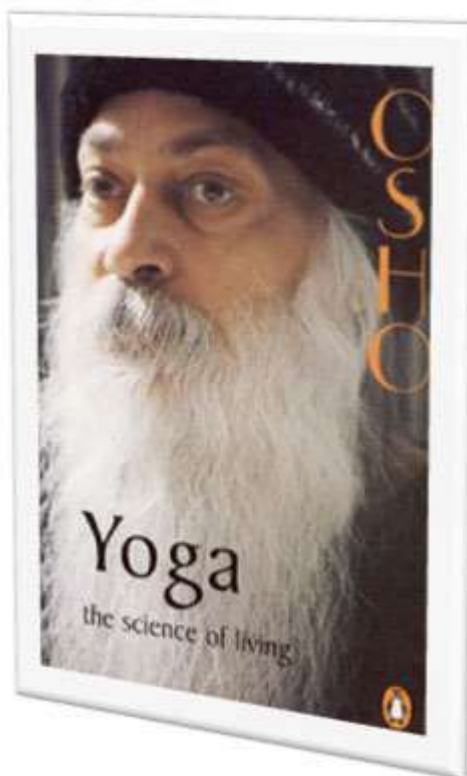


Book: Yoga – The Science of Living, by Osho

(Publisher: Penguin Books, ISBN: 9780143028147)



The book is organized into 10 sections, namely: (1) Ask a question close to home, (2) The mind is very clever, (3) The inside of inside, (4) Be a seed, (5) Piling up the zeros of being, (6) You cant get there from here, (7) In a cold universe, (8) The rock bottom of 'No' and 'Yes', (9) Into the fantastic, and (10) Take the risk.

Philosophical works are difficult to summarize. Rewording could be dangerous and misleading if new sentences or interpretations are inappropriate. Therefore, I am typing chosen phrases/sentences from various chapters, which were enlightening for me.

Nitin Mendiratta

Nitin Mendiratta | www.mnitin.com

Chapter 1: Ask a question close to home

“

Dharana, (Concentration) is confining the mind to the object being meditated upon. Dhyan (Contemplation) is the uninterrupted flow of the mind of the object. Samadhi is when the mind becomes one with the object. The three taken together – Dharna, Dhyan and Samadhi constitute Sanyama. By mastering it, the light of the higher consciousness.

”

“

Yoga is not metaphysical. It does not bother about the distant questions – faraway questions, about past lives, future lives, heaven and hell, God and things of that sort. Yoga is concerned with questions close at home. Closer the question, more is the possibility of solving it.

”

“

Yoga is a science. It is very pragmatic, empirical.
It fulfils all the criteria of science.

”

“

Philosophy is concerned with mind;
Yoga is concerned about consciousness.

”

“

While you think, you are more concerned with the thoughts; while you meditate, you are more concerned with the capacity of awareness

”

“

Yogi is the one qualitatively different from you.
The psychoanalyst is one who is not qualitatively different from you.
He is in the same boat; he is just like you.

”

“

West looks for causes, for ways and means how to help humanity, seems to have from the very beginning, gone wrong. The causes are not outside - not in relationship, not in the world, they are deep in your unconsciousness; they are not in your thinking, they are in your dreams. The analysis of dreams and the analysis of thoughts is not going to help much.

”

“

You are sad because you are not aware,
you are in misery because you don't know who you are.
All else is just coincidence.

”

“

Concentration means your whole mind is focused on one thing.

”

“

If a poet just remains a poet, he is stuck. He has to flow, he has to move; from concentration to meditation, and from meditation to Samadhi. One has to go on moving.

”

“

Remember, wherever you pay attention that becomes your reality. And once it becomes reality, it becomes powerful to attract you and your attention.

”

“

To be a sanyasi means to become a wanderer in consciousness.

”

“

Yoga is self effort. Yoga has no priests. It only has masters who have attained by their own effort – and in their light you have to learn how to attain yourself.

