

... AND NOTHING HAS EVER HAPPENED.

INTIMATE TALKS WITH SEEKERS

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SWAMI CHAITANYA BHARTI

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LAUGH... AND THE DOOR WILL OPEN

Ho Jaaye!...

“Ho Jaaye” means... it’s time to laugh... one has to laugh, for no reason at all!

Ho Jaaye!... laughter ... now everyone starts laughing...

Everyone is so complex, so closed, so serious – that unless you start laughing, the door will not open.

Ho Jaaye!... laughter...

I don’t know any jokes, so we have to laugh without jokes. So I just give the signal – “*Ho Jaaye!*” – “let-us-have-a-good-laugh.”

Few of you have always been with very serious people, but here we are totally non-serious people.

My only job is to keep you un-serious, but it is a very difficult job! Because, not only do you hold on to your seriousness, you also start making me serious! Though ultimately, you cannot succeed... but you certainly try. This is the only capital I have earned in the last 35 years... “How-not-to-be-serious.”

See, even God is not serious... though He has created such a mess on this earth – everyone is fighting with each other... jealousy, hatred, wars, bombs... *laughter...*

It took me almost 35 years to be un-serious! Now I just appear serious, otherwise, deep down, I am not... *laughter...* Only a few people know this secret...

See, after each hearty laughter there is a silence – a natural silence. So laughter creates a contrast for the silence... hm! ...If there is no laughter, you will not feel this silence. So, let-us-have-a-good-laugh!... *big laughter...*

Gurudev whispers... Now, feel the silence!... So beautiful, so divine!

How to merge into this silence – that is the whole journey.

Though there is nothing to talk about, I have started talking. But my talking is not just talking, it is a help to be silent.

I am not going to speak in English from tomorrow... *laughter...* only in Hindi!... So all the westerners will be totally in silence... Gurudev chuckles... OK, half-half – Half English, half Hindi – in the morning in Hindi, in the afternoon in English. If you have any questions you can write and ask. And from tomorrow our journey starts. We will not go anywhere; we will be here. But still, it will be a journey. It will be a journey which reaches nowhere. It will be a journey from Here to Here... *chuckles...*

Why people are so serious, I don't understand at all. Maybe God is also wondering!... *chuckles...*

I always say, only serious people create problems. Whenever you have problems, take a look in the mirror... and see how serious you are! If you are un-serious, non-serious, you cannot do anything wrong because all wrong comes out of seriousness. It is a very simple fact; watch it in your life. And if you don't want to do any damn *sadhana* (spiritual practice) – don't, just remember to remain un-serious. If you remember this much... just this much... you will reach.

But the moment you go out of this hall, you become serious, because there is so much to complain about – the demands, the desires... as if they are waiting outside the door. They immediately grab you.

And when you come to me, how seriously you come? And what do I do?... Nothing! I am un-serious, and I make you un-serious... that's all. You think I take care of you – no! *He* is the One who takes care of all of us... Gurudev points to Osho's picture behind Him...

He has taken, He is taking, and He will be taking care. So where is the problem? We *forget* – that is the only problem. Forgetfulness is the only problem... and remembering is the only remedy.

Just remember... just become aware that “I am serious”... and become un-serious, that's all. You keep forgetting; that is the problem. Self-remembering is very-very difficult. To remember ones-self again and again... and to keep the remembrance continuously... is difficult. So at least do this much: when you are serious, just realize that “I am serious.” And the moment you realize “I am serious,” the seriousness will disperse.

But if you are not serious, you will not get a big job. That is what we are taught. That if you want a big post, you must be really-really serious. And when you get a promotion, when you become the boss, you immediately become even more serious. You cannot afford to be easy and light any more; can you? But this is all rubbish!

First you become serious, and then you start making other people serious. That is how the whole earth has become miserable. It is a vicious circle. It starts from *you*. So just reverse it; become non-serious.

When you are non-serious, you are going to help others to be non-serious, isn't it?

A happy person will not make anyone sad.

1st March 2004, 7pm, Panchgani, India.

THIS VERY “AM-NESS” IS GOD

As I mentioned yesterday, I will speak in the morning in Hindi, in the evening in English. Or I can speak both at a time – one line in Hindi, one line in English!...

laughter... or, one word in Hindi and one word in English!... Gurudev laughs... *big laughter...*

Actually, there is nothing to understand. And not understanding the language creates a good opportunity for meditation. Basically there is no need to understand... because in trying to understand, we miss “Meditation.”

Meditation means “just being”... Gurudev whispers... *j..u..s..t b..e..i..n..g*. And when you are in meditation, for the first time you really *are* – you are God.

