

THAT'S WHAT OSHO SAID...

I devoted a lot of time to the analysis of the Teaching of Jesus Christ and the history of Christianity. However, my path (to myself) began with the book "Manifesto Zen" by OSHO. After that book and meditation practice, it became easier to know the Teaching of Jesus. In gratitude to the enlightened Master, whom Heaven itself sent to me, I decided to complete this project IN THANKS TO THE ONE on whom the evil world still pours mud, not realizing the depth of H It is sad, but this world is still fighting *with itself*. It does not need the Light, it is greedy for darkness. Of the billions of inhabitants of the Earth, only 12 followed Jesus Christ and were brutally tortured like their Master. A similar fate befell Osho. He was poisoned with thallium in an American prison for his views.

Thousands of followers follow them to this day. It is not to be desired that the mass of people who ignore Christ and Osho are today fighting a desperate battle for earthly wealth, honor and glory. Osho's last word to his disciples before leaving the body was "SAMMASATI!" ("Do not forget!").

Jesus Christ directed our gaze to the Kingdom of Heaven, Osho - to himself. Both claimed that the Light is within us. This is not a coincidence of views and not a physical truth, but a Revelation of spiritual being, a formula of Reality. All mystics, enlightened masters claimed the Light in man.

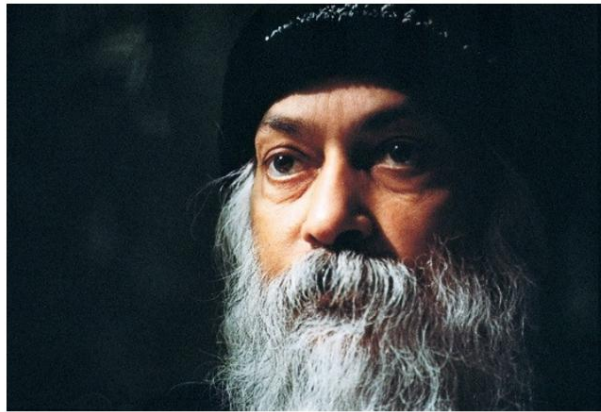
There are many followers of Jesus Christ and Osho in the West and the East. They both had a predecessor - Gautama Buddha, born 500 years before Jesus. Buddha was also persecuted, but for some reason no one dared to kill Him. People who knew Buddha - knew themselves and stopped fighting among themselves. If the inhabitants of this Earth knew themselves, the war would end in one moment. The Kingdom of God would come.

I have written a lot about the secret Teaching of Jesus Christ (gnosis, inner Knowledge), so this time let's look at what Osho said...before leaving this world...The dying words of an enlightened person are especially respectful and important, because the Master put all his knowledge and experience into them, and asked not to forget it.

Read, meditate on the words of the Master and learn to LIVE, not to exist in your "misfortunes." All your troubles and troubles do not come from outside, but from wit

your inner self. May you be guided by the Peace that Buddha, Jesus and Osho taught. All three emphasized one idea: TRUTH is one. It binds us and guides us. There is no Truth without Love. All THREE did not create any religions.

A FEW FACTS FROM OSHO'S LIFE



Osho (Raineesh Chandra Mohan Jain) was born on December 11, 1931 , in the village of Kuchwada, in the state of Madhya Pradesh, India. From early childhood, he displayed a rebellious and independent spirit, demanding personal experience of truth, which he valued much more than knowledge and beliefs borrowed from others. After his enlightenment at the age of twenty-one, he completed his academic education and taught philosophy at the University of Jabalpur for several years. In the late 1960s, Osho began developing his unique dynamic meditation techniques.

In the early 1970s, the first people from the West began to visit Osho.

In 1974, a commune was established around him in Pune, India, and a small trickle of Western visitors turned into a flood. Osho was poisoned with thallium in a US prison where he was imprisoned for his commune activities in that country. He was slandered and deported. Osho left his body **on January 19, 1990**.

His vast commune remains the largest center for spiritual growth in the world, attracting seekers from all over the world who come to participate in meditations.



Kathmandu. A place to immortalize the memory of Ocho.

A few thoughts from the OSO book

"MANIFESTO ZEN"*

I did not group His thoughts by topics - I simply rewrote and translated what was important to me. Now, many years later, I have decided to introduce you to the book that turned my life upside down. I finally saw WHERE I live, I realized WHO is to blame for my failures and suffering, WHO has made me saved from the desire to leave this world prematurely and WHO I AM. Our world is still very dangerous for every person.

Osho spoke like this...

"Friends, the time has come for a Zen manifesto. Western intellectuals have become acquainted with Zen Buddhism, even loved it, but they are still trying to approach it through reason. They still didn't understand that Zen Buddhism has nothing to do with the mind.

Its wonderful work is to free you from the prison of the mind. It is not an intellectual philosophy; it is not a philosophy at all. And it is not a religion either, because there is no fiction, no deception, no consolation in it. It is the roar of the lion. And the greatest thing that Zen Buddhism has brought to the world is freedom from self.

When you go beyond the mind, even the idea of "I am" disappears. When "I" disappears and you begin to feel a deep involvement in existence without any limitations - only then does Zen Buddhism blossom within you. In fact, it is a state of awakened consciousness. But
There is no "I", no "atman", no "self" at its center.

Socrates was simply a great genius, but a limited mind. He said, "Know thyself."

There is no "I" to be known. This is the manifesto of Zen Buddhism for the world.

There is nothing to know. You just have to **be** one with the whole. And you don't have to be afraid...

"Zen Buddhism is another name for meditation."



"Hundreds of wonderful books have appeared in the West since the very strange man D.

T. Suzuki introduced Zen Buddhism to the West. He gave the initial impetus, but he was neither a Zen master nor even a Zen man. He was a great scholar, and his impulse reached the intelligentsia of all countries. It immediately caused a huge resonance. He was the first person to speak about Zen Buddhism in Western universities and colleges, and he was extremely attractive to intelligent people because they had lost faith in God, they had lost faith in the Holy Scriptures, they had lost faith in the Pope.