”

“

Yoga teaches you to trust yourself. Yoga teaches you to become confident of yourself. Yoga teaches you that the journey is alone. A master can indicate the way, but you have to follow it.

”

Chapter 2: The mind is very clever

“

When you change yourself, you have started to change the world
– and there is no other way!

”

“

Your so called revolutionaries are all ill people, tense people, mad people – insane – but their insanity is such that if they are left to themselves, they will go completely mad, so they put their insanity in some occupation. Either they start changing society, reforming society, doing this and that...changing the whole world. And their madness is such they can not see the stupidity of it: you have not change yourself – how can you change anybody else?

”

“

The rulers, the cunning people, have always been afraid of religious people. The rulers, the cunning people because they cannot be more danger than a religious person. They are not afraid of revolutionaries because their strategies are the same.

”

“

A religious person is a real danger. His very being is dangerous, because he brings through him new worlds. A religious man lives a life of revolution, but invisible. Because to become visible is to become gross, to become visible is to come to the lowest rung of the ladder.

”

“

A religious man lives not out of past ideologies, ideas, fixed concepts, philosophies. He lives in this moment. Out of his consciousness, he responds. He is always fresh like a fresh spring, always fresh, uncorrupted by past.

”

“

If you listen totally, I am converting into your blood, I am converting into your bones, I am converting into your being. You are digesting me.

”

“

There is no need. Whenever there will be a situation, you will respond; and in that response, all that you have heard, listened to in totality will be there – but not remembered but as lived, And this difference has to be remembered.

”

“

If you want questions, please don't meditate. If you meditate, all questions disappear, only the answer remains. If you want more questions to ask, stop meditating. Then you can go on asking a thousand and one questions.

”

“

I say again, all questions are stupid and funny. If you meditate, they all will disappear; only silence remains. And silence is the answer. Remember, either you have questions or you have answers. You can never have both. When you have questions, you don't have the answer. Meditation is the answer.

”

Chapter 3: The inside of inside

“

The three internal steps of dhyān, dharana, Samādhi lead you beyond the mind.

”

“

We have been taught, almost all over the world by every culture, in every climate, to seek the goal somewhere outside, the goal may be prestige or goal may be money or goal may be power or goal may be God, or goal may be heaven, it makes no difference at all: all the goals are outside you. And the real goal is to come to the source from where you come. Then the circle is complete.

”

“

The mind has been controlled by the outside- by the parents, by the family, by the school, by the society, by the company, by the government. Everyone is trying to pull you outside your being, and they are trying to fix a goal for you; and you have fallen in the trap.

”

“

Patanjali calls sanyama; a cool collected, calm atmosphere that moves with you. Wherever you go, you bring your own atmosphere with you, and everybody can feel it. Sanyama means absolute balance, not moving to extremes, remaining just in the middle.

When you are neither a rightist or a leftist, when you are neither a socialist, nor an individualist, when you are neither this nor that, suddenly in between, the flowering, the flowering of sanyama.

”

“

When desire disappears, there is no motivation to do anything – neither there is any motivation to do nor is there any motivation to be anything. Total emptiness, nothingness, what Buddha calls shunya, arises on its own accord. And that's the beauty of it untouched by desire, untouched by motivation; its purity itself, its innocence itself. Its seedless samadhi.

”

“

No matter how long we have lived in a mistaken identity, self examination can reveal our true and tranquil nature. Once you have a glimpse of the reality that you are then all false identities which have existed for centuries suddenly disappear. Now, no longer can you be deceived by those identities. The nirodh pranayam gives you the first glimpse of the layers of dust, of the real pearl. The layers of dust are nothing but the layers of thought, impressions, imaginations, dreams, and desires – all thoughts.

”

“

When a hindu becomes a Christian, or when Christian becomes a hindu, that is not conversion. That is moving from one prison to another prison. The conversion is when you move from thought to no-thought, when you move from mind to no-mind.

