of energy, tremendously at the peak of energy, but there is no goal to reach, nothing to achieve, no desire left. Not even god is a desire now. Not even *moksha, nirvana*, the final attainment, is a desire now. All desires have left; one is sitting at home. In that moment, the whole comes to you.

Excerpted from *Come Follow to You*, Osho

"Do Taoists say that enlightenment is a sudden happening or a gradual one?"

They don't bother. Lao Tzu does not bother.

He says: Just to be ordinary is to be enlightened. It is not something special that one has to achieve, it is not an achievement, it is not something that one has

to reach. It is you – in your absolute ordinariness it flowers.

Lao Tzu is not bothered about enlightenment and all that nonsense. He says:

Just be ordinary. Eat when you feel hungry, drink when you feel thirsty and go to sleep when sleep comes. Just be as natural as the whole existence, and suddenly there is everything in all its glory. Nothing is needed.

To be ordinary is the most extraordinary state of being because the ego dissolves. The ego is subtle. You get rid of it in one direction, it comes from another. You push it out from one door, go inside the room and it is sitting on the throne – it has entered from another door. Before you even come in it is already there.

Lao Tzu does not give the ego any foothold, any ground to stand on, so he does not talk about enlightenment. If you meet Lao Tzu don't ask him, "Do you believe in sudden enlightenment or in gradual enlightenment?" He will laugh at you: What foolishness! There is no need for any enlightenment. That word doesn't occur for Lao Tzu, it is not part of his vocabulary.

He is very simple. He says: Just be ordinary. Why this hankering to be extraordinary, to be someone – and if you cannot be someone in the world then become enlightened at least? Why can't you be satisfied and content with yourself as you are?

If you ask me, to be content with oneself as one is, is enlightenment. It is nothing special, as yogis have made it sound: kundalini rising, light showing, inner experiences, angels and god and this and that. This is all nonsense. Enlightenment is nothing of this sort.

All these things – kundalini and the light and god and angels and heaven and hell – are part of the magician's bag. You want them? He immediately

produces them. You create the demand and the magician supplies the things to you. You want something special, he gives it to you. He exploits you. He lives on your absurd desires.

Lao Tzu is absolutely simple. He has no bag. He says: Why not just be? What is wrong in that which you are? Why make an effort? And who will make the effort? *You* will make the effort. Your effort cannot go beyond you, and whatsoever you do, you will do. How can it go beyond you? By your own efforts how can you transcend? It is not possible. You can go on jumping for thousands of lives and nothing will be attained.

Accept yourself. That is the only reality, the only possibility there is. Accept yourself as you are and suddenly everything is transformed. Acceptance is the word for Lao Tzu – not enlightenment – total acceptance. Whatever is the case, is the case. Nothing else is possible. This is how things are. This is how you have happened into this vast universe. This vast universe wanted you to be like this – now you accept.

There are only two choices available: either you reject yourself or you accept yourself. If you reject then there are again two possibilities open: you reject in a worldly way or you reject in an other-worldly way.

If you reject yourself in a worldly way it means that you would like to be more beautiful than you are, you would like to be more strong than you are, you would like to be more rich than you are, you would like to have a bigger house than you have. If you reject yourself in an other-worldly way, the religious way, it means that you would like to attain satori, samadhi, enlightenment, nirvana; you would like to become a buddha; you would like to live in infinite bliss. For Lao Tzu both are equally absurd.

Desire means rejection; desirelessness means acceptance – you are happy as things are. In fact, things are irrelevant – you are happy. You are happy, that's the point. Lao Tzu says: Be content as you are, nothing else is needed – and then suddenly everything happens. In deep acceptance the ego disappears.

Whenever you say a total *yes* to existence, that is the greatest meditation you can enter into. This is the only meditation in which you enter and you cannot come out, because once you enter you are no more. Nobody can come out of it.

Excerpted from *Tao: The Three Treasures*, Osho



Put a Dance on It

In the Eastern traditions, there is a focus on raising the kundalini, the energy pool that is like a coiled serpent at the base of the spine. Osho says there is no need. As with everything else, he offers a different approach.

There is no need to awaken the kundalini.

We do OSHO Kundalini Meditation here, but the purpose is not to awaken the kundalini; the purpose is something different. The purpose is to give a dance to the kundalini energy that is inside you.

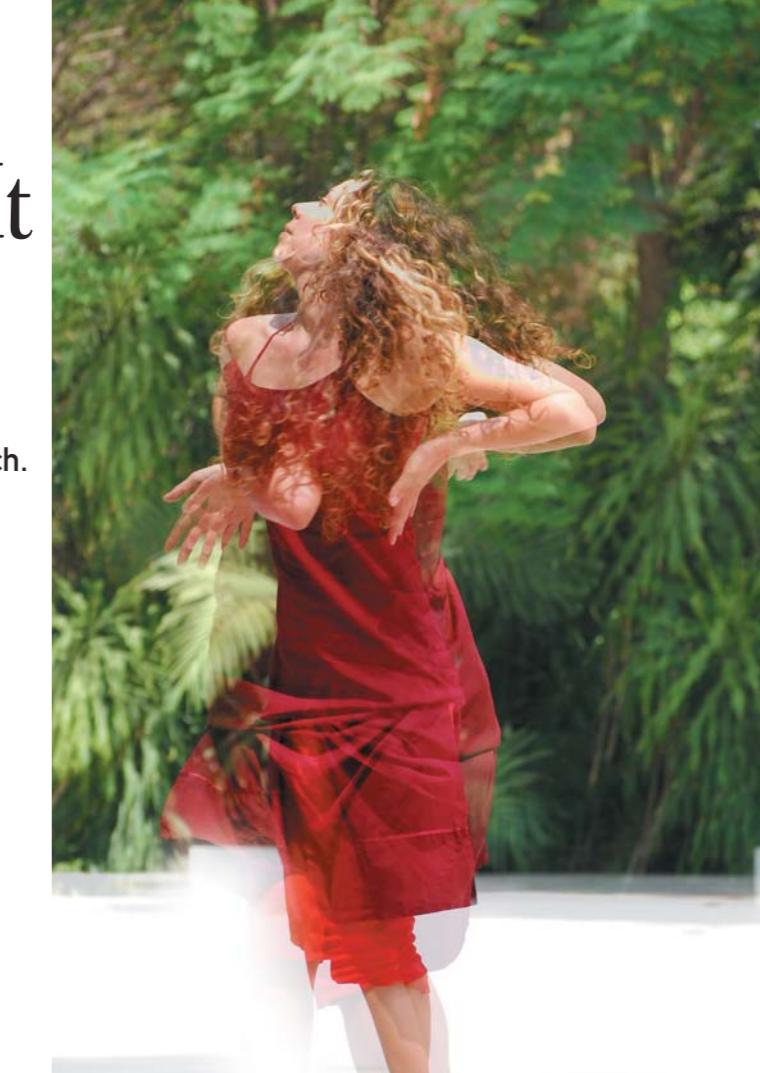
The purpose is very different. The energy that is inside you is, as yet, asleep. So it should either be awakened – and to awaken it you will have to impact it, shake it. My own experience is that there is no need to awaken it; it should just be given a dance; it should just be made musical; it should just be transformed into a blissful celebration. There is no need to push it or jolt it.

In the last century, there was a great dancer in the West, Nijinsky. When he danced, sometimes he would take such a high leap that it would be against the law of gravitation. The scientists were puzzled. Such a high jump was not possible; it *should* not be possible; the law of gravitation will not allow you to leap that high.

What was even more miraculous was that after taking such a high jump, he would come back down to the stage as slowly as a bird's feather – slowly, swaying, floating in the air. This too was very paradoxical. Gravitation pulls things down very fast; things come down like a falling stone, not like a feather.

Whenever Nijinsky was asked how he managed to do this, he would say,

"This is exactly what I am wondering also! It just happens. Whenever I have tried to do it, it has never happened. I have tried to do it many times because it immediately creates a miraculous impact. Suddenly there is a deep silence, the spectators are struck with



awe and wonder. They stop breathing for a moment – they cannot understand what has happened.

"And I feel very blissful. All of a sudden everything in me becomes silent, as if my very soul has been bathed. But whenever I try to do it, it never happens. It only happens when I am absorbed in the dance – so absorbed that my ego is totally dissolved." Nijinsky used to say. "It happens when it wants to happen, and it doesn't happen when it doesn't want to happen."

Nijinsky was unknowingly reaching to the state that I want to take you to through OSHO Kundalini Meditation. The purpose of my Kundalini Meditation is not that which has been there for centuries. As far as I am concerned, I am changing the purpose of everything. Here, Kundalini Meditation means: dance, be soaked in bliss, become immersed. Become so immersed that your ego does not remain separate. That's all. Then, something will happen inside you, you will suddenly be out of the grip of gravitation. You will suddenly find that there is a silence permeating within you such as you have never known before. You will be melted in bliss.

Excerpted from *Jharat Dasahu Dis Moti*
(Pearls Are Showering in All Ten Directions) Osho

Meditation Is Waiting for You

Do we have to work for it or not? One visitor wants to make an effort to meditate, while another wonders how meditation can be happening when he is not doing anything.



A visitor asks, "What is meditation? Is it a technique that can be practiced? Is it an effort that you have to do? Is it something which the mind can achieve?"

It is not. Where mind ends, meditation begins. This has to be remembered because in our life, whatsoever we do, we do through the mind; whatsoever we achieve, we achieve through the mind. And then, when we turn inwards, we again start thinking in terms of techniques, methods, doings because the whole of life's experience shows us that everything can be done by the mind.

Except meditation, everything can be done by the mind; everything is done by the mind, except meditation. Meditation is not an achievement – it is already the case, it is your nature. It has only to be recognized, it has only to be remembered. It is there waiting for you – just a turning in, and it is available. You have been carrying it always and always.

Meditation is your intrinsic nature. It is you, it is your being, it has nothing to do with your doings. It is not a thing. It is you. It is your being. And once you understand what meditation is, things become very clear. Otherwise, you can go on groping in the dark.

Meditation is a state of clarity, not a state of mind. Mind is confusion. Mind is never clear. It cannot be. Thoughts create clouds around you – they are subtle clouds. A mist is created by them and clarity is lost. When thoughts disappear, when there are no more clouds around you, when you are in your simple beingness, clarity happens. Then you can see far away; then you can see to the very end of existence; then your gaze becomes penetrating – to the very core of being.

Meditation is absolute clarity of vision. You cannot think about it. You have to drop thinking. When I say, "You have to drop thinking," it simply means don't



Meditation is not an achievement – it is already the case, it is your nature. It has only to be recognized, it has only to be remembered. It is there waiting for you – just a turning in, and it is available.

do anything. Sit. Let thoughts settle themselves. Let mind drop on its own accord. You just sit gazing at the wall, in a silent corner, not doing anything at all – relaxed, loose. With no effort, not going anywhere.... You are awake and you are relaxing, but the whole body is falling into sleep. You remain alert inside but the whole body moves into deep relaxation.

Thoughts settle on their own accord, you need not jump in amongst them. It is as if a stream has become muddy...what do you do? Do you jump in it and start helping the stream to become clear? You will make it more muddy.

You simply sit on the bank. You wait. There is nothing to be done. Because whatsoever you do will make the stream more muddy. If somebody has passed through a stream and the dead leaves have surfaced and the mud has arisen, just patience is needed. You simply sit on the bank. Watch, indifferently. And as the stream goes on flowing, the dead leaves will be taken away and the mud will start settling, because it cannot hang forever. After a while, suddenly you will become aware – the stream is crystal-clear again.

Excerpted from *Ancient Music in the Pines*, Osho

"I don't feel like meditating. Without meditating the changes happen anyway, and I am happy and contented. Should I force myself to meditate, or should I wait and let this happiness grow? I am confused. Only you can guide me properly, because I don't trust anyone but you."

As far as meditation is concerned, remember, you cannot force it. There are things in life which you cannot do violently, which you have only to wait for silently, inviting, welcoming, with open doors, awake and alert so that when the guest comes you can welcome the guest. And it is already happening to you.

You say you have not meditated, still you are finding deep contentment and happiness. If there is contentment it means that without your knowing, some qualities of meditation have entered into you. Without knocking on your door, happiness has made a way into you.

So my suggestion is that first be grateful that even though you have not meditated, you have just been listening to me. But in listening to me something in you has become silent, for a few moments there has been a gap in your thinking. There have been times when you were there but there was no ego. Just sitting here, waiting for what I am going to say – in that gap, contentment has entered.

In America, hundreds of television reporters used to come, and their only complaint with me was: "What can be said in ten minutes you take twenty

minutes. We have a limited time and we don't want to cut anything because whatever you are saying is so interconnected that if we cut anything it will be out of context. Why can't you speak like everybody else? Why do you suddenly become silent? You speak a word and then you leave a gap."

I said, "This is the way I am going to speak, because it is a question not only of speaking, it is a question of giving moments of meditation to the people who are listening to me. While I am speaking they are engaged, their minds are filled with me. When suddenly I stop for a moment, their minds also stop, waiting.... And those are the most beautiful moments, when they have a taste of meditation without knowing that they are meditating."

That's what has happened to you. You have been in touch with meditation up to now without awareness. From now on you have to be fully aware. Contentment and happiness are symptoms that a change has started happening inside you. No need to force, just go on as you are, enjoying your contentment more, allowing the same situation in which it happens, relishing every bit of happiness that comes to you and watching when



it comes, what is the situation in which it comes. And move in that situation more and more.

No need to force meditation, no need to force anything. Simply create the right atmosphere in which those things start happening on their own. And they are already happening. So you have just to see the knack of how they are happening and go on very easily, at ease, without any tension, without any effort, without any enforcement.

The danger is if you become greedy and if you want them to happen more and you try to force them, you may destroy even that which is happening. So no effort, no will has to be involved in it. You have to be simply waiting. And waiting is prayer: waiting for the unknown to enter in you; waiting to be pregnant with the divine. You cannot do anything about it, but you can wait.

And the last thing: you said you trust only me. If just by trusting me so much is happening to you, just think if you trust everybody how much more will be happening to you. Trusting a single human being has changed your life. If you can trust everybody without conditions, you will see a tremendous revolution happening every moment in your life, raising your consciousness to more and more glory and grandeur and splendor.

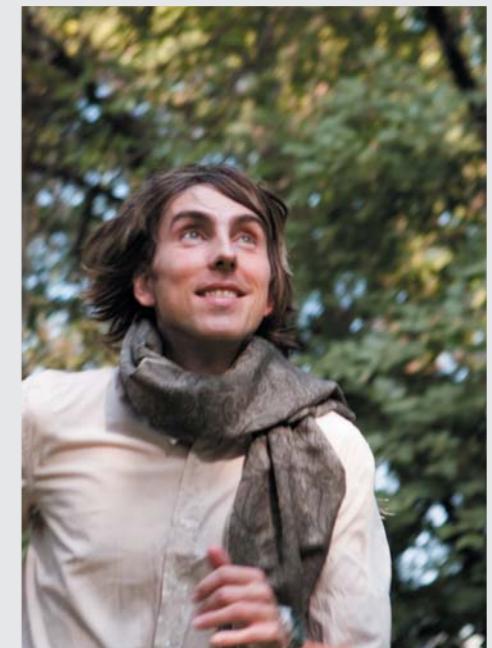
Why distrust anybody? People distrust because they are afraid that trust can make them vulnerable, people can cheat them easily. What have you got that you are worried about? What can people take away?

