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# The Sound of One Hand Clapping

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Darshan Diary

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## The Sound of One Hand Clapping

Chapter #1

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mind is just the opposite of meditation  
it is the closing of the heart  
meditation is the opening of the heart

man can live through the mind  
but then life will not have any significance  
any poetry, any song, any music  
it will be trivial, mundane, superficial  
ultimately frustrating  
a sheer wastage of a great opportunity  
a very ungrateful way to live  
because god gives us such an opportunity to grow  
and we only accumulate the non-essential  
money, power, prestige

there is a famous book by napoleon hill: Grow Rich  
that is not a way to grow  
that is a way to remain retarded

but that's what has become the philosophy  
of the common man all over the world  
everybody is interested in the very superficial  
the reason is that the door to the divine is closed  
and the door to the mundane is open  
our schools, colleges and universities  
are in the service of the society  
they are agents, their function is to close the heart  
and to open the head

my work here is to reclaim the heart  
once the heart starts opening  
your life becomes a celebration

mind divides you from existence  
gives you the idea of an ego  
the heart unites  
gives you the idea of oneness with the whole  
and to feel one with the whole is the ultimate in joy  
there is no higher joy  
it is the ultimate in love  
there is nothing higher than it  
it is the ultimate truth itself  
because it brings harmony, all conflict disappears  
life becomes a rhythm  
a rhythm  
that goes on deepening every moment

the zen people call it

the Sound  
of one hand  
Clapping

now there are not two  
the music is there but it is not a struck music  
when you play on the sitar two things are needed  
the instrument is needed and you are needed  
you have to strike the strings, it is basically a conflict  
and out of conflict  
only mundane music can be born

there is another world of music, another dimension

in India we have called it anahat nad  
unstruck music  
the player and the played-upon are no more two  
the musician has become the music  
the dancer has become the dance  
that is

the Sound  
of one hand  
Clapping

the rose cannot become a rose  
because its whole effort is diverted  
into becoming a lotus  
and a lotus it can never become  
in fact there is no need  
if god wanted the rose to become a lotus  
he would have created a lotus  
he has created enough lotuses

just the other day i was reading  
if god wanted homosexuality  
he would have created adam and bruce  
he didn't  
it is so plain  
but people are trying to improve upon god  
he has made everybody what he wanted

so the best thing is to discover  
who am i  
once you know who you are  
suddenly all perfectionism disappears  
because you find you are perfect  
there is no need to be perfect  
just as you are, you are perfect

it happens only through meditation  
because meditation  
is simply settling into your centre  
relaxing, resting in your being, to discover  
who am i?

that very discovery is the only true spirituality

all else is mumbo-jumbo

once it is heard  
all that is worth hearing has been heard

one can think about truth but that is not seeking  
it is like a blind man thinking about light  
he can go on thinking for eternity  
just by thinking about and about  
he is not going to find light

the word about is beautiful  
it means around and around  
he goes around in circles, never touching the centre  
and that is the way of the mind  
of philosophy, of theology  
of all kinds of thinking

it happens only through meditation because meditation is simply settling into your  
centre relaxing. resting in your being, to discover

the seeker of truth has to stop thinking  
he has to be utterly silent, in a state of no-thought  
the whole energy that is involved in thinking  
has to be released from thinking  
so that it becomes awareness  
it is the same energy: you can use it as thought  
you can use it as awareness

we don't have many energies  
we have only one energy  
but there are different manifestations  
of the same energy  
meditation is not using your energy as thinking  
but using your energy as awareness

just being silent -- watching, waiting, seeing

the more you become a seer, the less a thinker  
the closer you are to the truth, to the light  
the moment your seeing is absolute