You think that you are this body... or, you are a person. You think you are *this*, you are *that*. No, that is not true. You have believed since long that you are a person, but you are *not* a person, my dear! It is only because of this belief that you are suffering.

The moment you slip into meditation – not doing anything, not trying to understand anything, not experiencing anything – what remains?... *You* remain in your purity – “you-are-ness”... “am-ness”... “being-ness” remains. In deep meditation, “I” disappears and “am-ness” remains.

You come from this “you-are-ness,” you go back into it. You are prior to all. You are spread all over! But you don’t experience this, because you have limited yourself to this body.

What I am going to speak about in Hindi now... is the real meaning, the hidden meaning of the song: *Ram Bhajan kar mana*. And it is a golden opportunity, when I am

speaking in Hindi, for the westerners to meditate. Since they cannot understand; they can only listen to the sounds. And there is no need even to listen to the sounds... just listen to the gap, the silence between the two sounds. Just meditate there – in the gap.

And that is the most beautiful, the most amazing meditation, when you are not focused on any point, on any *thing* – when you are just un-focused. There are two sounds, and in-between those two sounds there is a gap, and you are resting in the gap, being in that gap. And when I am speaking in English, those who don't understand English can also meditate in the same way.

Indian or Western, there is no need to be worried; what you should really understand is “just presence.” And for that Presence, you don't have to go anywhere; you *are* that Presence. So, just be Present, remain rooted in the Presence.

But you think you are a person!

We are so hypnotized – hypnotized that “I am so and so.” And the basic hypnosis is “I-am-this-body.” And the total spiritual journey is... to see, to experience, to realize... that “I-am-not-the-body.”

Everybody knows that “I am.” This is the only self-evident reality. You need no proof that “you are;” you know that “you are.” Nobody comes and tells you that “you are.” But do you know *who* you are, *what* you are? No. You are searching for God, or maybe something else. This search begins with birth itself. That is what life is all about. Everybody is running and searching in his own way. Somebody is running after money,

somebody after women... somebody after name-fame. But beyond all that mess... Who are *you*?

And to find the answer to this question, you took sannyas – you became a seeker to find out “Who you are”... “What you are.”

This much you know... that *you are*. For this you don't need any confirmation. But you don't remember that “you are.”

You are awake for 12 hours in the day – or maybe 16 hours – but you forget yourself... that you *are*. You live in forgetfulness. All the time you forget that “you are.” And what does one have to do? Nothing... one has to simply remember. And what does one have to remember?... That one *is* – that “I am.” That's all. Is that a big deal?

Actually, it is a big deal! You just try and see! But, do anything you like, follow any path you want; ultimately you will have to come to this point – you have to remember yourself. That's all.

And what do you have to remember? ...That “I am.”

And this remembrance is not verbal – it is a *feeling*, it is an *experience* that “I am.” One has to stay put here; one has to remain in that “I am.”

In this “am-ness,” everything else disappears. “I” also disappears and only “am-ness” remains. And this “am-ness” has no name; this “am-ness” has no form. This “am-ness” has identified itself with this body, and started believing: “I-am-this-body.”

This “am-ness” has no form. And anything which has no form has no boundary; because only a form can have a boundary. So if you are formless, it means you have no

limit, you have no beginning, you have no end. It simply means: you pervade all. That is why they say, “God-is-everywhere.”

God is not residing only in you, He is residing in everyone. God pervades all. Everything is in God. Everything *is* God. And what is God?... This very “am-ness” is God...

2nd March 2004, 11.15am, Panchgani, India.

WHAT IS YOUR TRUE IDENTITY?

*I am not the mind, intellect, memory or ego,
Nor the ears nor tongue, nor the nose nor eyes.
Nor the space, earth, fire or wind,
I am of the nature of Consciousness and Bliss.
I am pure Self.*

*Not the life-breath, nor the five pranas,
Not the seven constituents of the body, nor the five sheaths.
Not the organ of speech, nor hands and feet,
Nor genitals nor anus.
I am of the nature of Consciousness and Bliss.
I am pure Self.*

*I do not have likes-dislikes, greed and attachments,
I do not have pride, nor do I have the feelings of jealousy.
I do not have pursuit of religion, money, desires or freedom,
I am of the nature of Consciousness and Bliss.
I am pure Self.*

*There is not virtue, no sins, no pleasure, no pain,
No mantra, no holy place, no Vedas, no sacrifices for me.*

I am neither an experience, nor the object of experience,

Nor the experiencer.

I am of the nature of Consciousness and Bliss.