Death is going to take it away at any moment. You have come into the world empty-handed and you will go from the world empty-handed, so it does not matter. Between these two, what you have in your hands does not matter. What matters is that you lost trust, which is an immense treasure of your being.

Trust is a great treasure. Trusting people who can cheat you, who are going to cheat you, is real trust. If people take away a few things, let me worry about it, you go on trusting. Trust the whole of humanity. Whatever happens, don't lose your trust, because trust is so valuable. It is going to give you all that meditation can give, all that prayer can give, and without any effort. And if you can trust one human being, you know the knack of it and you can trust everybody.

Trust everybody, because you have nothing to lose. But don't lose your trust, because that is such a great quality of your being that it will open your being to godliness.

Excerpted from *The Sword and the Lotus*, Osho



"Does one attain to meditation through the grace of existence?"

It will be useful to understand this, because it has led to lots of misunderstandings and mistakes. You are grievously mistaken if you mean by the grace of existence that you don't have to do anything. But the statement that one attains to meditation through the grace of existence is quite correct in another sense.

When one arrives, he feels so overwhelmed with its immensity that he says, "How could it have happened through my efforts? What have I done to find it? Did I have anything that I could have contributed? Nothing!" When the infinitely infinite bliss of existence showers on someone, he just exclaims, "It is through thy compassion, existence, it is through thy grace, that I arrive! Otherwise it was beyond me, impossibly beyond me."

But remember that this is the statement of the blessed ones, the enlightened ones. If the unenlightened, the initiates, cling to it they will be misled forever. Efforts are essential; one must make efforts.

It is like opening the doors of a darkened house to let in the sun. The irony is that while our efforts cannot bring it in, they can certainly keep it out. As far as our efforts are concerned, they are a help in opening the door, in removing the hurdles from the way.

Excerpted from
In Search of the Miraculous, Osho

In a Few Words

Osho speaks again and again on the playfulness of meditation.



People go on talking about meditation very seriously. But meditation is not a serious thing. It is not like work; it is more like play. Play is just pleasure. The activity is not going anywhere; it is not motivated. Rather, it is just **pure, flowing energy**.

Millions of people miss meditation because meditation has taken on a wrong connotation. It looks very serious, looks gloomy, has something of the church in it, looks as if it is only for people who are dead, or almost dead. A really meditative person is playful. **Life is fun** for him; life is a *leela*, a play. He enjoys it tremendously. He is not serious. He is relaxed.

For meditation, **any time is the right time** – you just have to be relaxed and playful.

Please don't think of meditation as seriousness. It is a very playful activity. Make it as light as possible. It should not be a burden on your heart. It should give you **wings** to fly in the sky. It should not become a Himalayan weight on your soul.

Society can be **transformed totally** if small children start meditating. They are not serious so they are very ready for meditation. They are joyful, playful. They take everything in fun.

Meditation is fun! Even the word looks absurd with meditation – meditation and fun? Down the ages, you have been taught to go into church and become serious. Create a long face, then you will look as if you are in church. Don't laugh, don't dance, don't be playful – it is a serious affair. You are facing god.

This god seems to be somehow very strange! He cannot allow laughter, he cannot allow dance, he cannot allow love, he cannot allow joy.

Here with me, you will have to learn a new language: meditation is fun, prayer is love and laughter; and the temple, the church, is the place to enjoy, the place to be drunk with life; the place to dance and hold hands, the place to share what existence has given you, the place to be absorbed utterly in the moment. Become like small children – **dancing, singing, shouting**.

Never make your meditation a serious affair; otherwise you are going to miss it. Be playful about it. I am the first person who is saying that. All the religions have been telling you to be serious. That's why they have killed millions of people, destroyed their spirituality, made them tense, anxiety-ridden, sick unto death. In the effort to find their innermost being, people have been doing all kinds of unnecessary ascetic practices, which are nothing but masochistic torture.

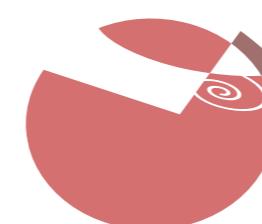
I teach you playfulness. What is the hurry? And what is the seriousness? Just be playful, lightweight.

A playful moment is naturally a meditative moment. And meditation never happens to serious people. It never happens to people who are too grave. Be a little foolish; that will help. That will give you a little spice in your life.

Meditation is something beyond the mind. And the first step is to be playful about it. If you are playful about it mind cannot destroy your meditation. Otherwise it will turn it into **another ego trip**. You will start thinking, "I am a great meditator. I am holier than other people. The whole world is just worldly – I am religious, I am virtuous." That's what has happened to thousands of so-called saints, moralists, puritans: they are just playing ego games, subtle ego games.

I want to cut the very root of it from the very beginning. Be playful about it. It is a song to be sung, a dance to be danced. Take it as fun and you will be surprised: if you can be playful about meditation, meditation will grow in leaps and bounds.

If you understand the quality which brings meditation, then **whatsoever you do** can become a technique. Be playful, celebrate it, enjoy it. Move so deeply in it that time ceases.



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"No words of a master can ever be exhausted in their entirety. The more you discover in them, the more you will find is yet to be discovered. The more deeply you dive into them, the more the further, untouched depths go on increasing."

Excerpted from *The Great Path*, Osho



THE WORLD OF OSHO'S WORDS

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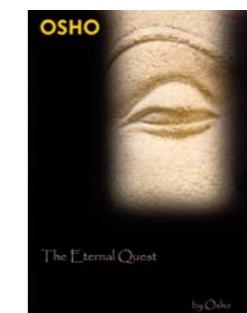
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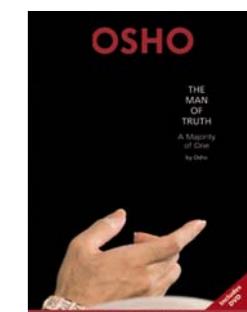
In the 120 responses to questions in this book Osho introduces his vision to people from all over the world – people whose material needs are fulfilled and who are now aching to discover something beyond learning the knack of social and psychological adjustment, what he calls “normal insanity.” This book covers everything from the science behind OSHO Dynamic Meditation to why we keep suffering in love and life.
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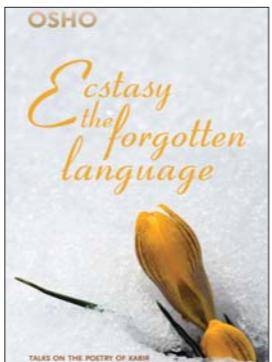
Ecstasy – The Forgotten Language

Talks on the Poetry of Kabir

We are no longer really living, says Osho, but just existing, because we are living almost entirely in our minds, in our imaginations. This makes us unavailable for what life is really offering us – ecstasy. This book is all about how to rediscover this forgotten language and live life to the full.

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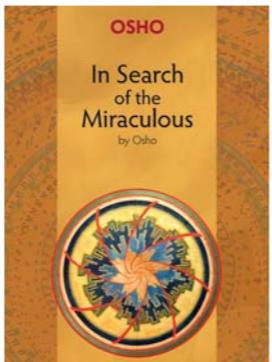
In Search of the Miraculous

Published for the first time in one volume, this book is a fascinating read for anyone who is interested in the practical application of the esoteric aspects of mysticism and the science of human energy as it is understood in the East.

During this series, Osho is in the process of developing his revolutionary Dynamic Meditation, and responding to questions about many facets of his work including *kundalini* energy and the transfer of energy from an awakened one to a seeker of truth.

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The New Alchemy to Turn You On

A practical, detailed guide for those exploring meditation and wanting to understand the steps and pitfalls along the way. A beautiful companion to the active meditations.

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ISBN 978-81-7261-235-1



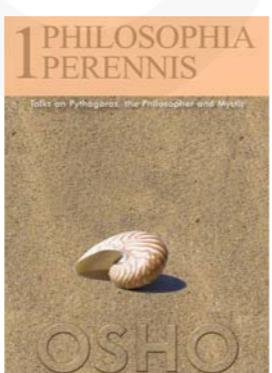
Philosophia Perennis Volume 1

Talks on Pythagoras, the Philosopher and Mystic

Pythagoras, father of the famous theorem, also traveled to many mystery schools in search of truth. He was the first enlightened person to experiment with creating a synthesis between science and mysticism – a synthesis that is urgently needed today as the gulf between our scientific knowledge and our existential wisdom gets larger by the day.

ISBN 81-7261-216-8

ISBN 978-81-7261-216-0



2009: COMING SOON

Keep in touch with the latest publishing news by subscribing to the OSHO International Newsletter. For more details see page 13 of this issue.

Reflections on Kahlil Gibran's The Prophet

Kahlil Gibran's *The Prophet* has become universally known and loved for its beauty and the timeless themes it addresses. But because he was a poet, not a mystic, he could only give us a glimpse of what for a mystic, for Osho, is everyday reality. In this commentary, published for the first time in one volume, Osho soars beyond Gibran's work of creative imagination into the clarity and splendor of enlightened understanding.

Take It Easy

Talks on Zen Buddhism

In this powerful book Osho continues with his masterly business of transforming, not informing. As well as commenting on the poems of the Zen master, Ikkyu and giving us a wonderful insight into the wacky world of Zen, he covers a vast arena of topics from the state of no-mind before our birth to the psychology of politicians. Available for the first time in one volume.

The Perennial Path

The Art of Living

A series of talks followed by a series of question and answer sessions on the five fundamental qualities cited

by Mahavira, qualities that are both the means to and the final flowering of a spiritually fulfilled life. Osho takes the reader to rock bottom as he exposes common misconceptions about these qualities, and then shows the almost unbelievable heights they can – and should – take us to. In these turbulent times of global violence and economic crisis, these talks are especially relevant.

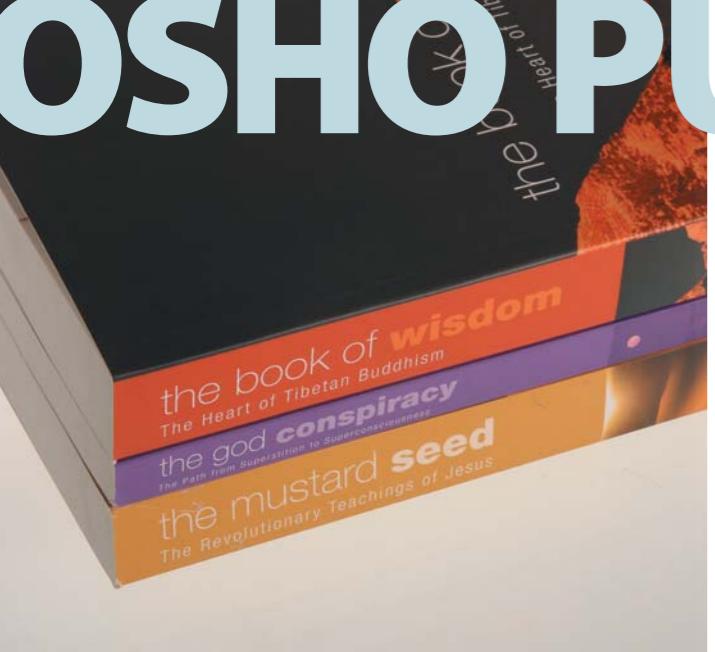
The Call of the Eternal

(working title – original: *Anant Ki Pukar*)

This book is an invaluable guide for everyone interested or involved in Osho's work, at any level from the personal to the organizational.

Osho talks about the nature and quality of the work involved in spreading his vision. He explains how the work is going to grow beyond anyone's imagination. He gives guidance to ensure it grows and flourishes as an organism and not an organization. He explains how to grow spiritually while involved in the work and become transformed into a totally new kind of individual who avoids the games and power politics our minds are so used to playing. He talks about the significance and value of being honest in every situation, and of the value of the individual above everything else.

OSHO PUBLISHING NOW



These first three titles have just arrived in India:

The God Conspiracy

The Path from Superstition to Super Consciousness

Nietzsche's declaration that "God is dead, therefore man is free" was an incredible step in understanding, says Osho, but simply removing God is not enough. He offers the next step – meditation, a direct connection with existence. He shows how Zen and meditation allow us to find meaning and significance and a path to freedom. Zen has no god, but such a tremendous power to transform our consciousness that we become truly responsible for our own consciences, our own morality.

Previously published as *God Is Dead, Now Zen Is the Only Living Truth*

ISBN: 978-0981834108



The Book of Wisdom

The Heart of Tibetan Buddhism

Osho blows away the millennia of dusty tradition that have collected on and around meditation. This is a clear, highly accessible guide to the science and methodology of inner transformation. The talks, based on the writings of an 11th century Tibetan Buddhist mystic Atisha, are interspersed with light and humorous question-and-answer sessions between Osho and his audience.

ISBN: 978-0-9818341-1-5

The Mustard Seed

The Revolutionary Teachings of Jesus

This book explores the unknown teachings of Jesus – a Jesus who challenges our preconceptions about the world, its religions, and ourselves. It covers the "missing years" in Jesus' life and what he learned from secret societies in Egypt and from Buddhist schools and the Hindu Vedanta in India. The "seeds" for each chapter are Jesus' words; each examining a core aspect of our lives – birth, death, love, sex, fear, anger....

ISBN: 978-0981834122

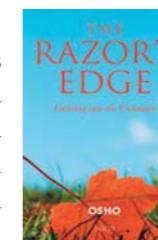


Recent arrivals from other major publishers of OSHO books within India

There are currently twenty-three titles published by major Indian publishers with more to follow.... Below is a selection.

The Razor's Edge (JAICO)

This question and answer book tells a true story: a story of great love and immense trust between disciples and their master as they move along a path together which is both dangerous and ecstatic. This path is the razor's edge.



The Hidden Splendor (JAICO)

In this book of responses to questions, Osho encourages readers to rediscover their childlike innocence in all its joy, playfulness, and fearlessness – a state of being which Osho describes as our "hidden splendor." Only if humanity starts living consciously from this source can the world be diverted from the path of self-destruction it is traveling on now.

The Golden Future (Full Circle)

The most comprehensive and explicit collection of talks about Osho's vision for the future: in it he explains what he means by the new man, and describes the potential of an international society of communes. For anyone concerned about our global future, this is the book.

Published in two parts, called: *Meditation: The Only Way*, and *Freedom from the Past*

COMING SHORTLY

The Last Morning Star (JAICO)

Talks on the enlightened woman mystic, Daya

The last morning star symbolizes all that is ephemeral in the world. Talking on the earthy, transcendent poetry of Daya, Osho takes the reader on a journey from the transient outer world to the boundless world within. This is a journey of the heart – the



joyous, spontaneous and uncompromising way of an enlightened woman mystic.

The Voice of Silence (JAICO)

Talks on Mabel Collins' Light on the Path

As these beautiful talks on Mabel Collins' *Light on the Path* unfold, Osho gives step-by-step guidance on how to find one's inner voice, the voice of silence, in order to begin, travel on, and complete the journey from unconsciousness to enlightenment.

Yoga: The Supreme Science (Penguin)

Talks on the Yoga Sutras of Patanjali

Osho continues speaking on the yoga sutras of Patanjali, making them as significant today as they were 5000 years ago. He explores the concept of ego, the maddening grip of the mind, the nature of desire, and the mechanism of motivation. Osho's yoga is natural, accessible and transformational. A very inspiring book.