you have arrived home

meditation is an inward journey  
on the outside there are challenges  
there are adventures  
but they are nothing compared to the  
inner challenges and inner adventures  
there are enemies on the outside  
but the inner enemies are far bigger  
only one thing is different, and that is that  
the inner enemies are our own creation  
so the moment we decide to destroy them  
in that very moment they can be destroyed  
they are our make-believe  
mind, ego, greed, anger, jealousy, possessiveness  
all these enemies are there  
but we have been feeding them, nourishing them  
we can chop off their heads in a single blow  
a whole army can be uprooted  
in a single moment of insight  
and that's what meditation is

a moment of insight in which you can see  
how you have been creating your own enemies  
and that very seeing  
becomes the death of all your enemies  
one reaches to the ultimate truth  
by using these inner enemies as stepping stones  
of course only their corpses  
can be used as stepping stones  
while they are alive they will create trouble  
they will pull your legs in every direction  
they will not easily give way  
hence just fighting won't help  
understanding is the key  
try to understand the inner enemies  
and a miracle happens  
any enemy totally understood  
evaporates in that very understanding  
try to understand jealousy and it is no more  
try to understand the ego and it is no more  
understanding functions like a light  
you bring the light into the dark room  
and darkness is no more

meditation is a bridge between you and the whole  
mind is a wall between you and the whole  
and the same bricks are being used  
you can make a bridge  
you can make a wall

sannyas means  
dismantling the wall and using the same bricks  
in creating a bridge  
it is a simple phenomenon  
it is not as difficult as people have been told

the people who have been saying that it is difficult  
are basically on ego trips themselves  
of course if it is difficult and you have attained it  
only then can your attainment be ego-fulfilling  
so the so-called saints  
have been trying to say to people  
that it is very arduous, that it is almost impossible  
that only very rare people  
after lives of effort and virtue attain to it  
and that too only by god's grace  
not only you and your effort are going to make it  
unless god wills it so... god willing  
that is a necessary condition to it  
and who knows when he will will it  
whether he will or not?

these so-called saints  
have been trying to prove to humanity  
that meditation is very difficult  
that is the only way to pretend  
that they are holier-than-thou  
that they have attained  
and you are lives away from that attainment  
all that you can do is worship them

my approach is totally different  
meditation is the most simple phenomenon in life  
there is nothing holy about it  
there is nothing special about it  
it is just a small understanding

the same bricks have to be used  
but arranged in a different way of course  
and it becomes a bridge

thoughts have the same energy  
as the state of no-thought  
desires have the same energy

lust has the same energy as love  
there is no fundamental difference  
only the manifestation, the form, has to be changed  
and that can be easily done  
if i have been able to do it  
then anybody can do it  
because you cannot find  
a more unholy man in the world

meditation makes you aware  
of your kingdom of god  
it is always there  
you have never lost it  
it is just that you are not looking at it  
you are looking outwards and it is inwards  
you are keeping it at your back  
it is always there, it cannot go anywhere  
it follows you like your shadow  
or even more than that  
because your shadow disappears in darkness  
but your inner kingdom is always with you  
in your misery  
in your dark nights of the soul  
even if you go to hell it is with you  
it is your intrinsic nature  
but because we don't look at it we remain beggars

everybody is moving with a begging bowl  
and the moment you turn inwards --  
a one-hundred-and-eighty-degree turn --  
suddenly the begging bowl drops from your hands  
the moment you see what inexhaustible treasures  
are given to you from the very beginning  
all desires disappear of their own accord

religions have been telling people just the opposite  
they have been telling people  
to first become desireless  
then they will attain the kingdom of god  
that is putting everything upside-down  
that is putting the horses behind the cart  
neither the cart can move nor the horses can move  
all movement stops  
it is just a wrong arrangement  
one cannot drop desiring unless one finds  
the inexhaustible treasures of one's being

so my statement is just the opposite  
i say forget all about desiring, it is natural  
the begging bowl is bound to be there  
because you don't know  
that you are a king or a queen

so first become acquainted with your nature  
then it is up to you  
if you still want to carry the begging bowl  
it is perfectly okay  
but i have never heard  
of anybody carrying a begging bowl  
once he has seen his infinite treasures

