

# 30

Tuesday

Jan 2024

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January

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• Of course in a dream whatsoever you do is meaningless. Whatever you think is pointless, whatsoever you project remains part of your dreams and never allows you to see that which is.

• Hence all the buddhas have insisted on only one thing : Awaken! Continuously, for centuries, their whole teaching can be contained in a single phrase : Be awake. And they have been devising methods, strategies ; they have been creating contexts and spaces and energy fields in which you can be shocked into awareness.

• Yes, unless you are shocked, shaken to your very foundations, you will not awaken. The sleep has been so long that it has reached to the very core of your being ; you are soaked in it. Each cell of your body and each fiber of your mind has become full of sleep. It is not a small phenomenon. Hence great effort is needed to be alert, to be attentive, to be watchful, to become a witness.

## G Important

• If all the buddhas of the world agree on any one single theme, this is it — that man as he is, is asleep, and man as he should be, should be awake. Wakefulness is the goal and wakefulness is the taste of all their teachings. Zarathustra, Lao Tzu, Jesus,