I am pure Self.

I have no death, no suspicion, there is no caste-difference in me.

Neither I have father nor mother, nor I am born.

I have no relatives, no friends, neither master nor disciple.

I am of the nature of Consciousness and Bliss.

I am pure Self.

I am free of alternatives, and have no form.

I am in all sense organs, as I pervade everywhere.

There is no freedom or bondage for me.

I am of the nature of Consciousness and Bliss.

I am pure Self.

“Who am I?”

I doubt whether you have ever asked this question to yourself! And this is the only question to ask: “Who am I?”

Where is God, who is God, why can't I see him? These are not the right questions. The right question is, “Who am I?” Not even “Who”... “*What* am I?”

We live for sixty, seventy, eighty years, but we never ask this question!

In India, in the East, this was always the main search – not science; not technology. They used to spend their whole life in search of “What am I?”... “Who am I?”... “What is my source?”

Nobody can say that *He is not*. Can you say that *you are not*? You cannot ignore yourself, your own existence. Even to say “I am not,” one must be there in the first place.

It is obvious that “I am”...sometimes angry, sometimes jealous, sometimes happy, sometimes sad – suffering, quarrelling, fighting, dancing, jumping, eating, listening, walking, talking – doing all sorts of things, but unaware – not knowing who I am.

This is very surprising: I am, but I don’t know *who* I am! I am a great philosopher, great musician, great scientist, great teacher – a father, a mother, a surgeon, a doctor – but who am I beyond all these labels? If I ask you who you are – what will be your answer?

If you know who you are, then you are a man of knowledge. This is the only knowledge – all else is ignorance. You may be a scholar – a very learned one – but if you don’t know who you are, you know nothing. You are ignorant. And you may be an illiterate, simple person – a villager, a farmer – but if you know who you are, you know whatever is worth knowing.

In the East we call him a man of knowledge... the one who knows himself. He may not know where the United States of America is...or even that a country called Italy exists. Perhaps he does not even know that Delhi is the capital of India, but he knows who he is.

In India, most of the saints are illiterate, they do not know much about other things, but they know for sure who they are... and we worship these kinds of people.

In this song – which is in Sanskrit – it seems that whoever has written this song is asserting his true nature... what he is not and what he is. And one's true nature cannot be expressed in words, it cannot be asserted in a positive manner; you cannot say, I am this. At the most you can say, I am not this, I am not that. What remains is just *me* – pure Self.

Still he has put the realization in words. He says about himself – “Shivoham, Shivoham” – I am Shiva... but not that Shiva which you see in the posters, sitting in the Himalayas! That is only symbolic.

Listen to his words. He says, “*I am not the mind...*”

When you speak you say, “My mind says, my mind feels” – it simply means that whatsoever is *mine* is not *me*. But we identify with the mind, we become one with the mind... we forget that we are not the mind.

The song says, “*I am not the mind, intellect, memory or ego...*”

You say, “My ego is very strong... or my ego is very weak.” When you use the word *my*, it simply means that you have some possessions. Some possessions are outside – like my shirt, my watch, my friend, my house, my money – but some possessions are inside. Ego is inside, mind is inside, intellect is inside. Though they are inside, they are still your possessions. You possess them.

You have a mind. A mind is an acquired and developed phenomenon. So is intellect, so is memory, so is ego. We will talk about this later on.

The *Rishi*, the seer has discovered,

“*I am not the mind, intellect, memory, or ego...*”

He says further,

“...Not the ears, nor tongue, nor the nose, nor eyes...”

These senses, I am not.

“...Nor the space, earth, fire or wind...”

These too, I am not.

“...I am of the nature of consciousness and bliss. I am pure Self.”

Have you ever realized that you are of the nature of Consciousness and Bliss?...That you are pure Self?

The first question is: how do you know that *you are*? Sometimes when you are angry, you shout at others, “Don’t you know who I am!” But do *you* know who you are? You shout when you are angry. You want to prove, you want to show who you are, but you don’t even know who you are. You just become angry and say, “You don’t know who I am!” Leave it aside, here I am asking, how do you know that *you are*? You know that you are, you can’t say that you are not. But how do you know?

What is the difference between a dead person and an alive person? How do you differentiate between the two?

Simple... one has Consciousness and the other does not. In the dead one, Consciousness has disappeared. When Consciousness disappears, what remains? ...A dead body. If there is no Consciousness, you are a dead body.

It means... because of Consciousness, I come to know that I am; and I come to know that the world is, that the universe is. Isn’t it? The very substratum, the very substance of *Knowing* and *Being* is Consciousness.