”

Chapter 4: Be a seed

“

Don't be afraid to die, because all those who fear death are preventing themselves from acquaintance with life is death, so those who are afraid of death are barring themselves against life.

”

“

Budha gives the flower. Flower is the end. It can be given only to a Mahakashyap, who has come to the very end. Zarathustra gave the seed. Seed is the beginning. It can be given to one who is just beginning to seek, who is just enquiring, who is just trying to find the way, who is groping in the dark.

”

“

Always remember, it is you, your type, your nature which has to be the deciding factor. Don't follow Patanjali or Zen. Always listen to your being. Patanjali and Zen exists for you, you don't exist for them.

”

“

There is no need to survive in this world. This world is a mad house. There is no need to survive in the world of ambition, politics, ego. It is a disease. But there is another way to be, and the whole religious standpoint is: that you can be in this world and not be of it.

”

“

You will have to drop fear. And if it is a question of choosing between an inner feeling and fear, choose the inner feeling. Don't choose fear. /So many people have chosen their religion out of fear, so that they live in a limbo. They are neither religious nor worldly. They live in indecision.

”

“

Fear is not going to help. Fear always means the fear of unknown. Fear always means the fear of death. Fear always means the fear of being lost, but if you really want to be alive, you have to accept the possibility of being lost.

”

“

Life is beautiful because it is insecure.
Life is beautiful because there is death.
Life is beautiful because it can be missed.

”

“

Only a dead body is always protected. Something alive is always in danger. To be alive is a hazard. More alive, more adventure, more hazard, more danger.

”

“

Nietzsche used to have a motto on his all: Live dangerously. Somebody asked him, "Why have you written this?" He said, "Just to remind me, because my fear is tremendous!.

”

“

Thousands are the name of bondage and slavery. There are not many types of freedom: freedom is one. Truth is one. Lies can be million. You can lie in million ways: you cannot say the truth in million ways. Love is one: laws are million. Freedom is one: Prisons are many.

”

“

Whether you know or not,
you cannot be other than yourself.
To be yourself, knowledge is not needed.

”

“

Meditation is how to drop knowledge. Meditation means how to become ignorant again. Meditation means how to become child again, a rose bush, a rock. Meditation means how just to be and not to think.

”

Chapter 5: Piling up the zeros of being,

“

Misery exists in demand for more, and the human mind can always imagine for more. Can you imagine a situation in which you cannot imagine for more? Impossible. Even heaven can be improved upon. Nobody can imagine a situation in which imagination can stop and you cannot stop and you cannot imagine a better situation. That means, you will be miserable!

”

“

If you look into the thoughts, you create a mind in yourself. The accumulation of the gaps is the meditation; the accumulation of thought is mind.

”

“

The creation is an endless process. God is not an entity. He is a process, the process of returning.

”

“

When you are full of thoughts too much, you are not one man. You are not one consciousness; you are almost crowd, a multitude. When there are thoughts and your gestalt is to look at thoughts, you are divided; you are divided in as many parts as there are thoughts to your mind. Each thought becomes a division of your being.

”

Chapter 6: You can't get there from here

“

I call that man religious who renounces the mind. I call that man religious who renounces all conditioning, who stops clinging to the mind, who starts moving into the conditioning.

”

“

Mind means the known. And you are the unknown. If you understand this, you will use the mind and you will never be used by the mind.

”

“

Don't be dominated by majority. Remain alone. Truth is never of the crowd; it is always of the individual. Truth is never of the many; it is always of the few, of the rare. It is not of the multitude, it is of the unique. This difference is to be understood.

”

“

Religious truth is of unique. A Buddha cannot be repeated, a Jesus cannot be repeated. They come once and then they disappear.

”

“

Remember only mediocre claim. The real creators never claim, because the real creators become so humble, they understand that this is none of their own. In fact, they have only been vehicles.

”

“

Nobody should be a professional. Your work should be your love; it should be your prayer. It should be your religion, not your profession.