Religions have done so much damage that it's almost unbelievable - and they're still doing it.

Why have so many Western intellectuals immersed themselves in the study of Zen Buddhism?

Zen Buddhism is undoubtedly **the correct view of existence**, the ultimate truth.

Without believing in anything, without being a follower or a believer, you simply enter your inner space, you enter the vast nothingness of the whole. And it is this nothingness that is what

Where you came from and where you will return.

When the source and the destination become one, you will experience a great celebration. You will not be present at this celebration, but all of existence will participate. The trees will shower you with flowers, the birds will sing; the oceans and rivers - everyone will rejoice.

All existence becomes your home the moment your heart dissolves into the heart of the universe. This is where Zen Buddhism happens. In this dissolution into the universe, you return to

the primordial source, fresh, eternal, timeless, limitless. **The only thing necessary is freedom from the "I". This is the essence of Zen Buddhism.**

None of your senses can reach the inside. There is another perception inside - the third eyes. There are no hands there.

Between the eyebrows, exactly in the middle, there is a place through which you can look inside. When you close your eyes, try to look inside, reach your center, you constantly encounter the third eye. Because it has not been opened for many centuries, everyone has forgotten how to open it. Therefore, daily meditation... and one day you will suddenly discover - the third eye has opened, and the path is pure and absolutely clear. You just have to go to the center.

Zen should be neither object nor subject. It is a transcendental experience. All duality is transcended: the observer and the observed become one, the knower and the known become one."

"When you know your nothingness, it radiates light. Even your bones, your eyes, your skin – everything takes on a new grace, a new luxury, a new grandeur. Your words become golden, your silence becomes so precious – like a silent song. Even when the Buddha is just walking, his body expresses his state of awakening. If the Buddha looks into your eyes, his eyes express the ultimate truth. Whether he speaks or not, he constantly radiates a certain energy around him. He radiates the radiance of ultimate bliss."

"Zen goes beyond sight and visibility. It enters into being—just being, completely calm, attuned to existence."

There is neither duality nor oneness there – *you have to understand this* – because if there is no duality, you cannot call it oneness. "One" immediately means "two". That is why Gautama Buddha does not use the word "oneness". He uses the word **advaita** – non-duality. This is extremely important.

Suzuki missed the point. **The revolutionary step is not the Zen thought, but the Zen experience. This experience is "non-duality."** There is neither seer nor seen; there is simply being."



This is how Osho describes Zen meditation:

"Nivedan...

Be quiet...

Close your eyes...

and feel your body go completely still.

This is a good moment to look within.

Gather energy, fully concentrate your consciousness and

Reach for the very center of your being. It is right below

your belly button, exactly two inches below, inside you.

However, this will only happen to those who rush there very quickly and intensely, as if it were the last moment of their lives.

You have to do it now or never.

Faster and faster... Deeper and deeper...

You are approaching the center of your being.

The great silence washes over you like a gentle rain.

You feel cool. With you, the whole night becomes silent.

A little closer to your center - and great peace envelops you,

It envelops you. You drown in it.

This is the peace that mystics have called "the peace that surpasses understanding."

A little closer...and the flowers will start pouring bliss, joy into you. You start to feel as if you are drunk - but it is an unusual intoxication, a divine intoxication. And only in this divine intoxication can you take the last step.

Step into your center.

It is open to transcendence. **This is where you are connected to the cosmos.**

Here you will meet your true face. The face of Gautama Buddha has been accepted in the East as a symbol of the true face.

Meeting the Buddha is a very strange experience because you begin to fade, to fade away. And as you fade away, the Buddha becomes stronger and more powerful. This is your true, integral essence.

The only quality of a Buddha is witnessing.

You need to come to terms with this quality more and more, because only it can bring your Buddha from the center to the periphery. It can become your whole life. It is the highest and the last dance.

Gautama Buddha is the manifesto of Zen.

As you witness, you begin to disappear.

This is what I called liberation from myself.

Bear witness that you are not the body.

Make sure you are not a fool.

Make sure you are just a witness – and everything will fall into place.

Make this testimony clearer and deeper,

Relax..."



"I am not the body. I am not the mind... That's how I learn meditation without the help of any gurus. Only later did I read from Osho that this is the most successful path, because all kinds of gurus can trap you in meditation traps and you will lose your connection with the One. /

"It is only a question of relaxation, not of effort. Just go deeper into your depths, be at the very center of your life source. This life source, these juices flowing around you, will begin a stunning metamorphosis within you. You will feel yourself dissolving, dissolving, dissolving... The audience of the Buddha received becomes an ocean of consciousness. Ten thousand Buddhas have disappeared in one ocean experience.

This is the Zen manifesto: freedom from self."

"I tell you, Zen is not an explanation of life or existence at all. It is an experience, not an explanation. It is not an ideology."

"Zen doesn't even use the word 'experience'; they use the expression 'experiencing', because this experience is not something dead and finished. It is a current of a river, flowing, alive, moving. The word 'experience' indicates that it becomes complete."

Something that ends becomes dead, but Zen is the most living thing in the world. That is why it cannot be called experience. We must invent the word "experiencing", instead of "river" - "the flow of the river"... This clearly shows that

"The river is not static, it moves."

"Zen Buddhism is undoubtedly mysticism. In fact, it is the only mysticism."

But it is not spoken of; it is kept secret, so that you do not enter your being with a specific idea. You go absolutely pure and fresh. You will discover a secret, the great secret of life, but the absolute requirement of Zen Buddhism is not to give you any idea of what **you** are about to find. This reason is very scientific."

"Christians experience Christ, Buddhists experience Buddha, Hindus experience Krishna. Christ never comes to a Hindu, Mohammed never comes to a Christian. Strangely enough...Mohammed only comes to those who believe in Mohammed."

"This is not perfection at all, this is not salvation. This is dissolution. This disappearance, this melting, like the melting of ice in the ocean."

