

- The more watchful you become the more all your hastiness slows down. You become more graceful. As you watch, your chattering mind chatters less, because the energy that was becoming chattering is turning and becoming watchfulness — it is the same energy.
- Wakefulness can never be destroyed. When death comes, you will watch it too. You will die watching — watching will not die. Your body will disappear, dust unto dust, but your watchfulness will remain; it will become part of the cosmic whole. It will become cosmic consciousness.
- In these moments the seers of the Upanishads declare, "Aham brahmanam — I am the cosmic consciousness." It is in such spaces that al-Hillaj Mansoor announced, "Ana'l haq! — I am the truth!" These are the heights, which are your birthright. If you are not getting them, only you are responsible and nobody else.
- Consciousness goes inward, unconsciousness goes outward. Unconsciousness makes you interested in others — things, people, but it is always the others. Unconsciousness keeps you completely in darkness; your eyes go on being focused on others. It creates a kind of exteriority; it makes you extroverts. Consciousness creates interiority. It makes you introverts; it takes you inward, deeper and deeper.