Previous title: *Yoga: The Alpha and the Omega, Volume 10*

A Must for Morning Contemplation

A Must for Contemplation before Sleep

(Full Circle)

At Osho's suggestion these books are specifically designed to be read upon waking and before entering sleep. The short selections in these two volumes are taken from previously unpublished *darshan* diaries of intimate dialogues between Osho and people of all ages and from all walks of life.

Finger Pointing to the Moon (Penguin)

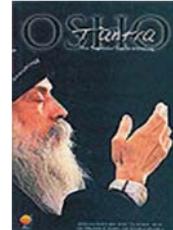
Talks on the Adhyatma Upanishad

"This Upanishad is a direct encounter with spirituality. There are no doctrines in it; there are only experiences of the fulfilled ones. In it there is no discussion of that which is born out of curiosity or inquisitiveness, no. In it there are hints to those who are full of longing for liberation from those who have already attained liberation." Osho

OSHO PUBLISHING NOW

Flight of the Alone to the Alone (Penguin)

"The Kaivalya Upanishad is a longing for the ultimate freedom. *Kaivalya* means the moment in your consciousness when you are utterly alone, but you do not feel lonely.... Your very being becomes the whole. This is the longing of man that is hidden in his deepest innermost core." Osho



Tantra: The Supreme Understanding (Full Circle)
Talks on the Tantric way of Tilopa's Song of Mahamudra

Osho gives new life to Tilopa's *Song of Mahamudra* and the vibrant, ecstatic essence of the Tantra vision. Tantra

says yes to everything - no need to fight, not even to swim...simply float with the current of existence.

LOOKING AHEAD

The Dhammapada: The Way of the Buddha

(Penguin)

Series of 12 volumes

These sutras, compiled by Buddha's disciples, contain the essence of his teachings. Osho's words, twenty-five centuries later, create a bridge from then to now. At times Osho even updates the sutras, explaining how Buddha would readily understand and agree with him, as we are living in very different times with different challenges.

AUDIOS, DVDs AND CDs



10 Evening Meeting CDs

Each featuring the music for one Evening Meeting meditation, including dancing, the art of listening, and the gibberish and let-go meditation. All recorded live at the OSHO International Meditation Resort, where this meditation takes place every evening.

Over 50 memorable and topical selected talks on CD in English and Hindi

MP3 of complete OSHO books – 5 in English and 5 in Hindi

10 more coming soon

Many single talk DVDs published by Music Today and Shemaroo

NEW RELEASES COMING SOON

OSHO Mahamudra Meditation

This powerful and subtle meditation allows you to become a vehicle for the energy of existence to unite with that of the earth. Beginning with 30 minutes of *Latihan* and ending with silence and stillness, it is accompanied by beautiful new music played and recorded while the meditation was being conducted in OSHO Auditorium, Pune.

OSHO Atisha Heart Meditation

This OSHO meditation is based on a small fragment from Atisha, the founder of Tibetan Buddhism. Practicing it, you can rise to compassion – the highest dimension of love. It is a meditation that enables you to take the pain and the suffering that you experience in yourself, in others, and in the world, and transform it into peacefulness and love.

SPONSOR AN OSHO BOOK

Is there a book you would love to see in print again soon? The republishing of one of Osho's books can be fast tracked by your sponsoring the cost of production and printing, and your name will be mentioned on a dedication page. For more information contact devendra@oshonet.net.



KEEPING ALL OF OSHO'S BOOKS AVAILABLE

Over 7000 hours of talks by Osho have been transcribed into books. All of his talks in English have been published as books.

If you go to www.oshocom you can sort the titles by subject, so you can choose the books that interest you most. If a book is currently out of print you can always download the eBook from oshocom or listen to the original audio recordings.

Using the latest technology, all of Osho's books will start to become available internationally in "Print on Demand" form.

Already over forty of Osho's Hindi books have been translated into English, and translating and publishing the rest of them is in process. If you would like to participate in this wonderful project please contact: hindicoord@oshonet.net.

Ecstasy

The ultimate freedom

The English word ecstasy is very, very significant.

It means: *to stand out*. Ecstasy means to get out – out of all shells and all protections and all egos and all comforts, all death-like walls. To be ecstatic means to get out, to be free, to be moving, to be a process, to be vulnerable so that winds can come and pass through you.

We have an expression, sometimes we say, “That experience was outstanding.” That exactly is the meaning of ecstasy: *outstanding*.

When a seed breaks and the light hidden behind starts manifesting; when a child is born and leaves the womb behind, all the comforts and all the conveniences behind, moves into the unknown world – it is ecstasy. When a bird breaks the egg and flies into the sky, it is ecstasy.

The ego is the egg and you will have to come out of it. Be ecstatic! Get out of all protections and shells and securities. Then you will attain to the wider world, the vast, the infinite. Only then you live, and you live abundantly.

Excerpted from *Dang Dang Doko Dang*, Osho

Ecstasy is a language that man has completely forgotten. He has been forced to forget it; he has been compelled to forget it. The society is against it, the civilization is against it.

The society has a tremendous investment in misery. It depends on misery, it feeds on misery, it survives on misery. The society is not for human beings. The society is using human beings as a means for itself. The society has become more important than humanity. The culture, the civilization, the church, they all have become more important. They were meant to be for man, but now they are not for man. They have almost reversed the whole process; now man exists for them.

Every child is born ecstatic. Ecstasy is natural. It is not something that happens only to great sages. It is something that everybody brings with him into the world; everybody comes with it. It is life's innermost core. It is part of being alive. Life is ecstasy. Every child brings it into the world but then the society jumps on the child, starts destroying the possibility of



ecstasy, starts making the child miserable, starts conditioning the child.

The society is neurotic, and it cannot allow ecstatic people to be here. They are dangerous for it. Try to understand the mechanism; then things will be easier.

You cannot control an ecstatic man; it is impossible. You can only control a miserable man. An ecstatic man is bound to be free. Ecstasy is freedom. He cannot be reduced to being a slave. You cannot destroy him so easily; you cannot persuade him to live in a prison. He would like to dance under the stars and he would

like to walk with the wind and he would like to talk with the sun and the moon. He will need the vast, the infinite, the huge, the enormous. He cannot be seduced into living in a dark cell. You cannot make a slave out of him. He will live his own life and he will do his thing. This is very difficult for the society. If there are many ecstatic people, the society will feel it is falling apart, its structure will not hold anymore.

Ecstasy is the ultimate freedom, and then one simply shouts in joy, “This is it! This is it! Eureka! I have found it.”

And the irony is that you need not go anywhere to find it. It is already there. It is your very core, your very being. If you decide to find it, you can find it this very moment. It does not need a single moment's postponement. An intense thirst can open the door. A great urgency can right now make you free.

Excerpted from *Ecstasy – The Forgotten Language*, Osho

See also
oshocom/oshoo



OSHO Meditation News

OSHO Active Meditations are being offered all over the world. Here are some highlights from OSHO Places to Meditate in China and the Americas.



Coco makes OSHO Meditations available in Shenzhen, China. She explains how this pioneering work came about, and how her work on herself at the OSHO International Meditation Resort became the key to helping others.

As a professional therapist, I need to be guided continuously for further self-improvement while I offer therapy and consultations to others. Otherwise, I feel like it's climbing out of one black hole and then dropping into another on the unending road of self-growth.

When I arrived at the Meditation Resort, I tasted something special. I realized that self-healing has to do with transforming myself. I had never experienced what was happening to me with such relaxation, clarity and awareness. And I stepped into the journey of meditation.

What inspired you to make OSHO Meditations available in China?

Actually I did nothing; I was just myself, accepting my being, and allowing this happening to go through me.

In China, psychotherapy is developing rapidly. The growing therapist needs to work for their own transformation, to get free from the dependent relationship of working for recognition, to get to know themselves, accept their true face and become their own master.

It's a coincidence as well as the inevitable developing trend of psychotherapy that the fragrance of OSHO Meditations is permeating throughout China.

What kind of people join your OSHO Meditation Camps? How do you present them to invite participants?

We hold eight 3-day OSHO Meditation Camps, each with about 60 participants. Then eight 7-day meditation camps, each with 80-100 participants.

The 7-day ones we call *China's Entrepreneur Meditation Camps*. All the participants must be entrepreneurs or company shareholders. They go through strict assessment procedures about their history, the challenges they face, why they join, and their meditation background.



We don't give participants any detailed information about the meditation camp beforehand. If they have questions, I tell them they will get their answers by experience. When the camp is over everybody has undergone different things, and I let them all answer their own questions. In the end, they may not get "answers"; only the fragrance of meditation is left.

Do the participants feel their way of living has been changed by OSHO meditations?

We receive very positive feedback from the participants. Most of them feel grateful for Osho. They say that their lives have become simpler, more interesting and meaningful. They feel love and happiness, enjoy more and become harmonious in their relating. They share their experience with relatives and friends, and tell them how their life has changed.

When the camps conclude, they buy a lot of OSHO books and meditation CDs so they can continue meditating back home.

How many continue or participate again in other courses connected to OSHO Multiversity?

After the meditation camp, about 30-50% of the participants take part in other courses of the Multiversity. Some attend other courses given by us. Some share the joy of their spiritual growth online and attract more people as well. Trainers also participate in the meditation workshops.

Some participants provide support and help to the meditation center to let more people benefit from meditation. We work together to build a growing space filled with love and gratefulness.

Do you enjoy working with OSHO Meditations? What challenges do you face?

Every day I enjoy working on the meditation program. I experience everything coming to me. I appreciate living this colorful life, accepting what is happening and doing all the necessary preparations before starting on a new project or program. Now I am looking forward to my next challenge!

Who are the other people on the team from your company or facilitators who support you in this work? How do they feel?



The personnel team of our company is very strong. Everyone works totally and dedicates themselves to the meditation program. Even though the work rhythm is very fast and they get only a few short holidays,

nobody complains. Everyone enjoys the growth and sharing the love.

Meanwhile, the development of our meditation center can't be seen independently from the love and help from all the leaders and facilitators coming from the OSHO International Meditation Resort in Pune. Their contribution makes everyone working with them experience the fragrance of Osho. With their help we are working together to create and enjoy this high energy.

In addition, a lot of friends give us plenty of support and help. They enjoy their voluntary contribution to the work. Their understanding, love and caring from the bottom of their hearts is sustaining the healthy growth of the meditation center.

In what ways are you working to get this work recognized?

Under the supervision of China's human resource education committee, I am in charge of designing and

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5 to 6 pm OSHO Kundalini Meditation
(except Sunday)

Every second Saturday Meditations
4 to 7 pm
at Times of India Building
Banjara Hills, Road No. 3 Hyderabad

Library facility available for books and CDs.
Complete OSHO books, CDs and DVDs are
available in Hindi, English and Telugu.

developing a *Spiritual Growth Certificate*. In September 2007, by permission of the Chinese government, through the verification of the Human Resources Education Committee under China's Professional Education Center, the authorization of *Spiritual Growth Trainer* and *Meditation Trainer* certificates has been initiated. These two certificates are filling a gap in the professional authorization of the national Human Resources Education program and made a great contribution to education. They lay a significant basis for enhancing the quality of people's lives, according to the current work in progress.

From the viewpoint of the entrepreneur, meditation is becoming prestigious, representing one's social status and quality of life.

Is there anything more which touches you in this work that you would like to share?

During the development of the meditation center I went through windy days and rainy days. What impresses me the most is the transformation of myself as well as the world around me in every situation. Even though the night can be very dark, the stars are always shining.

Devendra, Coco

Porto Alegre, Brazil

Namastê is a center for active meditation and therapy in Porto Alegre, Brazil. Twice a year we hold a three-month School of Meditation. Students learn ten different OSHO Active Meditation techniques. This enables them to deal with stress, relax, and reconnect with their personal power.



Santiago, Chile

The Experiential Centre for Human Development® in Santiago, Chile is a place for people who wish to learn about themselves, who are sincerely



searching for an environment that will promote and help them in their growth and personal development.

We offer OSHO Active Meditations and Meditation Intensives as well as groups and courses to play with personality and its problems, as a way into their being. The focus is on becoming aware.



Buenos Aires, Argentina

This year a marvelous transformation is happening among us at OSHO Akeed Meditation Center in Buenos Aires. By exploring with other seekers and friends, we are observing in ourselves the changes that meditation produces. We are learning to allow ourselves to let go of expectations that prevent us from sharing. We are starting to recognize the voice of the whole group, instead of separate individuals. Now we can begin to acknowledge in each one of us the consciousness that comes from existence itself.



New York, USA

At the OSHO Information Center in New York, our work is to support individuals and assist them in their process to find who they really are.

MEDITATION FROM THE SOURCE

Using OSHO Active Meditations as an empowering tool, they transform themselves and the world around them.

Our monthly program *Meditation from the Source* offers OSHO Active Meditations

and OSHO Active Meditation Intensive days. These meditation techniques provide an opportunity to move deeper into the innate love, silence and celebration that are at the center of all things. We have recently added the powerful centering meditation, OSHO Mandala.

In addition to our regular schedule we also offer Meditation Camps and a variety of special workshops.



To see more OSHO Places to Meditate – in 66 countries around the world – please visit oshocom/centers.

Life Is Insecurity

Be vulnerable, and enjoy the richness of existence.



Feel yourself as pervading all directions, far, near.

Tantra and Yoga both think that your narrowness is the problem. Because you have made yourself so narrow, so tightly narrow, you feel always in bondage. The bondage is not coming from anywhere else: the bondage is coming from your narrow mind. And it goes on being narrower and narrower and you are very confined. That confinement gives you the feeling of bondage.

You have an infinite soul and an infinite being but that infinite being feels imprisoned. So whatsoever you do, you feel limitations everywhere. Wherever you move, a point of cul de sac comes. You cannot move beyond it. Everywhere there is a boundary. There is no open sky to fly.

But that boundary is created by you – that boundary is your own creation. You have created it for certain reasons: for security, safety. You have created a boundary. And the narrower the boundary, the more you feel secure. If you have a very large boundary you cannot watch over all of it, you cannot be alert and watchful everywhere. It becomes vulnerable. Narrow the boundary and you can watch it, you can remain closed, you are not vulnerable, you feel safe. The safety, the security has created the boundary. But then you feel a bondage. Remember: unless you stop creating boundaries you will not be able to feel or do this technique.

... *pervading all directions, far, near.* No boundaries, becoming infinite, becoming one with infinite space.... This will be impossible with your mind. How can you feel it? How can you do it? First you will have to stop doing certain things.

The first thing is that if you are too concerned about security and safety, then remain in bondage. Really, prison is the most secure place. No one can harm you there. No one out of prison is as secure, as guarded, as the prisoners. You cannot kill, you cannot murder a prisoner. It is difficult. He is more guarded than a king. You can murder a president or a king, it is not so difficult. Every day they go on killing them. But you cannot kill a prisoner. He is so safe that those who want to be safe, really, must be in prisons, they

must not live outside. To live out of a prison is dangerous, it is full of hazards. Anything can happen.

So we have created mental prisons around us, psychological prisons around us, and we carry those prisons with us, they are portable. You need not remain with them, they move with you. Wherever you go, your prison goes with you. You are always behind a wall.

Remember one basic law: life is insecurity. And if you are ready to live in insecurity, only then will you be alive. Insecurity is freedom. If you are ready to be insecure, constantly insecure, you will be free. And freedom is the door to the divine.

Afraid, you create a prison – you become dead, more and more dead. And then you call, "Where is god?" And then you question, "Where is life? What does life mean? Where is bliss?" Life is there waiting for you, but you have to meet it on its own terms. You cannot have your own terms, life has its own terms. And the basic term is: remain insecure. Nothing can be done about it. You can only create an illusion and in that illusion you can waste your life. Nothing can be done about it. Whatever you do is just a deception.