”

“

And richest is the man who has found his vocation and the richest is the man who starts feeling a fulfillment through his work. Then the whole life becomes worship. Work should be a worship, but that's possible only when your being starts to be more meditative. Through meditation you will gather courage. Through meditation, you will gather courage to throw the profession and to move towards the vocation.

”

“

Music is meditation – meditation crystallized in a certain dimension. Meditation is music – music melting into the dimensionless. They are not two.

”

Chapter 7: In a cold universe

“

A really religious man can not believe in God because to believe in God, he has to divide the existence in two – God and no God, the creator and the creation, this world and that, matter and mind. He has to divide and how can a religious man divide?

”

“

Yoga is a perfect science. It does not teach to believe; it teaches to know. It does not say to you, “Become blind followers”. It says, “Open your eyes”, and it gives you the method how to open your eyes.

”

“

Man understands only that which he wants to understand.
His understanding is dominated by his desires.

”

“

Whatever you want to be, you can be.
Everything is ready.
Don't wait for anybody's permission because there is nobody.

”

“

Yoga says, realize the truth that you are alone. You are given an existence; now you have to create meaning out of it. Meaning is not already given.

”

“

The whole concern of yoga is that you drop all interpretations, let your eyes be not clouded by any hypothesis and belief, look direct, look unclouded, look without smoke. Let your flame be without smoke.

”

“

If you are silent. You can understand the silence.
That is the language of the whole.

”

“

Silence is not just empty. Silence has its own message. Because you are much to filled with thoughts, you cannot understand, you cannot hear that small, still voice within.

”

“

Listening needs silence. Listening needs attentiveness. Listening needs a deep passivity, a receptivity. It is not absent mindedness – it is full of attention, full of awareness, full of light: but passive.

”

“

Patanjali says that if you can become one pointed and you can become because there is no secret in it; just effort, all that you have been before. Just the vision of it, and your pattern will collapse. No miracle in it; it is simple, natural law.

”

“

Modern psychology says there are two divisions of consciousness; the conscious and the unconscious. Yoga psychology says there is one more division: the super-conscious. You live on the ground floor that is unconscious – the whole accumulated past.

”

Chapter 8: The rock bottom of 'No' and 'Yes'

“

Never make anything your lifestyle.

”

“

That is why Buddha will not say yes to God, will smile, at the most. That smile shows his transcendence. He will not say yes, he will not say no, because he knows both the stages on the path but not the goal – and both are childish.

”

“

The fact that there is no meaning. The fact is that there seems to be no God, the sky seems to be empty. The fact is that there seems to be no justice. The fact is the whole existence seems to be accidental – not a cosmos but a chaos.

”

“

Never make any point of view your philosophy, because once it becomes your philosophy, your ego is involved, and then you go on and on protecting it, arguing for it, searching for proofs to help it.

”

“

Sidhartha is saying to Budha, “Whatsoever you say is true. How can it be otherwise? You have explained everything that was never explained before; you have made everything clear. You are the greatest teacher there is. But not a disciple. You were not following anybody; you walking a path; not following anybody”. “I must leave you”, said Siddhartha to Budha, “Not to find a greater teacher than you, because there is none, but to seek the truth on my own. Only with this teaching I agree – “Be al light unto your self”, “Follow nobody, seek and search, but follow nobody. Siddhartha said, “With this I agree”, “ I will have to go”.

”

“

To ask about love in terms of more or less is stupid, because love can neither be more or less. Either it is or it is not. It is not quantity; it is quality. It cannot be measured; it is immeasurable. You cannot say more, you cannot say less. The question is irrelevant, but lovers go on asking; they don't know what love is.

”

“

Real love makes you free, gives you real freedom. It is unconditional, it asks for nothing. It simply gives and shares, and it is happy because the sharing was possible.