Thomas Merton continues: "This is not mysticism as it is understood in the West. It is certainly not mysticism that arises in the mind as a philosophical attitude. It is pure mysticism, born not of the mind but of the very sources of your life. It is absolute freedom from everything that the mind can create and everything that the mind can understand. This is so even freedom from the heart."

"The heart can understand something deeper than the mind, but Zen Buddhism is much deeper than the heart."

"Zen Buddhism is the contentment of purposelessness. What is the purpose of a flower? What is the purpose of a sunrise? What is your purpose here? I have no purpose."

"I've looked deep enough into every corner of my being - and there seems to be no purpose there, and I consider that a great freedom."

"No matter who you encounter, no matter what comes your way, be loving, be friendly. Make no demands on existence, or you will suffer."



FREEDOM IS NOT LETTING GO

APRIL 3, 1989

"Zen Buddhism is the awakening of the inner light. And from this awakening all the foundations of morality flow naturally. People have asked me, 'Zen Buddhism seems "Great, but where is the morality?" Because all the religions of the world have taught you morality, they have created the idea that if morality is not taught, if it is not practiced and disciplined, you will become immoral. Your immorality is taken for granted."

"A commune is not an organization, but when there are thousands of people involved, someone has to cook, someone has to watch the doors, and someone has to do the small jobs. There are people who start to think that even doing these things is their job." violation of freedom. This is complete nonsense.

A certain amount of responsibility is not incompatible with freedom. Indeed, freedom can only exist with responsible people. Someone has to tend the gardens, otherwise there will be no flowers.

"All the mystical schools of the world have taught that truth is hidden. If it is only a way of expression, it is forgivable. But the reality is that truth is not hidden. Truth "It's everywhere, only our eyes are closed."

"The truth is elsewhere. If you simply remain alert in your consciousness and act according to that consciousness, your life will be moral, virtuous. Without burdening yourself with religions imposed by others, without creating any guilt, Zen Buddhism gives you incredible freedom. But this freedom is only so great as long as you have responsibility. If you reject responsibility, you reject your freedom."

"Most of the world's people lived in slavery because of a simple psychological fact: slavery is comfort, freedom is open skies. Slavery is the security of a cage."

A bird in a cage doesn't have to worry about food, doesn't have to worry about enemies, doesn't have to worry about the changing seasons, but it has traded its freedom for all this security."



"Millions of Christians believe in Jesus and God, but their spirituality has not blossomed." It has not flourished in other religions either. Something is fundamentally wrong. Zen asks this question so that you understand **what** is wrong. When you shift the responsibility (to faith in Jesus – C.) – the burden disappears. However, when responsibility disappears, your freedom also disappears. And he who does not know freedom, knows nothing about life, knows nothing about love, knows nothing about creation, knows nothing about this great universe.

"All scriptures are bad because they all claim to be your guides, your leaders. But you don't need leaders. You need awareness, and every leader wants you to be blind. It's easier for a leader if people are blind because they don't ask questions, they don't doubt. They are ready to be slaves if they are given security, and that's what all religions give you: security in the afterlife, security in heaven."

"The whole effort of Zen is to bring you into your own consciousness, and then there will be no need for any scriptures, no guides. **You have your own light and accordingly you can live intensely, joyfully, dancing.** But people are always trying to find some guide."

"Zen is deprogramming."

You are all programmed - as a Christian, as a Catholic, as a Hindu, as a Muslim... everyone is programmed. Zen is deprogramming. So it doesn't matter what program you put out. It doesn't matter what cage you live in. You have to break the cage and let the bird go. **There is no social context in Zen. Zen is the most intimate and individual rebellion against the collective mass and its oppression.**"

"When Jesus asked the fishermen to leave their jobs and follow him, they actually left him. There was nothing significant there—just fishing nets, old nets. A good deal: if you throw away this net and follow this man, you will enter the kingdom of God. But

When he asked the rich young man to leave everything behind, "Come and follow me," the rich man hesitated and disappeared into the crowd. **When it comes to conditioning, the less you have, the easier it is to let go of it."**

"Zen is not medicine. Zen is an explosion of health. Medicine is only needed for sick people, but everyone needs health - more health, a more vibrant life. **Zen is not medicine - it is an inner explosion of your wholeness, your health, your ultimate immortality."**

"One must remember the last words of Gautama Buddha on earth:

'SAMMASATI!' Sammasati means right remembrance. His whole life is contained in one word - **remembrance** - as if he had contained all of them when he died."

"His teachings, all his writings, into one word. No one uttered a more significant word while dying. His last message, his whole message: **sammasati - remember**. And when you remember, there is no way to get rid of your consciousness."

"Zen is not meditation. Zen is precisely sammasati - remembering your finitude, remembering your immortality, remembering your divinity, your holiness. When you remember that, you rejoice in it and you dance for joy, because you are rooted, so deeply rooted in existence, that there is no reason to worry or be anxious."

"Sexuality is a natural phenomenon. If religions accepted sexuality as a natural phenomenon, like you accept breathing, the world would be a completely different place; women would be respected just as much as men. Because of the issue of celibacy, religions have turned the whole world against women. First, anyone who has accepted celibacy has been forced to fear women. This does not change his sexuality; he simply becomes homosexual."

"Now one of the bishops of England, third in the hierarchy... There is a possibility that he will soon become an archbishop; only one person separates him from the archbishop. He declares that celibacy means only that one cannot have love affairs with women, but he does not include homosexuality. A grandiose idea. But he was not the pioneer and founder of a new truth - homosexuality was born in the monasteries of all religions. That is how it had to be if men and women are separated.

Then women became lesbians and men became homosexuals."

"By condemning sex, you can enslave all of humanity. Everyone becomes a sinner, everyone becomes guilty. Everyone thinks they are wrong."

"Until sex is accepted as natural, women will never be liberated. Women's liberation means accepting sex as natural. Neither man is superior nor woman is inferior; both are natural beings. They are different and should be different. They need to express their individuality. They should not imitate men. But you see, men allow themselves to imitate women, but they do not allow women to imitate them."