Withdraw your efforts to create a secure life. Just by withdrawing, your walls around you will fall. For the first time you will feel rains coming to you directly, the wind blowing at you directly, the sun rising to you directly. You will be under the open sky. It is beautiful. And if it looks horrible to you, it is only because you have become accustomed to living in a prison.

Remain alive, live dangerously, live a vulnerable life, open, so that everything can happen to you. And let everything happen to you. The more that happens to you the richer you will be. Then you can practice this technique. This technique is then very easy, you will not even need to practice it. Just think, and you will be pervading the whole space.

Excerpted from *The Book of Secrets*, Osho

See also
oshocom/weeklymeditation

“awareness totality, creativity”

Immerse yourself totally
in the OSHO experience
at OSHO International Meditation Resort

Work as Meditation
Residential Training
60 days* minimum...



* Starting date is at any time, subject to availability.

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OSHOTIMES

pooling creativity
with love

The *OSHO Times* team members come from all over the world, with their different talents and backgrounds. They all love the work and give it their complete attention and care. There is an incredible sense of wanting the magazine to be as beautiful, interesting and relevant to the readers as possible.

Now everyone is looking forward to being part of the great expansion in Osho's work that is coming. With Osho you just love change!

Gandha – editor for the English edition, Cover Story, interviews and overview of the text:

"The OSHO Times work is a beautiful balance of mind and heart. When I'm editing, my mind is looking at the structure, and at the same time my heart is touched by the content – whether it's an Osho text, or an interview about someone sharing their passion for a Multiversity program or what they are learning in work meditation.

"I also give courses and sessions in the Multiversity. There I'm very involved with people. Then I come back to the magazine, and it's me and the text. I love that balance too.

"Our topics sometimes come from what I'm personally busy with at the moment, what friends are talking about, or what issues Multiversity participants are raising. Other topics like *A Meditator's Guide to Crisis*, or *The Roots of Violence* reflect our global situation. It's a continual delight to see how Osho approaches every topic from different dimensions and perspectives.

"I've certainly loved this whole journey. I'm very thankful for the opportunities I've had for learning so much from everyone on the team."

Anuprada – English text editing, interviewing and proof-reading:

"I've always loved opening new worlds for myself. Working closely with Osho's words helps me to realize unexpected depths in what he is saying while I'm just doing my job of proofreading. The work also teaches me how to write in an interesting way for readers of all ages, and how to handle making mistakes – while remaining aware of what's going on inside me at the same time."

Jeevan – feature editor for articles like *Meditation of the Month*, the Haiku, stories and jokes:

"It was always my dream to work with



When you are working, creating with love and devotion and joy, you have become, without knowing, part of the creativity of the whole existence. Your life will be showered with great bliss and great benediction.

Existence has a dream to fulfill: to create in every living being, ultimately, the qualities of godliness. And this dream was assigned to you when that dream was born...from the very beginning. You are the arrows of existence to reach to the farthest stars.

Excerpted from
Reflections on Khalil Gibran's "The Prophet,"
Osho

Osho's words. The work feels like play. The joy I feel on reading each OSHO Times and knowing I was a part of sharing his words in the world is most satisfying. I am a lucky lady indeed to have those years of experience."

Santosh – Hindi OSHO Times, complete layout, translations and production:

"In the OSHO Times there are many things to learn. First it works with a deadline; we cannot postpone a single day. I'm learning how to relax and do my best under pressure. After many twists and turns every month, when the magazine comes out we all celebrate. We create the magazine and seen from the other side, the magazine creates us!"

Tyohar – Hindi proofreading:

"This work uses my passion for accuracy. Working with the team makes me more flexible and increases my understanding of others. I have become more sharp and aware, and my sense of responsibility has grown."

Sanjay – design, production and promotion for the English and Hindi OSHO Times, and the OSHO Diary and Calendar: "I've been involved with promoting Osho's Books, OSHO Times and OSHO Events. Working with Osho's message puts me into a space of silent beauty, which comes from the inside. I try to apply this quality to everything I do in daily life."

Varda – designer:

"I try to make the design interesting and yet simple. Sometimes I have to work under pressure and finish something in an hour. That is very difficult, but still it works. I don't know why, but then something inside me disappears and I find myself enjoying the work. Maybe that comes from meditation...."

Anandadas – photographer, also facilitates OSHO Meditative Therapies:

"Photography is all about being present, aware, alert, conscious. The joy of working for the OSHO Times is that all the photos are in one basket; you don't know who the artist is. This brings a tremendous freedom."

"In a recent talk, I heard Osho use the word *fun* a lot. I find seriousness like influenza; it comes in and attacks me sometimes, and sometimes I manage to throw it off. Most creativity is born out of fun."

Achamboo – painter and photographer: "OSHO Dynamic Meditation really opens my vision; I feel a subtle light or shade and the world is beautiful. This helps my work a great deal as a photographer.

"Sometimes I need to take a photo that seems so absurd that my mind cannot follow any more – like a Zen koan. Once it was shooting the moon in the middle of the rainy season: impossible! Then, early one rainy morning before OSHO Dynamic, I was in awe as I observed the full moon setting next to OSHO Auditorium. This is how one of my best shots happened. I'm so grateful for this opportunity to share myself and my ability."

Barkha – photographer:

"This job has taught me flexibility and acceptance. Working with deadlines gives my creativity intensity and totality. I have discovered so many possibilities in myself: love, tears, centeredness, weakness, strength, fun, sensitivity, communication...a great gift."



"I want to say, 'Thank you so much' to all the people who agreed to be models. We have made such beautiful pictures together."

Devendra – coordinator of the OSHO Times, as part of Multimedia:

"I enjoy keeping a thread to connect everybody. I learned by being with Osho, meditating, exploring my own being, and from that gaining understanding and the sensitivity to go with the flow of how each person feels.

"Everyone in the department is very talented in their own area – and there are other areas in the magazine that we need to include: content, design, production.... My work is to give space to each area, to balance all that and help everybody to understand that we all contribute.

"If we love something – and all that love, that care, that feeling, that overflow, that joy is in our work, it makes everything alive and a million times more than the sum of each person's contribution. That attitude is miraculously reflected in the magazine, and gives support to the content.

"The content is already there with Osho's words; our work is packaging that! And if the packaging becomes beautiful and we have understood each other in creating that package, we have done a miracle for ourselves and a miracle for the reader.

"I see us continuing to work this way with OSHO content, maybe not in a printed magazine but the same quality of design and production in digital format on osho.com. It's going to expand at least ten times more, and I'm looking forward to how much more expansion and exposure will happen in the future. The energy will reach multi-dimensionally round the globe, and this will make me even happier. I'm so grateful to be part of this: it's a gift."

Devendra, Anuprada, Gandha

Teach Intelligence, Not Facts

In order to function in our rapidly changing world, it is essential that children learn to respond to new situations.

Now there is a knowledge explosion.

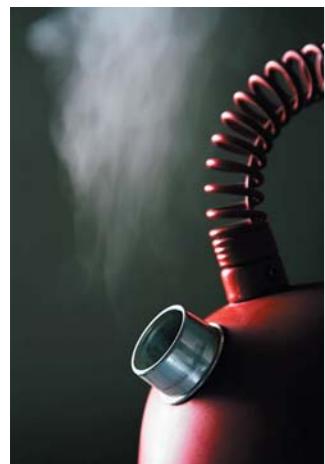
Things are changing so fast that the whole education system has become outdated, outmoded. It has to be dropped, and a totally new education system has to come into existence. Only now is it possible – up to now it was not possible.

Imagine a clock face with sixty minutes on it which represent three thousand years of human history. On this scale there were no significant media changes until about nine minutes ago. At that time the printing press came in. About three minutes ago, the telegraph, photograph, and the locomotive. Two minutes ago, the telephone, rotary press, motion pictures, automobile, airplane and radio. One minute ago, the talking picture. Television has appeared in the last ten seconds, the computer in the last five, and the communication satellites in the last second. The laser beam appeared only a fraction of a second ago.

Change is not new; what is new is the *degree* of change. And that makes all the difference, because at a certain point quantitative changes become qualitative changes.

If you heat water, up to ninety-nine point nine degrees it is still water. Just point one degree more is needed and the water starts evaporating, and there happens a qualitative change. Just a few seconds before, the water was visible, now it is invisible. The water was flowing downwards, now it is rising upwards; it has transcended the pull of gravitation.

Remember, at a certain point the quantitative change becomes qualitative. That's what has happened. Change is not new but the *rate* of change is immensely new; it has not happened like this before.



Now, just giving old information to the children, which will not make them capable of living in the future but will hamper their growth, is dangerous. They need intelligence to live with the fast change that is happening.

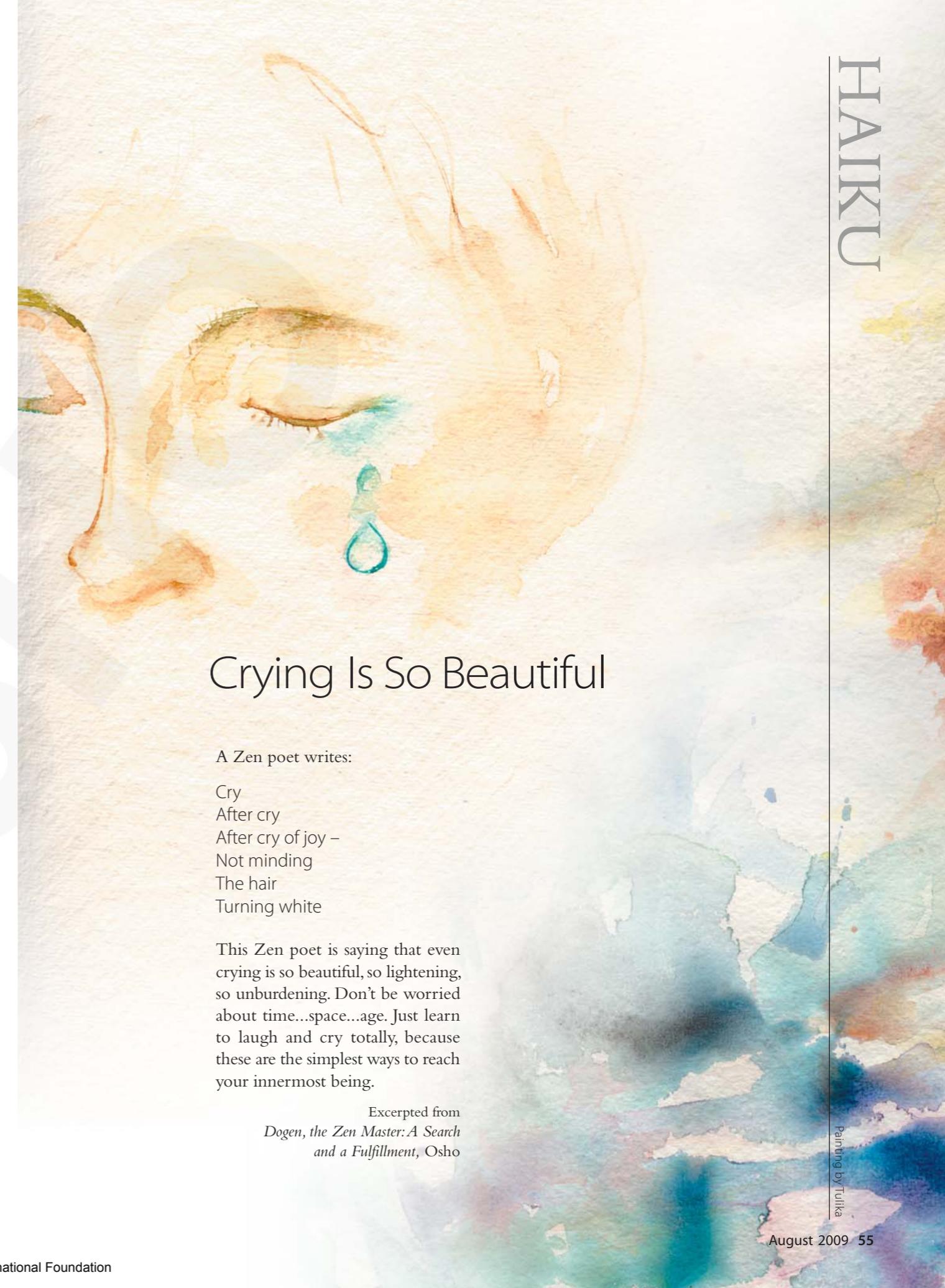
Just one hundred years ago, there were millions of people who lived in the same place forever, from birth to death. Now everything is changing.

This is a totally new world that you are living in. And your education simply makes you walking encyclopedias, but outdated. We have to teach intelligence now, so that we can make the children capable of living with the new things which will be happening every day. Don't burden them with that which is not going to be of any use in the future. Help the child to be more intelligent so that he can be capable of spontaneously responding to the new realities which will be coming.

The old generation cannot even dream about what those realities will be. Your children may be living on the moon; they will have a totally different atmosphere to live in. Your children may be living in the sky, because the earth is becoming too populated. Your children may have to live underground or under the sea. Nobody knows how your children will have to live. They may live only on tablets, vitamin pills.... We have to prepare them to face new realities. We have to prepare them in awareness, in meditateness.

Then education will be true. Then it will not serve the past and the dead; it will serve the future. It will serve the living.

Excerpted from
Philosophia Perennis, Osho



Crying Is So Beautiful

A Zen poet writes:

Cry
After cry
After cry of joy –
Not minding
The hair
Turning white

This Zen poet is saying that even crying is so beautiful, so lightening, so unburdening. Don't be worried about time...space...age. Just learn to laugh and cry totally, because these are the simplest ways to reach your innermost being.

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

OSHO Available throughout India thanks to OSHO International Foundation

OSHO International Foundation has 712 OSHO book titles

currently licensed to 28 prominent publishers in India, such as Penguin India, Diamond Pocket Books, Full Circle, JAICO, Divyansh Publishers, Manoj Pocket Books, Sadhana Pocket Books and Dynamic Publishers in English and Hindi; and Kanadhasan Pathippagam, Kavitha, DC Books, Silence, Upanishad Trust, Mehta Publishing, Saket Publications and OSHO Mevlana in other Indian languages.

OSHO Books are available in 12 Indian languages: Hindi, English, Tamil, Telugu, Kannada, Malayalam, Punjabi, Marathi, Gujarati, Bengali, Sindhi, and Urdu.

OSHO Media International, Osho International Foundation's own imprint, has currently an **additional 150 English and Hindi titles** in print, all of which are available throughout India from the osho.com/shop.

There may be no other author in history whose works have been so widely distributed in India.

OSHO International Foundation has licensed a large number of OSHO audio and video titles with the major publishers *Music Today*, *SONY Music* and *Shemaroo*, and is in process with *Moser Baer*.

Osho quotes are available via SMS on mobile phones throughout the country, including text and audio options in English and Hindi.

The total number of OSHO units sold in all formats throughout India is around **one million** – not counting pirated copies, which are a challenge for every publisher today.

The press office of OSHO International Meditation Resort sends Osho content in the form of articles on current topics to all the top newspapers of India in three languages: Hindi, English and Marathi. In a ripple effect, papers in other languages such as Gujarati, Tamil, Malayalam, Kannada and so on, publish Osho articles in their periodicals. As a result **Osho content is read by some 100 million people from India every month**.

