

February

2024

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Jan 2024

Awareness: The Key to Living In Balance

Foreword

- One of the most important things to be understood about man is that man is asleep. Even while he thinks he is awake, he is not. His wakefulness is very fragile; his wakefulness is so tiny that it doesn't matter at all. [His wakefulness is only a beautiful name but] utterly empty.
- You sleep in the night, you sleep in the day — from birth to death you go on changing your patterns of sleep, but you never really awaken. Just by opening the eyes don't befool yourself that you are awake. Unless the inner eyes open — unless your insides become full of light, unless you can see yourself, who you are — don't think that you are awake. That is the greatest illusion man lives in. And once you accept that you are already awake, then there is no question of making any effort to be awake.
- The first thing to sink deep in your heart is that you are asleep, utterly asleep. You are dreaming, day in, day out. You are dreaming sometimes with open eyes and sometimes with closed eyes, but you are dreaming — you are not yet a reality.