

Awareness and Centering

• Whatsoever you are doing, go on doing one thing inside continuously: be aware of yourself doing it. You are eating — be aware of yourself. You are walking — be aware of yourself. You are listening, you are speaking — be aware of yourself. When you are angry, be aware that you are angry. In the very moment that anger is there, be aware that you are angry. This constant remembering of the self creates a subtle energy, a very subtle energy in you. You begin to be a crystallized being.