On www.oshocom visitors can find **54,000 pages of Osho content in both English and Hindi**, with 30,000 being added each year. There are 750,000 visitors per month from all parts of the world, with over 2.2 million search engine visitors in 2008. After the USA and Italy, India is the country with the 3rd most visitors to the osho.com website, up from 12th only recently.

In **oshocom online magazine**, there is a full description of all the OSHO meditations, a presentation of the OSHO International Meditation Resort, an online shop where visitors can find all the OSHO Books, eBooks and Audiobooks currently available, and an online library of the OSHO archives in text format in English and Hindi.

In **oshocom online library**, visitors can find the complete text archive of Osho talks which can be read and searched in both English and Hindi. From the very beginning, the Hindi archive has been free of charge. In addition, the Hindi archive has been made available in such a way that it can be read in six different Indian scripts.

In **oshocom audiobook section**, there are 2861 Osho talks in the English audiobook catalog and 1344 Osho talks in the Hindi audiobook catalog. Soon the complete archive will be available in Hindi. There is a special price for downloading these talks within India.



The OSHO International Meditation Resort has helped open 11 exclusive OSHO bookshops, called *OSHO Glimpse*, all over India. This chain is growing as people enjoy being able to see the full collection of Osho titles, music for the OSHO Meditations, and DVDs of the Osho talks available in one place.

The OSHO International Meditation Resort welcomes approximately twenty-thousand people for meditation – out of which 54% are Indian nationals – every year. There is a special entry fee for Indians.

The Meditation Resort also sends trained facilitators to OSHO Meditation Events around the country. Thousands of participants throughout India enjoy OSHO meditations in this way.

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
oshocom/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.

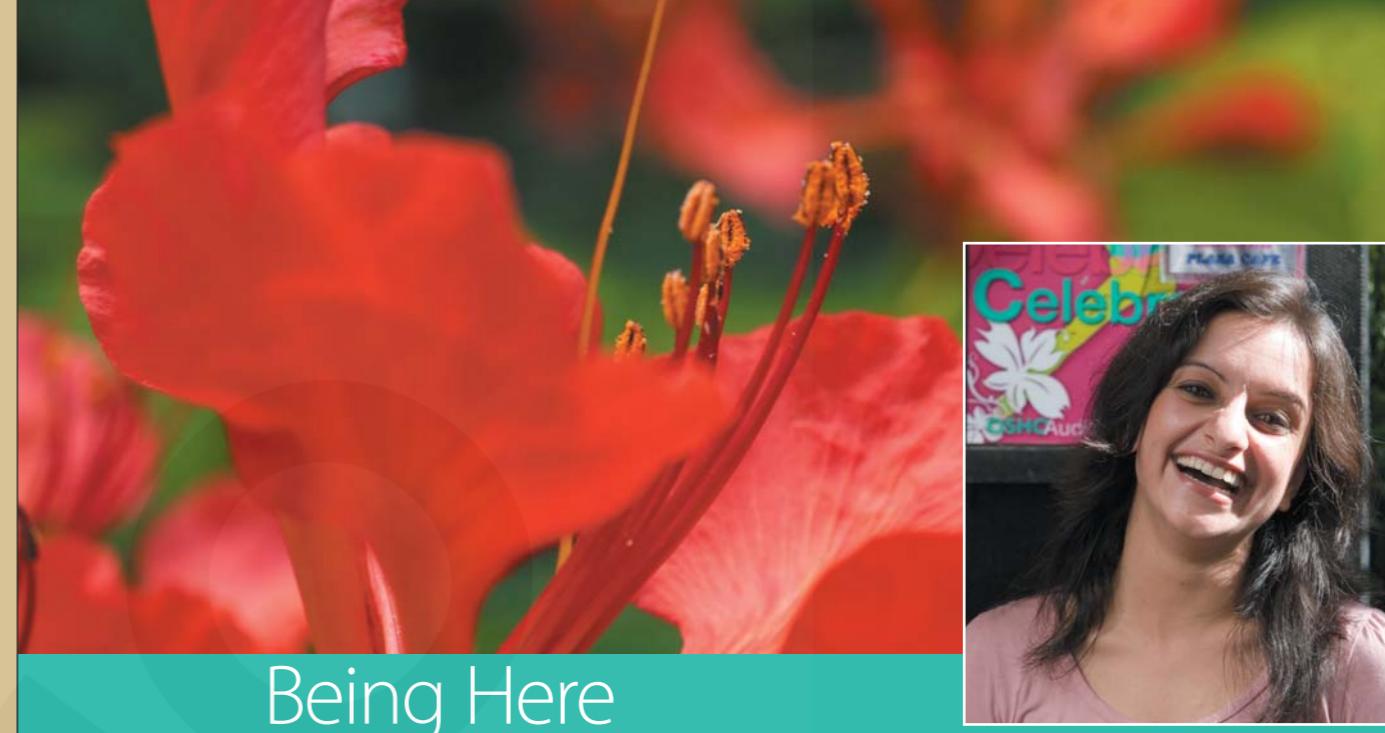
Children under 18

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.oshocom/resort

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



Being Here



Rima is a technical writer from Bangalore. She heard about Osho from her husband and friends. She joined the Work as Meditation program to learn how to become open to the changes happening in her life.

This is my first time at the Meditation Resort in Pune. I noticed that my friends who were involved with Osho had a very different way of working than most people. That inspired me to come here and learn for myself.

I am in the Residential Program. It is so peaceful; there is lots of time to get to know myself from the inside. I love to have the scope to explore, and here I have been able to do so many things for the first time. For example, I participated in the group *Sing Your Heart Out*. I was amazed; I actually wrote a song and even sang it on stage.

I am learning a lot about how to work and be relaxed. In the course on *Inner Skills for Work & Life* I picked up the knack to look at things in a bigger perspective. There are tools I can use – especially focusing on the *how* instead of the *what*.

This works with everything. When I'm walking I take note of my hand movements, the temperature and everything. It brings a qualitative

change into my life. Things I enjoyed before are even more fun.

The most important aspect I am taking home with me is watchfulness of my breath. Every time I get stressed or hassled, I start observing it and am relaxed within two minutes. And the beauty is that it can happen without anyone else noticing what I am doing.

Also the art of listening: our usual way of talking is just to be concerned with what we want to say and not listen to the other person. Now, instead of thinking that I have something better to say, I simply relax and listen. It is the key to responding rather than reacting.

The Evening Meeting meditation is what taught me to listen. I love all the stages – dance, silence, the OSHO discourse and gibberish – but when I really listen to Osho, I can watch the comings and goings of my mind. If I miss a sentence, I realize that there was a gap in listening. As a result, my mind is wandering less and less.

The most magical thing about the Evening Meeting is that everything I've gone through during the day gets forgotten; I come out so fresh!

The Meditation Resort is extraordinary in every way, and I would like to be here and work here again soon.

The Future Belongs to Those Who Will Love Change... The Entire Being for Life

I am never concerned about the future, neither about the past. My whole concern is the present. And when I say the "New Man," I don't mean a certain model, type, an ideal. By the *New Man* I mean a man without ideals, a man with his own individuality, not imitative, not a carbon copy of somebody else. So the New Man will not be like me or like anybody else. Everybody will be authentically himself.

The New Man will not be a communist, because he does not want to be equal to others. The New Man wants to be unique in himself, and wants everybody else also to be unique. A society of unique people – everybody unique in his own way – will be the richest society that has existed in the world.

Somebody is a painter, somebody is a poet, somebody is a scientist, somebody is a sculptor. They all have their own uniqueness. It does not matter what you do; all that matters is that everything you do has your fingerprint on it, and you have become a creator. There is no reason to compare. A painter is a painter and a poet is a poet. It is stupid that both start comparing. Then the painter becomes inferior because he is not a poet, and the poet becomes inferior because he is not a painter. And we have been living under this inferiority complex for thousands of years.

Start looking at the uniqueness and drop the idea of equality, which is in every way impossible. Unless man is produced in a factory on an assembly line, there is no possibility of equality. And a man produced on an assembly line will not be a man; he will be just a machine.

The New Man will not be like me in the sense

that he will not be my carbon copy. But in a way, in a very different way, he will be like me. I am independent; he will be independent. I am my own self; he will be his own self. I have never accepted anything just as a belief unless I have experienced it.

The believer is in-between. He does not know, yet he pretends to know. You will find all these hypocrites assembled in churches, synagogues, temples, mosques, all over the world. They don't know god and they are praying to him. They don't know that any prayer has ever been heard, and still they are praying.

The New Man will be a seeker, not a believer. He will trust in inquiry, in doubt – and doubt is the only method that can lead you to the truth. Belief is a barrier, not a bridge. No believer has ever known the truth. His belief never allowed him to inquire.

So in a very different sense, he will be like me. I have doubted everything. I have never accepted anything because it is written in the holy scriptures, because the great founders of religions have said it, because great saints verify it. I have insisted my whole life that nothing else can prove it to me except my own experience.

Now my wandering and your wandering will be different. The point where I started and the point where you will start will be different. I will arrive to my own innermost core; you will arrive to your innermost core. The ultimate experience of blossoming will be the same but the path will be totally different. Everybody has to search and seek in his own way.

The way to truth is just like the sky. The bird flies

Don't make me a curtain to project anything you want. I am not a screen, that you can project any idea on me and then feel angry because I am not behaving according to you.

History ends with the old man. Heroes end with the old man. The New Man will write about the New Man and his qualities in a symbolic way – not about separate persons.

but leaves no footprints. You cannot follow. The inner sky is exactly the same, and everybody has to find his own way.

It will be better to say the New Man makes his way. He does not move on a ready-made way. Hinduism, Christianity, Judaism, are ready-made ways, super-highways, comfortable, but they go nowhere. You can go on moving on them for millions of lives and you will never reach your own being, because that way is not connected to you. The real seeker steps out from all these ready-made ways. He moves into the unknown. It is great excitement, great ecstasy.

Yes, I am the New Man, and I am preparing the way for you to become the New Man. That's why I go on insisting that you keep yourself intelligent, meditative, silent. Keep yourself alert, aware. Change every stone on the path into a stepping-stone.

Please, don't make me a curtain to project anything you want. I am not a screen, that you can project any idea on me and then feel angry because I am not behaving according to you. When had I said to you that I will behave according to you? I don't expect you to behave according to me, neither do I want you to expect me to behave according to you. Here we are agreed only on one point, and that is the independence of everybody; there is no other agreement.

We have to create more opportunities for the New Man for more people around the world. The New Man will not be a politician. The New Man will have no desire for power. The New Man will not create people like Adolf Hitler or Joseph Stalin or Mao Tse-tung. The New Man will not create heroes as in the past, because everybody will be a hero.

History ends with the old man. Heroes end with the old man. The New Man will write about the New Man and his qualities in a symbolic way – not about separate persons, which brings comparison, which makes someone big, high, holy, someone a sinner, inferior, a nobody.

The old man was living vertically, in a hierarchy. The New Man will live horizontally, with no hierarchy. Everybody is doing his best and doing what he wants to do, and doing it not just as work but as worship.

Excerpted from *The Last Testament*, Osho

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

This Beautiful Earth

They have found a screening system

by which it can be scientifically known whether the child in the mother's womb is a boy or a girl; because the boy gives a different kind of vibration from the girl, and the machine simply reads the vibrations.

Women are going through that screening process, and if it is found that it is a girl and not a boy, then they go for abortion. Ninety-seven percent of abortions are of girls. Man is so stupid that he doesn't understand a simple arithmetic. If ninety-seven percent of girls are to be killed, then the world will be much too full of men. It will create all kinds of sexual perversions, prostitution, homosexuality; or we may have to find scientific ways for people's sexuality.

But nobody is bothered that this is very ugly and if it is happening, the result will come soon, within a decade, all over the world, and then it will be too late. Even in the twentieth century, man remains crude, primitive, wants the woman only to be a slave; and this is the last step – it is pure murder.

I am not against abortion, but nature keeps a balance. The same balance should be kept in abortions. It is the duty of the doctors and the hospitals that if fifty girls are aborted, then fifty boys should be aborted; otherwise, you are creating a great problem for the coming days. Ugly diseases are bound to spread.

Excerpted from
Zarathustra: A God that Can Dance, Osho

If you allow nature, if you don't interfere, nature always goes on keeping its balance in every way; it never loses balance. Balance is something very fundamental to existence – in every dimension.



When one hundred girls are born, there are one hundred and ten boys born at the same time, because boys are not so strong as far as resistance against sickness is concerned. Girls are stronger, not in a muscular way but in a very different way. They are more resistant to sickness, to disease, to death.

All over the world it is the same proportion, one hundred and ten boys to one hundred girls, because one hundred girls are going to survive up to the marriageable age, but ten boys will go down the drain. By the time they are marriageable the balance will be regained.

You will be surprised to know that in wartime when many more men die because they go to the front, to the war, naturally the proportion of women becomes higher. But in these two world wars it has been discovered that the birthrate also changes. Nature, in a strange way, keeps the balance. In wartime and after war for a few years fewer girls are born, more boys are born. Afterwards, the balance is established again, the same proportion – one hundred girls, one hundred and ten boys.

Excerpted from
From Darkness to Light, Osho

Meeting the Demand for Meditation

The availability of Osho content is mushrooming around the world through YouTube, social media, and enormous amounts of print, audio & video publishing in many languages and formats. Vast numbers of people are reading, watching or listening to Osho's contemporary insights. There is an equally fast growing demand for the OSHO Meditation methods. The OSHO Times asked Garimo and Sadhana how the Multiversity is responding to this increased demand.



Garimo: People who have already experienced Osho's methods

for themselves want to share them with others; and health clubs, colleges and others regularly ask about sending a "certified teacher" to introduce one or more of the OSHO Active Meditations. We realized that it is no longer enough to offer bi-annual facilitator programs in Pune, we need to help make them available all over the world – and in as short, concise a format as is feasible – as well as having longer, extended formats.

The request for "certified teachers" is an interesting one. For presenting the OSHO Mystic Rose meditative therapy for instance, Osho asks that people first come and learn in the Meditation Resort in Pune. However, Osho has always been clear that for presenting the meditations there is no requirement for regulation or certification; anyone who wants to can share these meditations. His only requirement is that the meditations themselves are not changed in any



way. When someone offers an OSHO Active Meditation it should be presented exactly as designed, including the use of its specially created music. Osho spent meticulous time in designing and fine-tuning these methods.

Even though there is no requirement for certification as an OSHO Meditation facilitator, obviously people want to have the best possible understanding of these methods and the science behind them. Anyone who wants to present them, wants to present them well. To support this, a small group of OSHO Meditation facilitator instructors got together to find the shortest, most precise and to-the-point program that we can offer in support of this worldwide and growing demand.

We looked at the most essential points for each OSHO Active Meditation and the most essential points in creating a supportive climate for presenting them. We realized that – provided the participants do have prior direct experience of these meditations – the teaching program can be fitted into three days.

Time has become such a precious commodity. When we put on this three day program for the first time in March, one participant flew in for it from South America the day before the start and flew back

the day after it ended. I think his travel time must have been longer than the program itself! It was a great experience for him and for us facilitators too. He had no time to lose, and so got all the points quickly and completely.

As a school teacher this man was used to having to entertain his students, to come up with jokes and gimmicks. He realized in a flash that when teaching the OSHO Meditations less is definitely more... less of *me* leaves more space for the meditation and the meditator.

