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existential. Philosophical conviction brings nothing, no harvest.

The real harvest comes only when you make great effort to wake yourself up.

• The only thing that has to be learned is watchfulness. Watch! Watch every act that you do. Watch every thought that passes in your mind. Watch every desire that takes possession of you. Watch even small gestures — walking, talking, eating, taking a bath. Go on watching everything. Let everything become an opportunity to watch.

• Don't eat mechanically, don't just go on stuffing yourself — be very watchful. Chew well and watchfully. . . . and you will be surprised how much you have been missing up to now, because each bite will give you tremendous satisfaction. If you eat watchfully, food will become more tasty. Even ordinary food tastes good if you are watchful; and if you are not watchful, you can eat tasty food but there will be no taste in it because there is nobody to watch. You simply go on stuffing yourself. Eat slowly, watchfully; each bite has to be chewed, tasted.

• Remember one thing: when you remember that you have forgotten watching, don't become sorry, don't repent; otherwise, again you are wasting time. Don't feel miserable: "I missed again." Don't start feeling "I am a sinner." Don't start condemning yourself, because this is a sheer waste of time. Never repent for the past! Live in the moment. If you had forgotten, so what? It was natural. — it has become a habit, and habits die hard. And these are not habits imbibed in one life; these are habits imbibed in millions of lives. So if you can remain watchful even for a few moments, feel thankful. Even those few moments are more than can be expected.