"I want love and meditation to merge. I want men and women to be enlightened, awakened together. There is no difference in consciousness. All the differences are in the skin, in the bones, but not in your consciousness. There is no female or male consciousness. And it is consciousness that enlightens man and woman. I open doors that have been closed for centuries."

"Zen Buddhism is absolutely above morality. It allows you to live absolutely freely, according to your own consciousness. Whenever your intuition tells you something, do it -

"Even if the whole world says it's a mistake, it's not a mistake. Live in *your own* light, not in the light of others."

"Zen Buddhism rebels against Confucianism. You don't have to think of it in the context of Confucianism."

Confucianism is an intellectual view of the world, a logical view.

Confucius is to the East what Aristotle is to the West, but Zen Buddhism defies logic. Zen Buddhism accepts contradictions.

"Zen must be experienced for its own sake. No context is needed."

"But Zen Buddhism, wherever it has existed, has always brought peace, love and joy. The same cannot be said of Christianity, even though Jesus talks about love."

"I told Anand, who was sitting next to me, when we were watching a movie about Jesus, where he says, 'I don't think I brought peace to the world, I brought a sword.'"...

Christianity has used this sword. Christians have killed more people than any other religion. And Alan Watts seems to be unaware of the crimes of Christianity. Zen has never been a curse to man. It has always been a blessing, because it comes from your blessing, it comes from your laughter."

"Everyone carries other people's wounds. First of all, you live in a sick society where people are angry, full of hatred, they like to raise

"pain is such a superficial level that it is easy to understand. But there are also more subtle levels: there are so-called religious saints who make you feel guilty, who condemn you to be a sinner. They give you an idea that will create suffering around you."

"Everyone who has died on earth has died in suffering. Very few people have died in joy." Very few people have died with the realization that they are no-mind. They leave no trace. They don't burden anyone else with their memories. They just dissolve into the universe. They have no mind and no memory system. They have already dissolved it in their meditations. That is why the enlightened are never reborn.

"Your own consciousness has no wounds. Your own consciousness knows nothing about suffering."

"Your own consciousness is innocent, perfectly happy. If you want to touch your consciousness, you have to make every effort to separate yourself from the mind. The mind holds all your suffering, all your wounds. And it goes on creating wounds in such a way that until you become aware, you don't even know how it is creating them.

"Nothing is illusory. The outside and the inside are part of one existence."

"It's time for Zorba to start meditating; it's time for meditators to stop running away from the world. They must go out into the world with all their juice, with all their ecstasy...to share."

"It would seem that this is very difficult to understand, because all the traditions of the world are against it. But I see no difficulty. I have combined Zorba and Zen in myself; therefore I see no difficulty. **I am in the world, but I am not of the world.**"

"I am happy with the birds, the flowers, the trees."

I am happy with myself, with my silence, and I see no difference. The inside and the outside are gradually merging into one. And until your inside and outside become one, you will remain incomplete – and incompleteness is suffering.

Only completeness is bliss. Only completeness is your return home. You come into existence without any conflict, in wonderful ease and freedom."

"The world is not to be feared, it is to be loved. We are the world."

The point is not to run away from anything. Every moment should be enjoyed without any guilt, without any restrictions. But all religions are against that.



"With this manifesto I proclaim a completely new paradise for religious consciousness: a paradise of completeness, of unity."

"My effort is to destroy all conditioning: Hindu, Muslim, Christian, Jewish... No matter what conditioning you carry, I want you to get rid of it. It is a burden."

"My therapies and all my psychoanalytic methods have a different purpose. They are not designed to turn you into normal, average, so-called healthy people, but to cleanse you of all traps, all theories, all religions, all kinds of conditioning... All these therapies deprogram you and free you from all programs.

"The day you begin to live in harmony with your light, your essence will become far more perfect than even Gautama Buddha himself. His merit is that he was the first."

"And you don't need to borrow light; the light is always burning within you—the inner flame. Once you have found your inner flame, you have found the entire universe in its fullness. You are a complete human being. The new human being must be a complete human being. A Zen Buddhist dies consciously, because his death is not death, but an entry into immortality."

"Only a man free from reason can see things clearly as they are."

"Indeed. And they are always ready even for death. Most people are not ready for death."

"The ultimate truth hurts a lot."

Eventually everything passes away, including you and me. Only pure consciousness remains.

It doesn't mean you're involved in it - you're not there anymore.

The separation is so subtle and complete that first your personality must disappear, then your individuality, and then only pure existence remains. It is a little disturbing and unsettling because you do not know the experience of non-existence.

Think for a moment...You didn't exist before this life. Were there any problems? Anxiety?

After this life, you will be gone. What is there to fear? In the place where anxiety, tension, and suffering flourished, silence and peace will prevail. All of this will disappear like a drop in the ocean.

Therefore, Zen does not teach self-realization. Self-realization is a much lower level goal. Zen teaches you what is the highest goal: the realization of no-self, or the realization that extinction in general is the highest peace.

Your very existence is anxiety. At any level, wherever you are, there remains "a little anxiety. You are the anxiety, and if you want the anxiety to disappear, you must be willing to disappear yourself."

"From this *nothingness* everything arises, and in this *nothingness* everything dissolves. And if you are willing to be *nothing* – even during your lifetime – your life will acquire a taste of peace, silence and bliss."

"Zen Buddhism has an absolutely unique insight into *the nothingness of every human being*. It doesn't teach you any ambition, it doesn't teach you to be someone else. It just wants you to know that in the deepest part of your being you are still *nothing*, you still carry a primordial purity that has not been polluted by the idea of 'I'."

So when you testify, you say, "*I have experienced nothing.*" If you had experienced *nothing*, you would not exist. *Experiencing nothing* means that you are not there – *nothing is there* – just waves on the water coming and going.

