# Chapter 3: Depression

# Chapter 4: The Mystic

## Sadness

The Mystic said, “When you are sad accept the sadness: this is you. Don’t say, ‘I am sad’. Don’t say that sadness is something separate from you. Simply say, ‘I am sadness. This moment, I am sadness.’ And live your sadness in total authenticity. And you will be surprized that a miraculous door opens in your being. If you can live your sadness with no image of being happy, you became happy immediately, because the division disappears.”

It is not really sadness that gives you pain. It is the interpretation that sadness is wrong that gives you pain, and that becomes a psychological problem.

*Joy is not a goal, it is a by-product. It is a natural consequence of oneness, of unity.*

## Yatri’s Initiation

My sannayas is nothing but living in the ordinary world, but living in such a way that you are not possessed by it; remaining transcendental, remaining in the world and little above it.

# Chapter 5: Celebration