In the OSHO International Meditation Resort we offer both this new three day format as well as an extended six day program. The longer one includes everything offered in the three days, gives people direct experience of a number of additional meditations and more practice in presentation. The six day program also includes a number of people who come simply to experience and understand lots of OSHO Meditations, not necessarily to learn to facilitate them.

The new three day format is now offered regularly in Pune, and it has already been given elsewhere in India, Germany and the UK.

Gandha

Sadhana: We also emphasize how to present Osho's nontraditional meditations in different cultures and countries. For example, in some places you cannot use the word *dance* because dance is irreligious. Did you know that? So they say *body movement*. There are different circumstances in different places. So how to introduce meditation – what words to use, what words not to use?

Meditators are so used to using *witnessing*; you go to other places and use the word *witness* and they say: where is the court? There is a crime, there is a witness who comes to give evidence. *Watching* is watching a football match, watching disco dancing or watching a game of cricket. *Watching inside?* What is there to watch? So the whole approach is how to create the right ambience. First is the language.

How would you introduce OSHO Dynamic Meditation in Japan, where the people are not very expressive? You can say, "You know how Mount Fuji explodes?" They understand immediately that on top it looks very calm and harmless but when it explodes.... Then they get it: explode like Mount Fuji!

If you are addressing a group of scientists you have to use scientific language. You cannot use *surrender, let-go, trust*. What trust? Experiment; it's a scientific method. This they understand.

Many OSHO Meditations are connected to the hara center – to the navel area, to the belly. People have only heard the word but nobody knows what it is. So this time I invited someone who does hara awareness exercises and that was so amazing. For one hour we were playing with this hara center with movement, with breath, with sounds, and that center became so strong – it came into our experience.

For OSHO Kundalini Meditation Osho says, "Melt your rocklike being." Where is the being? This is the being, in the hara center. So if you shake through the hara you actually feel that rocklike quality melting. In Dynamic Meditation when you shout *hoo*, shout through the hara. In OSHO No Dimensions, *sshhhhh*, that's from that same center; OSHOVipassana – watch the navel, same center; the sound *Osho*, same center. Be a witness, be a buddha – where? Here. We are experimenting with it and we discover new meanings of meditation, we go deep.



My last three day program was in India, in Kerala. Osho is so well-known now, especially in India. Osho is published in all the languages. You see him on TV, on YouTube, on osho.com. Celebrities read him, use his name. People in India are fully prepared: yes, this is Osho and we want to learn.

I facilitated a three day program for thirty people in China. The majority were women. The women are so advanced – it was such a pleasant surprise for me. One woman was running a spa and had 100 employees. There were doctors, teachers, entrepreneurs – very interesting people.

The conditioning there – as in so many parts of the world – is that you have to work hard or you will be punished. And one single word from Osho changes the whole thing: he says *enjoy*. For OSHO Kundalini Meditation I play a piece where he says: *enjoy it – do it with joy!*

And they say: we didn't know we could do it with joy; we thought it was work. This shift changes the meditation for them.

Participants in the OSHO Meditation Training at the Meditation Resort Say:

Mitra (Gulf States)

I came to go deeper into meditation. I've experienced most of the meditations before but in the meditation training, the experience was different. I found all the OSHO Meditations the same in their roots. They all bring me to a state of silence. Different techniques are used to reach this silence. My favorite meditations are the ones with dancing.

I have no specific plans, but I will share my experience with OSHO Meditations with an open heart and love, with whoever asks about it.

Satyam John (Holland)

I work with burned-out, stressed, highly educated managers, who have lost their jobs. They feel they have lost their identity too. These managers are in a negative spiral. When they lose the position they identify with, they fall into depression, drinking, over-eating and problems at home. I want to use OSHO Meditations in the stress management and mindfulness training I have developed to support them.

I was very glad to go deeper in how to do the meditations and how to present them. The place I work is very conservative, and this training was very



helpful in showing me how to use everyday words when talking about meditation.

I want to introduce participants to witnessing and watching. They're ready for this; they are older and more receptive to looking inside. I find it so important to share with them that we're in the same boat. I'm talking to people my own age, and I don't want to come over as an authority; I'm actually going through the same life challenges as they are.

Irma (Mexico)

I was a helper in the meditation training as part of my work as Auditorium Meditation Coordinator. I found it valuable for my work and life. Now I feel more able to introduce OSHO Meditations so that people who haven't meditated before can realize how their lives can be changed and helped.

When I get back to Mexico I want to share the correct ways of doing the meditations that I learned here. First I want to share the meditations with family and friends. Then I plan to expand this as a tool to relieve stress, with management in companies.

I find it very important to know more about the OSHO Meditations before facilitating; otherwise we can create misunderstandings about meditation.

Shivakami (England)

Before I came here, I thought meditation was about getting lost and flying off somewhere, but being a witness all the way through really changes my energy. This way I feel a lot more peace and more connected.

One of the main points I learned about facilitating is to come from the right place – to connect with myself before explaining. Then the message comes from inside me, rather than from the words. During the practice with the mike, it's more like being with friends and being light-hearted, rather than taking a leader role. I remind myself that I'm there to give the facility to people.

I learned that the structure of the OSHO Meditations is like a scientific formula – not to change it. If one part is changed, you don't get the result you want.

I want to use what I learned initially for facilitating the meditations in the Meditation Resort. At home – I've moved to Mexico – I have a circle of friends who I want to share these meditations with. I have learned that the initial presentation is very important for people to continue.

Deva Siddha (Japan)

I've never facilitated OSHO Meditations before. In the program I was touched by the fact that facilitating the meditations means to be myself! If I act as if I'm a leader it doesn't work – because it's not true; I don't feel that way. Being myself is the only way.

There were people from India, Mexico, Greece and Holland. I noticed the uniqueness of the people from each country – yet I felt I could share everything with everybody.

I am a Massage Therapist, and I found that massage is not enough to reduce the tension of my clients. They have a session once a week, and the rest of the time they gather a lot of stress in the body. They need daily meditation. With meditation they become aware of what is happening in their daily lives.

When I go back to Japan I want to invite my clients to my home and share a cup of tea with them and introduce meditation. There is an OSHO Meditation Center nearby where they can do the meditations.

I learned that people have different ways of understanding meditation. I find it important to share my own experience and connect with them from my heart. We can communicate more easily then and learn from each other.

Anuprada, Gandha

The next 3-day OSHO Meditation Training in the Meditation Resort will take place from 30 Oct – 1 Nov.



Traditional Thai Therapeutic Massage

A whole body massage for relaxation. Muscular fatigue and pain is relieved, tension and headache reduced, and muscle and joint mobility regained. Thai massage not only stimulates the circulation of blood and the lymphatic system, it also improves the body's immunity.



Universal Life Energy

Universal Life Energy – Reiki in Japanese – is a technique for stress reduction and relaxation that also promotes healing. Based on the unseen life force energy that flows through us, it treats the whole person including body, emotions, mind and spirit. There are many beneficial effects, including feelings of peace and wellbeing.



Prana Healing

In a space of love and trust you are invited to re-connect with your life energy and natural healing abilities. Through energy transmission, touch and sound your chakras and energy bodies will be harmonized and recharged.



Therapeutic Massage for Relaxation

This session draws on the skills of several different bodywork techniques to gently undo any tensions in the body. As a deeper physical relaxation happens, the experience may take you beyond the body, mind and personality.



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

INNER AND OUTER TRANSFORMATION

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

MaleFemale Polarity

Do you live your masculine and feminine qualities to their optimum? In this course we explore and experience both polarities to the full, and become sensitive to the type of energy that we are putting out.

1 – 3 Aug

Awareness Intensive (Who Is In?) Training

If you have an affinity for the Awareness Intensive: Who Is In? and would like to share this process with others, this training is for you. Practical guidance and practice sessions help you gain confidence in giving feedback and direction to participants.

2 – 13 Aug

Primal Scream

Our lives are affected by childhood traumas that can still hold power over us as adults. To bring ourselves into the present as free, healthy, happy people, in love with life, we need to discover the emotional needs, psyche and inner world of that child. This course involves reliving, talking about, feeling and expressing those emotions. Our relationships with our parents and those who were important for us in childhood are also an integral part of this healing journey.

8 – 10 Aug

OSHO Mystic Rose Training

For people who love the OSHO Mystic Rose process, who would like to deepen their own experience and learn to facilitate it. Training mornings are spent in the Mystic Rose itself and afternoons in counseling, investigating group dynamics, exploring personal issues and learning to support and encourage the process in a professional and caring way.

11 – 31 Aug

OSHO Born Again Training

For those who love the OSHO Born Again process, would like to deepen their own experience and learn to facilitate it.

17 – 23 Aug

Primal Rebirth

In the first seven years of life the blueprint is formed for who we unconsciously decide to become as adults. In this course, through regression, rebirthing, gestalt therapy and other techniques we find the way back to our true selves.

23 – 29 Aug

Goodbye to the Inner Judge

Rediscover your innocence, spontaneity and passion for living by learning to disengage from your inner judge.

28 – 31 Aug

Holistic Therapeutic Massage Training

Holistic massage views the body, mind and being as a whole.

In this training you will learn the full range of strokes used in holistic massage; massage and the art of meditation; Joint release; energy balancing; centering and basic anatomy and physiology.

28 Aug – 3 Sep

Winter Season Trainings and Intensives

OSHO Meditation Training 30 Oct – 1 Nov

NLP Practitioner Training 14 – 27 Nov

Ayurvedic Therapeutic Massage Training 3 – 5 Dec

Chakra Exploration & Energy Reading Training 8 – 14 Dec

OSHO Mystic Rose Training 11 – 31 Dec

Introduction Training Metaphysical Energy Work 21 – 23 Dec

OSHO Art Therapist Training Part 1 & 2 22 Dec – 7 Feb

OSHO Reminding Yourself of the Forgotten Language of Talking to Your BodyMind: Training 24 – 30 Dec

Path of Love 24 – 30 Dec

BioDynamic Breathwork Training 27 Dec – 16 Jan

Group Dynamics & Leading Skills Training 27 – 29 Dec

OSHO No-Mind Training 3 – 9 Jan

OSHO Meditation Training 6 – 11 Jan

The Freedom Process (AFH) 6 – 17 Jan

Awareness Intensive (Who Is In?) Training 8 – 19 Jan

OSHO Painter Training Part 1 10 – 25 Jan

Past Life Training 1: Regression Therapy, Trance, Dreamwork 11 – 17 Jan

Family Constellation & Trauma Healing Training 12 – 21 Jan

Pulsation Training:

Neo-Reichian Breath & Energywork 14 Jan – 2 Feb

OSHO Born Again Training 17 – 23 Jan

OSHO Hypnotherapy Training 1 & 2 19 Jan – 23 Feb

Japanese Facial Therapeutic Massage Training 1, 2 & 3 24 Jan – 6 Feb

Transomatic Trance Training 29 Jan – 4 Feb

Relationship Dynamics Training 7 – 11 Feb

Aura-Soma Level 1 & 2 7 – 13, 18 – 24 Feb

Starlight Transomatic Training: Unio-Mystica 9 – 22 Feb

Energy Counseling Training 1: Anatomy of the Chakras 21 Feb – 2 Mar

Starlight Transomatic Dialogue Training: Bardo-Karmic 25 Feb – 10 Mar



AUGUST HIGHLIGHTS

A SELECTION OF OSHO COURSES AND TRAININGS

1 – 3 Aug **MaleFemale Polarity**

2 – 13 Aug **Awareness Intensive (Who Is In?) Training**

3 – 6 Aug **Finding your Voice, Finding your Song**

4 – 6 Aug **The Art of Communicating**

6 – 9 Aug **Awareness Intensive: Who Is In?**

6 – 9 Aug **Dehypnosis, Self-Hypnosis & Meditation**

8 – 10 Aug **Primal Scream**

10 – 12 Aug **Opening to Self-Love**

10 – 16 Aug **Self-Hypnosis for Meditation**

11 – 31 Aug **OSHO Mystic Rose: Course & Training**

12 – 14 Aug **Compassionate Leadership and Group Dynamics**

13 – 16 Aug **Disappear into the Painting**

16 – 18 Aug **Awakening of Love**

17 – 23 Aug **OSHO Born Again: Course & Training**

18 – 20 Aug **Exploring Feelings Through Breath**

18 – 20 Aug **Inner Skills for Work & Life**

19 – 21 Aug **Living in the Present Moment**

21 – 23 Aug **Holistic Therapeutic Massage: Basic Course**

22 – 24 Aug **Opening to Intimacy**

23 – 29 Aug **Primal Rebirth**

27 – 29 Aug **Art with Heart**

28 – 29 Aug **Universal Life Energy Level 1**

28 – 31 Aug **Goodbye to the Inner Judge**

28 Aug – 3 Sep **Holistic Therapeutic Massage Training**

Preview

1 – 3 Sep **Opening to the Heart**

4 – 5 Sep **Welcoming Abundance**

5 – 8 Sep **Watching the Fire**

5 – 12 Sep **Awareness Intensive: Satori**

14 – 16 Sep **Courage: The Joy of Risking**

28 – 30 Sep **The Way of the Warrior**

11 – 14 Oct **Tantra: Breath of Life**

30 Oct – 1 Nov **OSHO Meditation Training, 3 Days**

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

email: multiversity@oshonet
or write to: OSHO Multiversity
OSHO International Meditation Resort
17 Koregaon Park, Pune 411001, India
Tel: +91 (0)20 6601 9999, ext. 312

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OSHO TALKS

OSHO Meditation Weekends in India

August – September 2009

Kodaikanal (Tamil Nadu)

31 July – 2 August
Contact: Jeevan Naval
Dindigul: 9443023461
M.P. Chordia
Ulundurpet: 9443232465
Venue: Hotel S.V. International Convent Road, Kodaikanal
Tel: 04542-243816
Facilitated by: Devendra Bharti

Trichy (Tamil Nadu)

14 – 16 August
Contact: OSHO Dharmateerth Meditation Resort
Tanjore Road, Thuvakudi
Trichy 620015
Mobile: 9443424065
Facilitated by: Mohan Bharti

Mehsana (Gujarat)

14 – 16 August
Contact & Venue: OSHO Manan Neo-Sannyas Commune
Near Railway Overbridge
Palavasana
Mehsana 384003
Tel: 02762-225289, 225177
Mobile: 09428959979
Facilitated by: Satya Nirajan

OSHO International Newsletter

The OSHO International Newsletter is a monthly digital publication which includes new oshocom features, news from OSHO International Meditation Resort, Pune, Multiversity highlights, and information about new releases of OSHO Books, audios and videos. Hindi as well as English versions reach thousands of Indian subscribers every month via their email.

After the OSHO Times Print Edition ceases with the August issue, news and photos concerning OSHO Meditation Weekends in India and OSHO Glimpse activities as well as publishing, promotion and distribution of OSHO Books, OSHO Book launches, Fairs and OSHO Events in India will go into the Newsletter.

We would like to include information about your OSHO Events. Please send to: indianews@oshocom.net. For a free subscription to the Newsletter, please click on oshocom/newsletter.

Please see p.13 of this issue for more information about the Newsletter.