Experiencing nothing simply means that you are not there. And then comes great joy, because all the energy that was trapped in worries, desires and tensions is released in dance, in bliss, in silence, in stunning insight, but it is not attached to any "I" – a pure white cloud without any roots, floating freely, without any cause and without any direction. All existence becomes its home. It is not separate from itself. **This non-separability is the ultimate flowering of the Buddha-essence. To know that you are not there is the greatest knowledge.**"

"Zen is the only existential religion in the world. Every religion exists because of your desire to be separate, to be individual, to be special, to be self-realized, to be holy - all of these are cowardly desires."

Zen is the bravest step.

There is nothing braver, nothing that surpasses him.

A quantum leap into nothingness – and silence...

If you start asking who is silent, you are not silent. If you start asking who is aware of all this, who is the witness, you have not yet approached the nothingness to which I am directing you.

It is so easy to understand that you have received from existence - anxiety. Zen shows you the path to non-existence - the way out of all troubles, the path of silence.

Meditation blooms when there is nothing. It is the flower of non-being - the highest expression of existential heights. Otherwise you remain something small, something limited.

Is it possible to be whole? If it's possible to fall into the ocean, why do you remain a drop and fear all kinds of deaths from the sun that will evaporate you?

"Why not jump into the ocean and disappear? Why not become the ocean itself?"

That's another way of saying *it*. When I say "Be nothing," I'm just saying, "Why not be everything?"

To disappear into existence. To bloom as a flower, to fly as a bird, to become a cloud, to be an ocean, to be a river, but not to be something special with your "I". The "I" is the trouble, the only trouble, and then it creates a lot of trouble around.

The whole Zen experience is an entry into the "not-self", into the experience of the "no-self" state, and then there are no questions left - there is nothing to ask and nothing to answer.

"Everything that arises from the mind is necessarily dual. It can arise from either the right or the left side of the mind; it makes no difference."

Meditation can be defined as transcending the duality of the mind.

"As science penetrated deeper into reality, all its previous concepts became questionable. Now Aristotle's logic is no longer logic, and Euclidean geometry is no longer geometry. Now science has reached the point where everything becomes mysterious again - there is no

There is no explanation and no reason. However, the tests continue.

My approach is completely different. I want you to know that chaos is the very nature of existence; you cannot turn it into a cosmos. You cannot turn it into a system. neither through Tao nor through Zen. You cannot turn it into an explanatory system in which everything is known.

I have always divided existence into three segments: the known, the unknown, and the unknowable.

What is unknown will become known tomorrow. What is known today was unknown yesterday. But the known and the unknown are only the very surface. Behind both lies that which unknown. This unknown is chaos; irrationality, illogicality. It cannot be reduced to explanations, nor can it be used to create science or philosophy.

I have called this chaos "nothingness." You can enter it, you can be alone with it, you can enjoy it, but do not try to conceptualize it.

"I know: existence is chaos and always will be. All human attempts to systematize it are doomed to failure. It is not a system, it is not mechanics. That is why I have always loved the expression of Gautama Buddha. When he was asked, "What is truth?", he answered in the strangest way. He said, *"Everything that works."* He did not define truth; he simply said, *"Everything that works is truth."*

And more importantly, even today we don't know anything. We don't know what electricity is, we only know how it works; we don't know what it is. There's no way to know, and there's no need to.

Let existence function.

Use it, love it, enjoy it. There is no need to systemize it; all systems are doomed to fail. Zen is not a system; it is the path to chaos. Go dancing without worry or fear about what it is. Enjoy it!

Why are you curious about what music is?

Love her, listen to her, create her.

What is the meaning of describing a dance?

Dance!

"People try to explain everything. Then love becomes just chemistry, biology, hormones. Have you ever thought of love as hormones, biology, chemistry? As soon as you think of chemistry, biology, hormones, love loses all its mystery. And of course, love is more than chemistry, biology, or hormones can explain. They can explain sex, but they can't explain love."

"Love doesn't have to be sexual. In fact, at its highest point, even sexuality becomes love...love is inexplicable, irrational, chaotic. You can experience it, but you can't explain it."

"Jesus is right when he says, 'Unless you are born again, you will not understand the truth.'"

He traveled around the East for seventeen years and collected a lot. And that actually became a problem because of which the Jews couldn't accept him. He spoke a foreign language to them.

He gave the ancient Jewish tradition an unheard-of interpretation, brought from the East.

And at that time, the whole East was filled with the vibrations of Gautama Buddha. Only five hundred years had passed since the life of Gautama Buddha, and his vibrations were still in the air.

And it is very likely that Jesus visited more than India and Tibet. There is a place in Japan where he is said to have been. The Bible omits these seventeen years entirely. No other arguments were heard, because they would have refuted everything that had hitherto been considered Holy Scripture."

"Jesus was greatly influenced by the teachings of the Buddha. **This teaching , 'Until you are born again,' has the flavor of the Gautama Buddha, who constantly taught that you must reject everything that has been told to you, you must forget everything that has been instilled in you.**"

Gautama Buddha brought the world the first philosophy of deprogramming. And when you are completely deprogrammed, what are you? Just pure nothingness, just silence. All words were borrow, all the sutras were given to you, all the religions were instilled in your mind. You are neither a Christian, nor a Hindu, nor a Muslim. **You were born simply as pure consciousness.**

You have to rediscover this pure consciousness. This is rebirth. And this rebirth brings Buddha, pure consciousness, a consciousness that knows no boundaries; therefore it cannot call itself "I."

"Consciousness, having become one with the whole, has nothing to say."

"In the Tao religion, sex is not taboo. Tao has its own tantra. Sexual energy does not need to be destroyed or suppressed. It is not your enemy. It can be transformed. It can be a great help in finding your highest self." Therefore, in Zen, the idea of celibacy was rejected. It was not insisted upon; it was your choice,

because the point is meditation. If you can meditate and live naturally, it is acceptable in the Tao religion.

And then another transformation took place: Zen traveled from China to Japan, where "The local religion, Shinto, was very natural. It was so firmly established there that it was not even discussed. There was no need, no questions."

"Sexual energy is nothing but your life energy; it is just a name. You can call it sexual energy, but if you call it 'sex' it is no different; it is life energy. And **it is better to call it life energy because this term is broader; it is more inclusive, it is more comprehensive.**

"Tantra calls this samadhi.