”

Chapter 9: Into the fantastic

“

Religion is such a significant phenomenon that man cannot live without it. And to live without religion will be living without any purpose. To live without religion will be living without a poetry. To live without a religion will be living a drag of life, a boredom

”

“

Without religion, life will be like a tree which never comes to flower, a fruitlessness.

”

“

There are three attitudes possible towards life: one is logical, rational and scientific; another is infra logical, superstitious, irrational and third is super rational, transcendental.

”

“

Man has come of age.
He cannot be forced to be a child in the old ways,
and that's what religion has been doing.

”

“

Don't believe in others and don't remain with borrowed knowledge.

”

“

Patanjali differs there. He says, Nobody's experience can be yours. You will have to experience. Only then – and only then – is the truth revealed to you. Patanjali does not believe in borrowed experience.

”

“

He does not believe in belief. That's his scientific attitude.
He believes in experience; he believes in experiment.

”

“

The greatest miracle is that moment you come to the very source of knowing, you disappear. The closer you come to the source, the more you start to disappear. Once centered, you are no more; and yet for the first time, you are.

”

“

Samadhi means all problems solved, all questions dissolved, all anxieties resolved. One has come home. In total rest, in total tranquility, nothing disturbs, nothing distracts, now you are available to enjoy. Now every moment becomes a sheer light.

”

“

The more you are individualistic, the more you are going to die. The death is always in proportion to your individuality because only the individual dies.

”

“

People go on pretending that they are religious, but they avoid real religion. It has become a social formality. People go to the church, to the temple, just to be respectable. Nobody takes religion sincerely – because who has the time?

”

“

The Yogi becomes capable of listening to the inner sound, which is silence; of seeing the eye, the inner eye, which is the pure vision. If you go to a yogi, suddenly you will see you are entering into silence.

”

“

Voluntarily, man is in darkness. Voluntarily, you are in darkness. Nobody has forced you to be there. This is your responsibility to come out of it.

”

“

God and world are not two. They appear as two because we are asleep. Once you are awake, they are one. And once you see the marvelous beauty that is surrounding you, all sadness, all despair, all anguish disappears. Then you live in a totally different dimension of benediction.

”

Chapter 10: Take the risk

“

What exactly is ego? It is to dogging yourself. It is creating a division in yourself – the division of top dog and the under dog, the division of the superior and the inferior, the division of the saint and the sinner, the division of good and bad; the division basically of God and Devil. If this division exists, then whatsoever you do, there is an ego; you can drop it, and by dropping it, you can create a super ego.

”

“

Ego is a separation from the whole: thinking of yourself that you are separate from the whole. It is just a thought, not a reality. Just a fiction, not a truth. It is just a dream, that you have created around yourself. You are not separate from the whole. You cannot be, because once you are separate, you cannot exist.

”

“

Stop top dogging yourself. Accept as you are. Not only accept, welcome. Not only welcome, rejoice in it.

”

“

Remain a witness; don't be lost in experience. Don't be lost. Just remain alert. Know that this is a passing mood, it will pass. Good or bad, beautiful or ugly, happy or unhappy – a cloud passingby: you remain silent, watching it.

”

“

Nature accepted becomes totally different. Nature denied, and everything goes sour and bitter in you; and then you create hell. The ego is always happy to condemn something because only by condemnation can you feel superior. Drop condemnation – all condemnation – an ego disappears without creating any superego in the wake. Drop all condemnation. Stop condemning and se you will find there is no go left. So ego is not the real problem. The real problem is condemnation, judgment, division.

”

“

If somebody else can make ou free, your freedom will nto be real freedom. If somebody else can make you free, somebody else can make you slave again. Nobody can make you free. Freedom is your choice.

”

“

Belief means borrowed, belief means you have not understood it yet.

”

“

Never be afraid of going to astray. People who are afraid of going to astray, they become paralyzed. They never move.

”

“

Life is always risk. Through choice you grow, through choice you become more mature. Through choice, you fall and you get up again.

”

End of Document