Panchkula (Haryana)

14 – 16 August
Contact and Venue:
Oshodhara Meditation Center
Oshodhara Trust
58, Industrial Area, Phase 1
Panchkula
Tel: 0172-2564562
Mobiles: 09876618618,
09779018620
Facilitated by: Nirupam

Yavatmal (Maharashtra)

11 – 13 September
Contact: Devidas Patil:
09860662015
Vinay: 09421844735
Facilitated by: Satyadharma

Coimbatore (Tamil Nadu)

OSHO Wellness Getaway
25th – 28 Dec
Contact: Osho Premveena Meditation Center
Gowtham Arcade
208, T.V.Samy Road
R.S. Puram
Coimbatore 641002
Prayas: 9443164565,
9003927793, 9944457793
Venue: Karl Kubel Institute for Development Education (KKID)
Mankari, Anakaiti Road
Coimbatore
Tel: 0422-2658747, 2658905
Facilitated by: Gyan Rikta

From now on, this information will be only a click away at: oshocom/centers

Mumbai

OSHO Meditation Events

Every Sunday 10:00 – 13:00

OSHO International Foundation in association with Times Foundation
Venue:
Times of India Building
D.N. Road, Fort, Mumbai (MS)
Tel: 9323020611
Entry free

Be Silent and Listen



When your heart is ready, existence speaks to you directly.

I remember a story about a Sufi mystic, Bayazid, who remained in one village for many years. One day the villagers said to Bayazid, "We have been seeing you and hearing you for at least five years. You were always praying and talking to god. Now we see that you never talk, you never pray. Why this change? Have you become an atheist? Have you lost your belief in the divine? You never talk now, you never pray."

Bayazid laughed and said, "Before, I was talking and praying. Now god has started talking to me, so I have to be silent and listen. The whole process has changed. Now I need not talk. Now he talks to me."

This moment comes. But this moment comes only when your heart is filled with melody and a divine silence has come into you. There is no more noise. Wherever you look you feel the music; wherever you look you feel the unity; wherever you look you feel the one in different forms. Now you have become aware of the sea. Waves have disappeared for you. There are no waves; only the ocean exists. Then the divine talks to you directly.

It is not a metaphor. Existence speaks to you directly; it is not a metaphor, it is not a poetic expression. It happens! But you have to be ready. And that readiness means a heart filled with music, a heart filled with silence.

Excerpted from *The New Alchemy: To Turn You On*, Osho

Painting by Tulika

Stressed Out? Snuggle Up!

Do you enjoy receiving or giving hugs? To add to your reasons for hugging, scientists say that it can reduce stress. New research shows that loving touches can cut the level of stress hormones in your body by 7 percent. According to the study anything from sex to holding hands works.

Beate Ditzén, a psychologist at the University of Zurich in Switzerland who conducted the research says, "Intimacy reduces the stress hormone cortisol by improving mood."



Every minute spent hugging, kissing, holding hands or having sex translates into a small decrease in stress. Unfortunately, hugging today won't make you feel better next week, you have to be in touch every day.

The de-stressing effects

of sex and snuggles may explain why happily married couples live longer and healthier lives. Studies have already proven that loving touch can reduce blood pressure and have other health benefits. Scientists have a number of theories about why intimacy is relaxing. For example, a hug can bring on a gush of the love hormone oxytocin, which floods the body and feels great.

Elena Rover
MSN

Love is rest. All else is restlessness; all else is turmoil, tension, conflict, struggle, war. Only love is peace, relaxation, rest, because love is our natural, intrinsic being. Once you have found love there is nothing else to be found, nothing else to be desired. One has arrived home. One can rest, one can relax.

Excerpted from *Don't Let Yourself Be Upset by the Sutra, Rather Upset the Sutra Yourself*, Osho

Our Relatives Can Drive Us Nuts

Family getting on your nerves? A new study, published in the latest issue of *Neuropsychologia*, suggests that visiting family members prompts brain activity affecting how you feel about them, your friends, and even yourself.

Researchers performed MRI brain scans on test subjects viewing images of relatives, friends, strangers, themselves and various morphed images. The scientists found that relatives and self-lookalikes are processed through a self-referential part of the brain. Friends and strangers who look nothing like the viewer, on the other hand, light up entirely different areas of the brain, those linked to making important decisions with respect to the self.

Since relatives are processed through areas of the brain linked to self-reference, the study may explain why relatives cause us to take things personally. While we may tolerate a friend's loud laughter or snoring, we may have less patience with relatives because we judge them similarly to how we judge ourselves.

Dr. Steven Platek, co-author of the study, says it's likely that a face we perceive as "friendly" is one that looks more like us. But how we feel about



Resist the temptation to continue from the past, to fulfill the expectations of others. When you come to meet your father or your mother or your family, it is

very simple; they expect the old. In the beginning it is very embarrassing, but let it be known, because what can you do? If the old is gone, it is gone. And it is only a question of one week and then everyone will know that you are not the same, so they start shifting their expectations.

That will give you beautiful experiences – when your father looks at you not as his son but as a stranger, when your mother looks at you not just as a part of herself but something new. Then for the first time you meet face to face.

Excerpted from
A Rose Is a Rose Is a Rose, Osho

that person later could be tied to how we feel about ourselves, perhaps explaining the prevalence of arguments during family reunions.

Jennifer Viegas
Excerpted from *msbnc.com*

Killing Two Birds with One Stone

What used to be called *killing two birds with one stone* has its own term in the world of media and technology: *multitasking*.

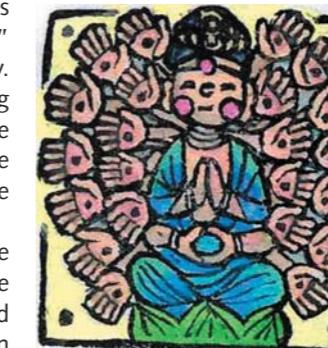
Researchers at MTV Networks have found that devices such as portable video players, cell phones and the Internet allow people to "shoehorn" 31 hours of activity into a 24-hour day. People surf the Internet while watching television. Their children instant-message friends while listening to music. Everyone talks on the phone and checks email while cooking dinner.

A study conducted last year at Ball State University in Indiana observed 400 people over a broad age range for a day, and found that 96 percent of them engaged in multitasking for about three hours a day.

The term multitasking implies "equal attention," says Mike Bloxham, director of testing at Ball State. "But cognitive science tells us this isn't possible. You have to give priority to one in order to absorb the messages."

Most multitasking involves television plus another activity, whether reading a newspaper, surfing the Internet or talking on the phone. And when that is the case, which activity is getting primary attention?

Sharon Waxman
Excerpted from *The New York Times*



Between awareness and attention there is a difference. When you pay attention to anything it is exclusive; you have to withdraw your attention from everywhere else. So it is a tension really. That is why it is called attention. You pay attention to one thing at the cost of everything else. If you pay attention to your breathing, you cannot pay attention to your walking or to your driving.

Attention means one thing: exclusively. Awareness is a very different thing; it is not exclusive. It is not paying attention, it is being attentive; it is just being conscious. You are conscious when you are inclusively conscious.

Excerpted from *The Book of Secrets*, Osho

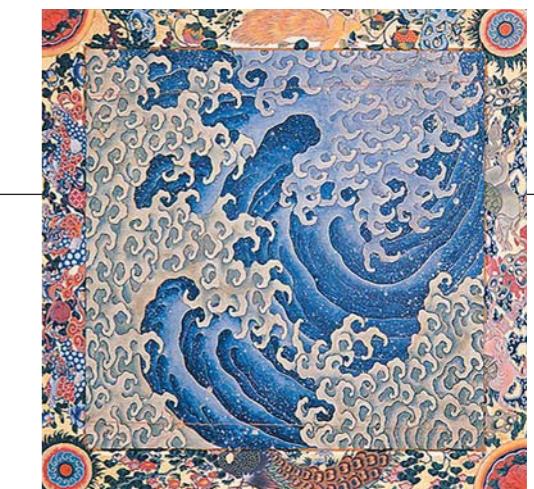
Ancient Tsunami

"The sea was driven back, and its waters flowed away to such an extent that the deep sea bed was laid bare and many kinds of sea creatures could be seen," wrote Roman historian Ammianus Marcellus, awed at a tsunami that struck the then-thriving port of Alexandria in 365 AD. This tsunami was generated by a massive quake that occurred under the western tip of the Greek island of Crete.

Researchers in Britain have taken a fresh look at this event and have come up with some worrying news. University of Cambridge professor Beth Shaw carried out a computer simulation of the quake, based on fieldwork in Crete where the push forced up land by as much as 10 metres. They estimate the quake's magnitude to be 8.3-8.5.

"Repetition of such an event would have catastrophic consequences for today's densely-populated Mediterranean coastal regions," the study says.

Excerpted from *Times of India*



In three days the waters will wipe out the world....

The leader of Buddhism appears on television and pleads with everybody to become a Buddhist. That way they will at least find salvation in paradise.

The pope goes on television with a similar message: "It is still not too late to accept Jesus," he says.

Osho takes a different approach: "Look guys, we have three days to learn how to live under water!"

Excerpted from *The Golden Future*, Osho

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Laughing at Life

Life has to be taken hilariously! Life is so full of laughter, it is so ridiculous, it is so funny that unless your juices have gone completely dry you cannot be serious. I have looked around at life in every possible way and it is always funny, whatever way you look at it. It gets funnier and funnier! It is such a beautiful gift of the beyond.

Excerpted from *The Goose Is Out*, Osho

Hamish MacTavish is visiting his married friends Sandy and Glenda MacDougal.

"Sandy, I can't help it," says Hamish, "but Glenda really turns me on. If I could pinch her bare back-side just once, I'd give you a thousand dollars." "For that kind of money," says Sandy, "I don't think that Glenda would mind. Would you, Glenda? Go ahead and pinch her."

Glenda leans over a chair and exposes her behind. Hamish looks at it...and just keeps looking. Finally, after five minutes, he says, "I just can't do it."

"Why not?" asks Sandy, "haven't you got the nerve?"

"It's not that," says Hamish, "I haven't got the money."

An American tourist is gazing into the crater of a Greek volcano. "It looks like hell," he says. "Ah, you Americans," says his guide, "you've been everywhere!"

Zabriski arrives at work one morning with a big smile on his face.

"Why are you so happy?" asks a friend. "Well," explains Zabriski, "last Thursday I found my wife in bed with the electricity meter reader. On Friday, she was taking samples from a salesman on the couch. Saturday morning I found her doing business with the milkman on the kitchen table. But I've fixed all of them. I just phoned the Salvation Army and told them to come and take away all that furniture from the house."

Paddy is explaining to Seamus what happened when he went into the new Zorba the Buddha self-service restaurant.

"I get myself a cup of coffee," he says, "and set it on the table. Then I go back for a piece of pie, but when I come back with the pie, the coffee's gone. So I set down the pie and go back for another cup of coffee and the pie's gone. So I write a card. It reads: 'I put my finger in the coffee.' Then I stick the card alongside the cup. I go for another piece of pie, but when I come back, the coffee cup's empty and someone has written on the card, 'I drank your coffee but I couldn't find your finger.'"

Manuel leaves Portugal and goes to Brazil to start a business. When he arrives in Rio he looks up his old friend, Joaquin, who advises him to go into the motel business as it's the most profitable business in Rio.

After some months the two friends meet again. "Your suggestion is making me bankrupt!" complains Manuel.

"How can that be?" asks Joaquin. "There're no risks in this business. Maybe you're doing something wrong."

"No, no!" says Manuel. "I'm doing everything you suggested. I use the best architect and interior decorator. Everything has atmosphere and taste. The whole motel is designed in an Arabian style. It's very romantic – like camping in a tent in the desert. The beds are round, there are mirrors on the ceilings, exotic music is playing and there are thin veils shimmering in the soft red lamplight."

"So what could be wrong then?" asks the friend. "I don't know," answers Manuel. "None of the couples you said would come checking in every hour have come. Only once in a while a family stops in."

"What name have you given your motel?" "Motel of Our Holy Mother Mary!" answers Manuel.

Young Leonard Loophole is on vacation in the woods, and he decides to write a letter to his girlfriend. But he has no writing paper with him, so he walks to a nearby village store.

Inside, he approaches the girl attendant, Molly Must, a very sexy young brunette.

"Do you keep stationery?" asks Leonard.

"Well," says Molly, in a sexy voice, "I can until the last few seconds, and then I go completely wild!"

Osho arrives at the Pearly Gates and is greeted by Saint Peter. The Christian saint takes one look at the man before him and nearly faints. "My god! You? Up here? And you want a two-week tourist visa?" cries Peter. "I must have a talk with god first." And Saint Peter scuttles away to find god almighty.

God is not very pleased at Saint Peter's news, and after a lot of deep thought, he tells Saint Peter, "Okay. He can stay for a short while, but only on one condition: no discourses!"

A couple of weeks later, god runs into Saint Peter again.

"How is everything going with 'You-know-who'?" asks god. "Is everything all right?"

"Just great, Swami-jii!" replies Saint Peter. "Everything is Yaa-hoo!"

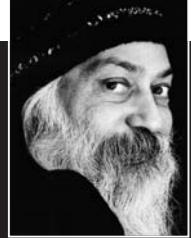
I can't make up my mind whether I want to be a psychiatrist or an author.

Why not toss for it – heads or tails?

Miss Whitewash, the prim young librarian, is, in her spare time, a Lieutenant in Christ's Salvation Army. She moves into a new apartment, and does not know anybody else in the building. One day, she needs a screwdriver to hang up her picture of Jesus, but she does not have one. So plucking up her courage, she decides to borrow one from her neighbor across the hall.

When the door is opened, she is shocked but secretly impressed, to be confronted by a huge, Rambo-type guy, dressed only in his underwear. Suitably flustered by this smiling hulk in jockey shorts, she nevertheless manages to remember what she came for: "Hi," she stammers. "I'm your new screw across the hall – can I use your driver, neighbor?"

JOKES



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- * Circulating Library – Books and Audio Cassettes

A personal invitation from my heart to all sannyasins, friends, & lovers of Osho to share love and Osho's talks with me at the center when you are in Bangalore.

Sw. Murlidhar Bharathi.

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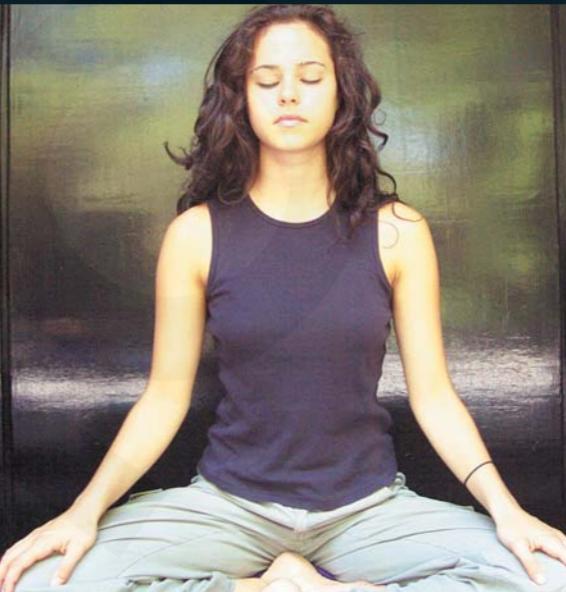
Price: 950 Rs. (Food and accommodation)



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Gharaunda 132114
Contact: Dhyan Kalander
Tel: 01748-252222
Mobile: 9416335032

GWALIOR

Patel Nagar
City Center Site No. 2
Gwalior M P
Contact: Prem Santosh
Tel: 0751 2345428
Mobile: 9425114898, 9926646118
Neelam Yadav: 9425116850

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Jayalaxmi Vilas Road
Chamarajapuram
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19 Sep (Sat)
11 am Inauguration of OSHO Glimpse
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9 pm Kavi Sammelan (Top Hindi poets of Bhopal)

20 Sep (Sun)
10 am – 1 pm Zazen workshop with Nirupam
2–4 pm Introduction to Vigyan Bhairav Tantra with Amrit Sadhana

9 pm Swar Ganga Bollywood Singer Rekha Bharadwaj

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Astrology

August 2009

by Yogendra

Astrology is the science of wholeness, unity, nonduality.