"The names vary, but it is life itself, pure life without any impurities. If you have reached your center, you can think in different categories."

You can use the yogic method and then you can say that this is the real center of your being: *sambodhi*. You can use the tantric method and then you can say that this is the center of your sexual energy. And sexual energy in tantra is equivalent to vital energy. All these words lead people into meaningless discussions and debates."

Reality is one. It is better to experience it. Zen masters do not talk about sex for the simple reason that Zen is the most natural thing. It is not against life; it is not an escape. But most Zen masters have given up the life of householders. Tired, having found nothing in the world, they have gone to the mountains. This is was not directed against the world; it was just that the mountains were quieter, more peaceful. They allowed one to be yourself without any interference."

"Sex is not mentioned in the records simply because there is no reason to write about it; it is accepted. If a person has that experience and there comes a time when he grows out of it, there is no point in continuing it with fatigue and disgust. As long as it is beautiful, enjoy it, and when it is tiring, unpleasant, just leave it to others. There is no reason to judge it."

"The natural man simply leaves each stage without any evaluation. He has lived life, he has known life, now he wants to know something more. He wants to know something eternal. He has had children; now he wants to know who he is in his deepest being. He lived the external world; he was Zorba. Now he has come

"It's time to turn inward. The external reality has been explored without any inhibitions, and one day you naturally turn inward."

"It is this prohibition, this suppressive thinking that makes you constantly think about sex, because you have never experienced it. Your Christianity, your Jainism, has not allowed it, or it has allowed it, but then created a sense of guilt in you - that you have done something that you should not have done. Then you live incompletely. And if you live incompletely, you will never go beyond it, you will never rise above it."

Jump until you automatically stop.

Live your whole life in a way that you can experience it joyfully, without any guilt. This is difficult for people who have been instilled with repression: sex should not be mentioned; death should not be mentioned.

Sex and death are two points: one is the beginning, the other is the end. People are not allowed to understand them. Talking about sex is dirty; talking about death is dangerous and gloomy... don't talk about it. Someone else is always dying, don't worry. But in reality you are born from sex and you die. What is born from sex necessarily disappears at death. Sex and death are two poles of the same energy. What arises at sex disappears at death. And both of them must be understood, because they are the most important points in your life, and both must be accepted and lived by them.

However, religions like Christianity and Jainism are very repressive.

It is this suppression that makes people guilty, sinners. They cannot live their lives fully, intensely; they cannot meditate, because the first condition of meditation is to be total, to be total in everything. Then everything becomes meditation.

If you are total, even making love becomes a meditation."

"In my own understanding, meditation probably first happened to someone in love, because it seems to be the only way to achieve such wholeness, where time stops, the mind stops, and everything becomes absolutely silent."

"But such silence can also be created through meditation. Sex reveals a secret. If there is no time and no mind, you enter into an absolute state. During sex you enter there for a moment and then you withdraw again into impermanence. During meditation you can remain in an absolute state twenty-four hours a day, in orgasmic joy. Every moment becomes a dance. If you know that you are not, you have nothing to fear. If you know that you are in fullness, you have nothing to fear."

lost. Zen masters did not talk about sex simply because they took it for granted."

"No one ever comes to meditation during their love life. No one reaches an orgasmic experience where time stops, the mind ceases to exist, where a new paradise suddenly opens up for you."

"Tantra in India used this method. And in China, Dao used its own, different tantric technique to lead people into a meditative state through sexual experience."

"But there is no need to seek a meditative state through sexual experience. You can achieve it directly, immediately...in this moment, during meditation."

"Sex is a long journey. There is nothing wrong if someone chooses the long path. If someone enjoys the journey, there is nothing wrong with it. But if someone wants to choose the straight path, in meditation it is shorter. It is actually achieving the same experience but by a shorter path."

"I am talking about modern man, who is the most restless creature that has ever existed on Earth. But people become silent as soon as you let them get rid of their madness, their madness, and they become silent. **They start waiting for the moment, when I say, "Be quiet."**

"Inwardness is not a philosophical question. What is inside you? Why ask whether what is inside is yours? Go inside and see what is inside. You will find no personality. You will find pure *nothingness*, existential bliss, beauty, a song without sound, a great intoxication, a great ecstasy. You will find no personality, only the experience of experience, but these experiences will transform you. Such experiences will change your individuality, because now you will know that there is absolute silence within and there is no individuality.

"Just understand one thing: sit in silence."

There is one word in Japanese: "zazen".

Zen is not "the pursuit of enlightenment." Zen is enlightenment; it is not a pursuit. But the modern mind thinks only in terms of pursuits, motives, ambitions, desires.

Zen is not motivation. It is not a condition for achieving anything. It has no goal; it cannot have an aspiration.

"The aspiration for enlightenment, on the one hand, is growing stronger..." - firstly, it is not an aspiration, and secondly, it is has nothing to do with constraint, with disappointment in life or fear of death.

Zen has nothing to do with fear and greed - unlike Christianity.

Unfortunately, the author of *The Three Pillars of Zen* has transferred his own conditioning to a completely different phenomenon. Zen is not Christianity.

Christianity is the pursuit of the kingdom of God. It is the fear of hell and the greed-driven desire to be saved and accepted into the kingdom of God and eternal bliss.

Christianity is an aspiration. But the author has imposed a Christian definition on Zen. This is absolutely wrong.

Zen is a very simple phenomenon: just knowing yourself...here and now. It's not a motivation to go somewhere, to find something - it's just knowing yourself. That's the most important thing.

You *are*, of course, you must know *who you are*. There is no need for ambition, no need for greed, because you are not trying to become something. You are stepping into being. You already *are*, whether you know it or not. So all you have to do is be a little quieter and look within yourself."



SMALL LIGHT INTERVALS

APRIL 8, 1989, RECEIVED BUDDHA AUDITORIUM, PUNE,
INDIA

"What happened to human consciousness that it has sunk into such deep darkness? Why don't we see so many Buddhas?"

