

• The first step in awareness is to be watchful of your body. And as you become aware, a miracle starts happening: many things that you used to do before simply disappears. Your body becomes more relaxed, your body becomes more attuned.

• When you become aware of your thoughts, you will be surprised at what goes on inside you. If you write down whatsoever is going on at any moment, you are in for a great surprise. You will not believe it — "This is what is going on inside me?" Just for ten minutes go on writing. Close the doors, lock the doors and the windows so nobody can come in, so you can be totally honest — and light a fire so you can throw it in the fire! so nobody will know except you. And then be truly honest; go on writing whatsoever is going on inside the mind. Don't interpret it, don't change it, don't edit it. Just put it on the paper as naked as it is, exactly as it is.

↳ Imp exercise

• The third step is to become aware of your feelings, emotions, moods. This is the subtlest layer and the most difficult, but if you can be aware of the thoughts, then it is just one step more.

• And when all these three are functioning together perfectly, the fourth happens as a gift of nature, not out of one's doing.

• The fourth is the ultimate awareness that makes one awakened. One becomes aware of one's awareness, — that is the fourth. That makes one a buddha, the awakened one. And only in that awakening does one come to know what bliss is.

• The body knows pleasure, the mind knows happiness, the heart knows joy, the fourth knows bliss. Bliss is the goal, and awareness is the path toward it.