Osho

ARIES (March 21 – April 20)

Our ideas of who we are change from time to time – sometimes the friend, sometimes the lover, sometimes a son or daughter. In this period you may find yourself watching yourself in the work domain. Remember that we often see most of who we are in times of trouble. Enjoy!

We don't know who we are. We are nothing but the public opinion. Know yourself on your own. Then you are neither old nor young, neither man nor woman. You are simply a pure consciousness which has no age because it is eternal. At the height of consciousness all duality disappears. Osho

TAURUS (April 21 – May 21)

Day follows night as love follows hate. The learning is that relationships are in a state of flux, or they are dead. In this time the lesson is not to try to stop the process but to see it out to the end, no matter what that might bring.

People who are always in love and never hate, never get angry, you will always find superficial – because if you don't move to the opposite, from where will you gain depth? Depth comes through a movement to the opposite. Love is hate. A love relationship is a love/hate relationship – and it is beautiful! Osho

GEMINI (May 22 – June 21)

Sometimes there's an opportunity to shine without effort. This is not to confuse effortless and non-doing with being lazy. Creativity requires us to step into the ring. So pick up a pen or a brush or whatever is within reach and give it a shot. You may be surprised.

A creative person has to overcome the fear of being in error, of being laughed at, of public opinion. One who wants to be creative has to be courageous enough to be a fool, because whatsoever you do in the beginning is always laughed at. A creative person always remains like a child, fresh. Osho

CANCER (June 22 – July 22)

There is no answer to a complaint. So forget about "Why me?" And feeling sorry for yourself is also a waste of time. Better served to stay awake, be engaged and watch.

Whenever the mind starts creating some complaint, immediately become aware and drop it. And suddenly you will see that once the complaining mind has disappeared and gratefulness has come in, you will start looking at life with totally different eyes. You will see an extraordinary existence...luminous! It is a benediction, but we are blind and complaints are like screens – they don't allow us to see. Osho

LEO (July 23 – August 23)

With Sun in your sign the fun is there, and the tendency may be to sit on your laurels. The opportunity lies in taking risks, stepping into the unknown. You may find yourself embarrassed and enriched, one following the other.

The authentic man is one who lives his life according to his own innermost core, who lives his individuality. It needs guts, it needs courage, because you are moving into an unknown area. The authentic man lives the unknown, moves on the unknown path, risks everything. He finds a tremendous satisfaction. His life is a life of blessings. Osho

VIRGO (August 24 – September 23)

Melting may not be an energy you are familiar with; even the thought may seem alien. And the key to melting is relaxation. Your key through this minefield is awareness and understanding – both of which will expand in let-go.

Meditation does not want to understand anything at all, it wants to relax with existence. It is a let-go. It is an effort to merge and melt into the reality, full of wonder; a child, full of awe, ready to go into the mysterious, into the miraculous, with no motive to understand – because that motive becomes a tension. Osho

LIBRA (September 24 – October 23)

The possibility of dealing with some pain of a psychological nature arises, from which there is no escape. When this pain from your past is witnessed, here is your opportunity to relive and transcend it.

Once the past is clear and you have seen all that has happened, you are free of it. This is the key: if you become aware of anything in your memory, you are freed from it. Awareness liberates, unconsciousness creates a bondage. Then trust will become possible. If you have trust, you will suddenly see that you are going on a great adventure, and your life starts immediately changing. Osho

SCORPIO (October 24 – November 22)

While the depth of the inner is where you feel most comfortable, you may be reminded for a time of the beauty of the outer – how it complements and supports your inner search. Remember that without the outer there is no inner.

The inner and the outer is the division of the mind. The inside and the outside are not two. When you exhale, the breath goes out; when you inhale, the breath goes in. The within is joined with the without. The breath that was mine just a moment before is no longer mine; it has become yours. Nothing is within, nothing is without. The universe is one. Osho

SAGITTARIUS (November 23 – December 23)

Where normally you're most comfortable flying away and above, you may have the opportunity to explore the emotional underside of yourself. And you may discover a depth and movement and richness you didn't know existed.

Love is the quality of the heart. Love is courage and love is richness. Only lovers know the richness of existence, the poetry, the music, the creativity of life. Love is the source of all that is good, all that is worthwhile, all that is meaningful, significant. Love is the master key; it can unlock all the locks, it can help you to enter into the innermost shrine of god. Osho

CAPRICORN (December 24 – January 20)

The feminine beckons you, demanding her time and space. Whether the calling is from within or without will depend on your current circumstance. In either case a playful opportunity to explore the consistent inconsistencies of that mystery, the feminine.

These are the real things in life – love, beauty, truth, bliss. You have to give way, to just relax and allow, become passive and receptive. They happen only in a feminine state of mind. For the right moment, the right ripening, one has to wait. And one never knows.... Existence is absolutely unpredictable; its ways are mysterious. Osho

AQUARIUS (January 21 – February 19)

A time of inner struggle where you may feel like you're tied in knots. Feelings of frustration may arise out of your relationships with family or friends, work or creativity. The upside is that soon the knots will be gone, and with that a new perspective dawns.

Your mind is your inner family. Whenever you want to do something new, to move into the unknown, the mind resists. The mind will find a thousand and one rationalizations, and it is going to give you a hard struggle. That is natural – it has to be so. But if you persist, you will become the master. Just perseverance is needed. Osho

PISCES (February 20 – March 20)

An opportunity to explore an aspect outside of your usual, narrow comfort zone – in a way that will make you feel even more supported by the powers that be. A couple of bumps along the way related to past pain...the key is to let that slide.

Richness can have only one meaning and that is to feel significance, that you are not accidental, that without you the existence will miss something. Then you are not just the body, you are far more. And the feeling of that *far more* fulfills one, gives tremendous contentment, makes one feel at home with existence. Osho

See also
oshocom/astrology



Chillies

Transformation

A master cannot be diplomatic.
He has to create this crisis
in which suicide is possible –
and also sannyas,
also transformation,
also a new birth.
But a new birth is possible
only when you die to the old,
when you die to the past.

Excerpted from *Ah, This!*, Osho



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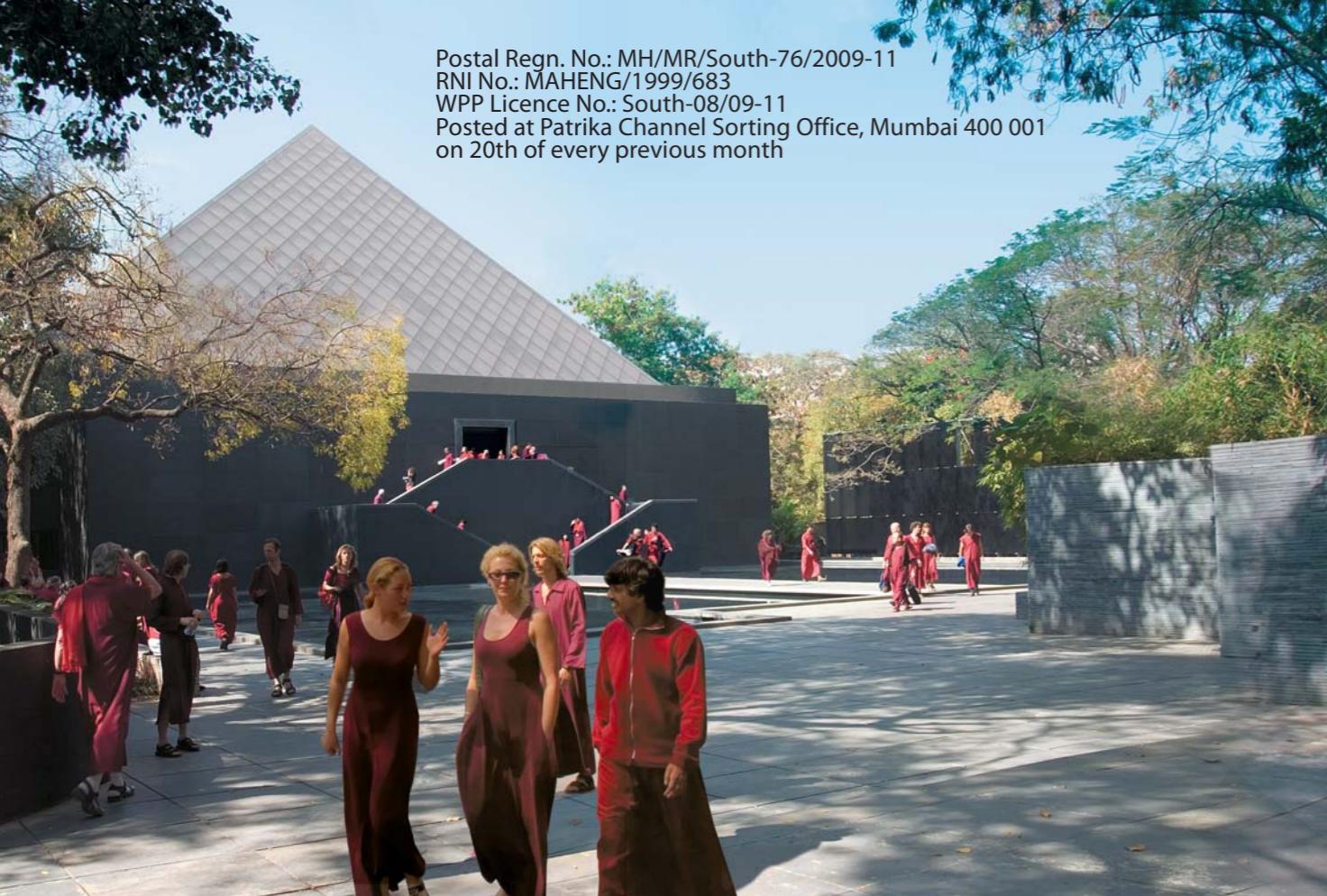
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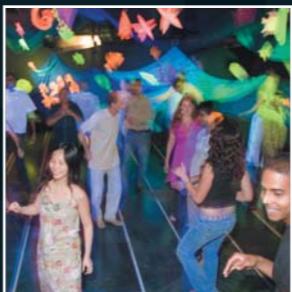
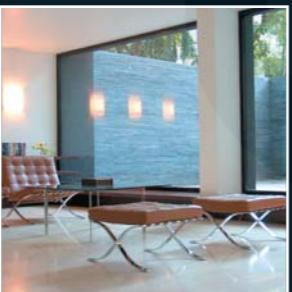
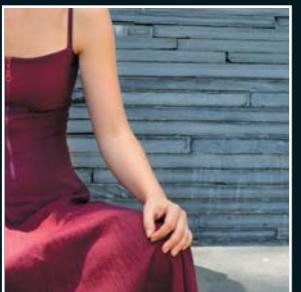
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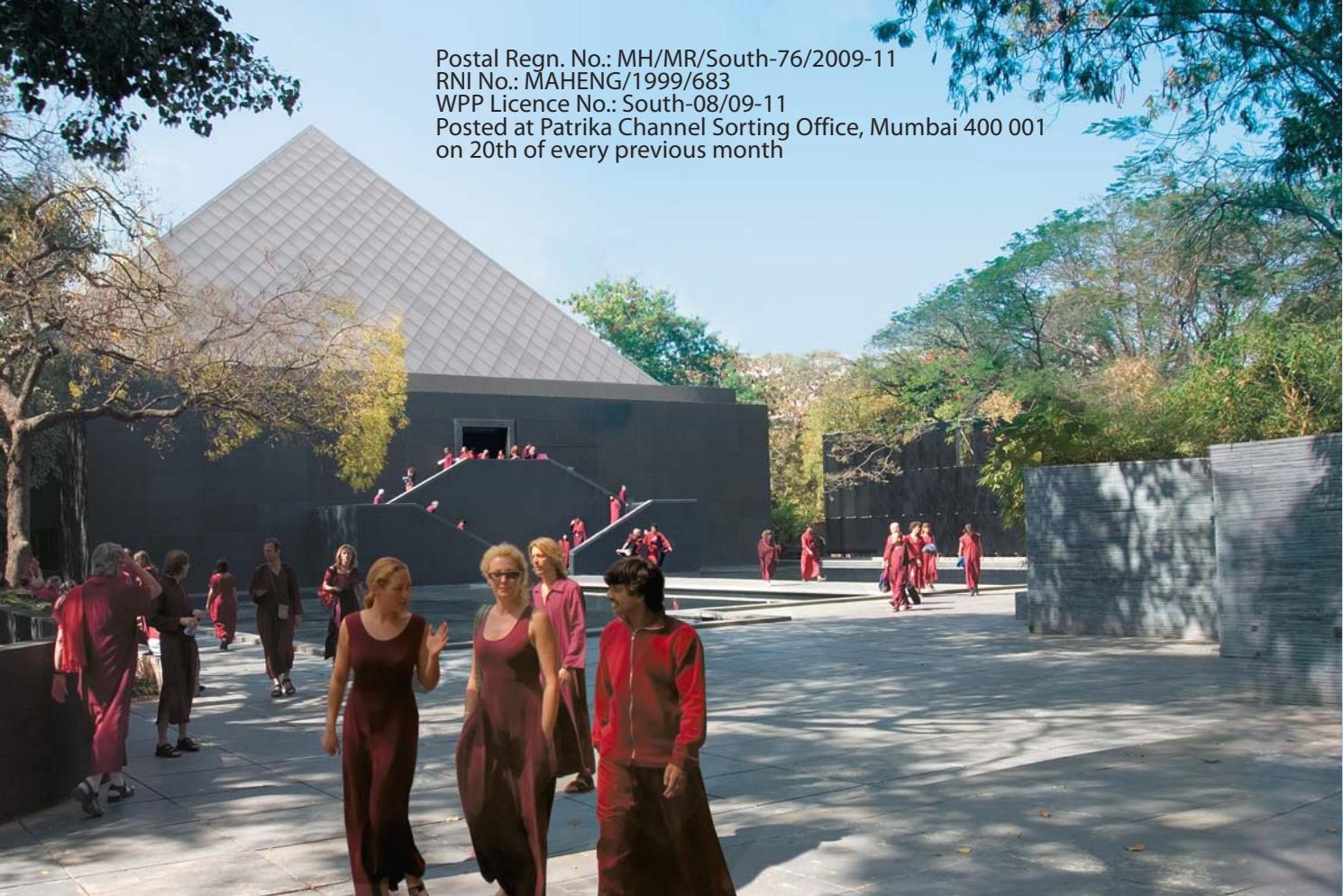
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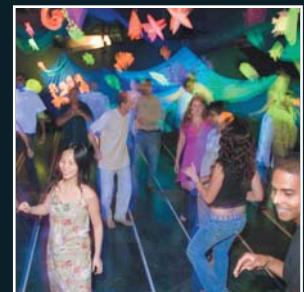
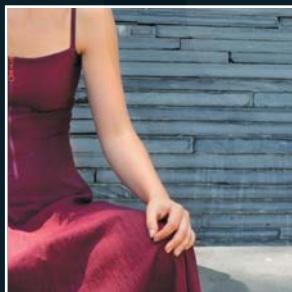
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