"The reason is clear: the little man we spoke about yesterday destroyed all possibilities of enlightenment."

And not just in one country. All over the world, wherever a man of boundless consciousness emerged, the masses were against him, **the masses were cruel.**

A Christian asked me, "Old friend, do you think Jesus will come again?" I said, "I don't think so. I'm absolutely certain that if he's smart, he won't come back again.

The way you treated him that time is enough to keep him from coming back. You poisoned Socrates, Anaxagoras, crucified Jesus, Al-Hillaj Mansur, Sarmad..."

"The masses have never respected living Buddhas. There were so many attempts on Gautama Buddha's life, and finally he died. This is a common unconscious behavior, but it is prevalent among most people."

I was poisoned, imprisoned for no reason... fined four hundred thousand dollars, and I didn't have a dollar with me. Twenty-one countries closed their doors in the name of law, barring me from entering the country.

The reason? I didn't even go outside my house, but the reason was the same: I could ruin their morals, I could destroy their religion. And that fear prevented people from delving deeper into themselves.

My secretary Anand tells me, "You are a poor example of enlightenment.

Twenty-one countries are closed to you. One country poisoned you, imprisoned you, dragged you through six prisons in twelve days without any justification..."

And now they admitted that there was no direct evidence of a crime – "but we simply wanted the Commune destroyed."

"But people are afraid, they are very afraid of those who know themselves. They have a certain power, a certain aura and a certain magnetism - a charisma that can free living, young people from traditional imprisonment. And there are so many prisons: Christianity, and Hinduism, and Islam, and Jainism, and Buddhism... wherever there is organized religion, it becomes militant."

"It is impossible to enslave an enlightened person - it is difficult - it is impossible to imprison him." His individuality and rebellion touch vital interests – priests, politicians, educators... "It is better to get rid of people like Socrates – they cause confusion in people's minds."

"You can worship Buddha after death. You can worship Jesus after death. But no enlightened person has ever been respected, loved by the blind, deaf and unconscious masses.

That has become a hindrance. That is why you do not find so many enlightened people."

"And since everyone is unhappy, every new child who comes into the world *thinks* that this is the way of life, and they meet it. Everyone is unhappy, everyone is confused, everyone is worried, so maybe this is the way of life...until you meet Buddha, which is becoming rarer and rarer, more and more difficult."

"Before his death, the Buddha told his disciples: 'Do not build statues of me. If you want to commemorate me with something, do so with this tree. Plant this bodhi tree wherever you want to build a monument to me.'"

They later admitted: "We did not intend to make a martyr out of him, otherwise he might have become *another* Jesus. Then something like Christianity would have emerged, and we would have been would have been persecuted all over the world."

"Society succeeded in killing Socrates because Socrates was alone."

The public could crucify Jesus because he was alone.

I am not teaching any cult or faith here. I want you to taste the source of true life. Then no one can take it away.

The Zen Buddhist lives in mystery. Everything is mysterious to him. Nothing is taken for granted; everything is a miracle. Life is a miracle, the birdsong is a miracle, those colorful flowers... If your inner being awakens, everything this existence becomes an endless series of mysteries."



THE LESS YOU ARE, THE MORE YOU ARE

"Perhaps you could tell us about the transpersonal psychology movement, and especially about the works of Ken Wilber, considered the pioneer of spectrum psychology, and meditation? Why don't people like that come here?"

"First of all, you need to understand that I do not practice psychology. Psychology remains It is connected with the mind; it is the science of the mind. And my whole job is to drive you crazy, so these people consider me their enemy.*

They explore how the mind, whether personal or transpersonal, works, what its conditioning is, and how these conditionings can be replaced with new conditionings.

All their work – whether they call it interpersonal or spectrum psychology – the mind remains limited. And my world, the world of Zen, is not the world of the mind.

The mind can be nothing more than images, thoughts, opinions, moods. The mind is not inherent in your nature, but is imposed on you by society.

There is no person in the world who has completed psychoanalysis. That is the depth of all previous research. People have been psychoanalyzed for ten, fifteen years, and they continue to talk; new dreams arise, new thoughts arise; they continue and

continues... When they get tired of one psychoanalyst, they switch to another psychoanalyst and continue to repeat the same story under a different name.

But even a psychoanalyst fails to realize that your reality is much bigger than your little mind.

Science continues to be limited by matter.

Psychology remains limited to the mind.

"Meditation is an attempt to penetrate beyond material physiology, beyond mental psychology, and find the primordial source of life and consciousness."



SAMMASATI – THE LAST WORD

April 10, 1989 Gautama Buddha Auditorium, Pune, INDIA

Traditional Zen Buddhism is difficult. It requires twenty to thirty years of continuous meditation, withdrawing all energy from everything and devoting it solely to meditation. This tradition comes from Gautama Buddha himself. He found his enlightenment after twelve years of hard work.

"Compared to traditional Zen Buddhism...I have completely changed it, because I don't see how a modern person could devote twenty or thirty years to meditation alone."

If Zen Buddhism remains so difficult, it will disappear from the world. It has already disappeared from the world.

China, it is disappearing from Japan, and it has long since disappeared from India. It persisted in India for only five hundred years after Gautama Buddha. It reached China in the sixth century, It only lasted a few centuries and then moved to Japan. And now it has almost disappeared from China and Japan. You will be surprised to know that my books were studied in Zen monasteries. Zen masters wrote to me, "Maybe Zen Buddhism will now exist in India, in its original place. It is disappearing from Japan because people are more interested in technology and science."

"The situation in India is the same. Very few people are interested in internal research. Here you can meet a few people from each country, but it is a small number,

compared to the five billion people on Earth. Ten thousand is a small number number.

"Zen Buddhism must be transformed into a method that modern people can could accept. It should be light, relaxing and not burdensome. That the old, traditional type is no longer possible and unnecessary. When this is explored, "When one person is enlightened, the path becomes easier. You don't have to rediscover electricity over and over again. Once you discover it, you can start using it - you don't have to be a great scientist."

The awakening of Buddhahood (one's own being - C.) is a very easy and peaceful phenomenon. Now that so many people are awakened, the path has become clear; it is no longer difficult or tiring. You can playfully step inside and joyfully experience the awakening of consciousness. It is not as far away as it was for Gautama Buddha.

Enlightenment is a transformation in which you become a completely different person. The old personality disappears, and a completely new consciousness emerges, pure bliss, a flowering, a spring like never before...

It took Gautama Buddha twelve years to do this. It won't even take you twelve minutes. It's just the art of relaxing within yourself. Traditional Zen Buddhism is still doing everything that Buddha did in his ignorance, and in the end they reject it.

I tell you: why not give it up now? You can relax in this moment! And in that relaxation you will find light, awareness, awakening.

Zen Buddhism should become such a little game that just before you fall asleep, in five minutes, you can go inside yourself and stay at the very center of your being all night. Your whole night can become a calm, quiet consciousness. Sleep will be in the body, but deep. There will be a stream of light inside, from evening to morning.

And if you know that even while you sleep, you can remain aware and conscious throughout the day, doing all sorts of things. Being a Buddha should be the most ordinary, natural, and human thing.

Zen Buddhism protects you from nothingness. It reveals all the potential that lies within you. If you have artistic potential, Zen Buddhism will reveal it - perhaps

you didn't even realize it before. If you have the potential for poetry, Zen Buddhism will reveal that potential and for the first time you will begin to think in verse rather than prose.

The same goes for music, dance, or scientific research. Zen Buddhism gives you a variety of authentic experiences. It doesn't interfere with anything. It is affirming.

life experience. It simply allows you to realize everything that is hidden within you, everything that you have never seen. It not only allows you to realize, but also helps you explore this possibility.

Zen Buddhism is an authentic religious experience. Its authenticity lies in the unfolding of creativity in man. The masters of Zen Buddhism never killed anyone. They did not force anyone to follow their path; on the contrary, you must go to them.

You have to go to the source, the source will not come to you. The source does not even invite you, it is simply there – it is available.

Zen Buddhist masters know how to live, and they also know how to die. They do not take life or death seriously. Seriousness is a painful way of looking at things into existence. The perfect man will love life and love death. His life will be a dance and his death a song. There will be no difference between life and death.

The most surprising thing is that such a great intellectual as Karl Jaspers, a highly respected philosopher of this century, speaks like a fool. But all philosophers speak like fools. His statement that only what can be measured is real is absolutely false. What can be measured is matter, and what cannot be measured is also real, but it is consciousness.

We seek the immeasurable. What can be measured can be left behind.

Scientists. Mystics are interested in the immeasurable.

Remembering yourself as Buddha is the most precious experience because it is your eternity, your immortality.

It is not you, it is your very existence. You are one with the stars, the trees, the sky, and the ocean. You are not separate.

The Buddha's last word was "sammāsati".

Remember that you are Buddha - sammāsati.

Okay, Manisha?

Yes, Osho.

These are Osho's last words to his disciples.



A FEW MORE IMPORTANT THOUGHTS FROM OSHO'S BOOKS

"Gautama Buddha rebelled against the caste system; that was his greatest crime."

It was impossible to argue with him in his presence. He was not a man of argument but of existential existence. Scholars, pandits and brahmins approached him, but his atmosphere alone was enough to calm them down. They lacked the courage to question this man who had rebelled with his bare hands against the oldest society in the world. For this reason, I see Gautama Buddha as the only person in the entire history of mankind who knew what freedom was."

"You wouldn't believe how vindictive the clergy are. They burned the Bodhi tree under which the Buddha attained enlightenment; even the tree was in their way! It was just a coincidence that before the Brahmins burned the tree, the great Emperor Ashoka became interested in Gautama Buddha and his awakening. He was the only emperor to live as a bhiksha of the Buddha and beg for alms in his He cut a branch of the same tree and sent it to his daughter Sandhamitra in Ceylon, so that she could plant it and sow the seed of the great Buddha's awakening in Sri Lanka."

"Immediately after India became free, the country's first prime minister, Jawaharlal Nehru, fell deeply in love with the Buddha. He asked for a branch of that tree to be brought from Sri Lanka. It was a distant descendant of the tree under which the Buddha had become enlightened, but it still had the same sap circulating in it."

"Kyo-zhan drew a circle in the air and placed the Buddha symbol inside it. The Chinese Buddha symbol inside it..."



Bodhidharma, who came to China, brought the message: "Do not waste your life on the periphery, which is just a circle drawn in the air. Look within yourself. Always remember that the difference between life and death is not so great - just a few breaths, a few heartbeats, and you are no longer in the body. But inside, in this ephemeral circle of air, lies the most solid, immortal rock of Buddha." Bodhidharma went to China to bring a message to which India became completely blind and unresponsive.

"I am not a Buddhist. Gautama Buddha also did not intend to create Buddhism or establish an organized religion. Even twenty-five centuries ago, he never established an organized religion. As soon as truth is dogmatized, it becomes a lie." Organized religion is nothing but hidden politics, the deep exploitation of humanity through the clergy. They may be Shankaracharyas, Imams, Rabbis or Popes - "it doesn't matter."

"Gautama Buddha left no successor. His last words were: 'Do not Don't collect my words, I don't want to become a symbol of worship. My deepest aspiration is that you should not imitate me. You should not be Buddhists, because your own potential is to be a Buddha.'"

"I would like to say: I do not teach Buddhism or any other 'ism'. I teach how to be a Buddha in oneself. The people who are with me do not belong to any organized religion. They are independent, individual seekers. My connection with them is that of a fellow traveler."

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** Osho was certainly not familiar with Ken Wilber and his "One Taste" idea, and this time he was misled by the wrong question asked.*

*** From the book: "No-Mind - Flowers of Eternity"*

****More about Osho's life and work here: <https://it.wikipedia.org/wiki/O%C5%A1o>*