so i don't say become desireless  
then you will become a master  
i say be a master and you will become desireless  
desirelessness will be a consequence, a by-product  
hence my insistence on meditation  
because that is the art of turning around  
one-hundred-and-eighty degrees

you can stand in the sun with closed eyes  
the sun cannot force your eyes to open

existence is very non-violent  
it never shouts  
it only whispers  
it never knocks on your doors  
it simply stands there  
it waits, it has patience

it trusts that one day, sooner or later  
you will open the door  
you will open your eyes and you will see the light

meditation means opening your eyes  
opening your doors  
to see the light that is always there  
once you have seen it  
your whole being is transformed  
illuminated, enlightened  
because suddenly you recognize  
that you are not separate from the source of light  
that It Is the same light  
that they are both joined together  
that feeling of being one with the source of light  
brings immense freedom  
fearlessness, desirelessness  
and after that experience whatsoever you do is right  
hence I don't give you any commandments  
do this, don't do this -- no shoulds, no should-nots  
i don't give you any discipline  
i only give you a simple call to open your eyes  
and to see the light

and after that  
it is impossible to do anything wrong  
then a self-discipline comes of its own accord  
and when discipline comes of its own accord  
it has a beauty of its own  
it has a spontaneity, it has joyfulness  
it has a dancing quality in it  
it is festive, playful, innocent, unpretending  
it does not make you a saint  
it simply makes you very simple  
extraordinarily ordinary

meditation is the discovery  
of the perfect centre within ourselves

the moralists, the priests  
the politicians, the puritans  
all kinds of so-called leaders of humanity  
have been teaching people for thousands of years  
to be perfect

they have driven almost everybody crazy  
they have created a great fever for perfectionism,  
and perfectionism  
is the fundamental source of all neurosis  
once a person becomes obsessed with being perfect  
he is a goner

i don't tell anybody to be perfect  
perfection is not something that you have to attain  
it is your nature  
it has not to be attained but only discovered  
and the methods of attainment and discovery  
are totally different  
the method of attainment is cultivation  
become more perfect, become more perfect  
go on improving  
go on dropping flaws, errors, mistakes  
go on polishing your ego

the method of discovery is not of cultivation  
it is becoming silent  
so that you can feel

who you are  
before one tries to be perfect  
one should know who am i? where do i stand?  
what is my nature?  
if without knowing that you are a marigold  
you start trying to be a perfect rose  
you will go crazy

to become perfect roses  
roses have the desire to become perfect lotuses  
this is how the whole world  
goes on becoming more and more cuckoo  
everybody is chasing something  
which is not his nature  
so all that happens is that the marigold  
cannot become a marigold  
and it cannot become a rose either  
so there is simply misery

every man, every woman, every tree  
every bird, every flower

has its own uniqueness  
it is incomparable  
but we are continuously taught to compare  
this is how the society creates a hierarchy  
somebody is superior to you  
somebody is inferior to you  
of course with the inferior you behave in one way  
with the superior in another way  
you are constantly trying  
to rise higher in the hierarchy  
and you are constantly preventing others  
from rising higher than you  
this is our whole unnecessary life  
our whole mess, confusion, chaos  
and all depends on a simple thing  
the idea of comparison

comparison brings competition  
comparison brings wounds and ego  
on the one hand wounds  
because there are people who are superior to you  
and wounds are bound to be  
and on the other hand it brings ego  
because there are people who are inferior to you  
and you are crushed between these two rocks  
and the whole thing is invented

you are simply yourself  
you don't belong to any hierarchy  
nobody is higher than you  
and nobody is lower than you  
because nobody is like you  
hence comparison is impossible  
and competition is futile

one has just to be oneself  
that's my basic message  
the moment you accept yourself as you are  
all burdens, all mountainous burdens  
simply disappear  
then life is a sheer joy  
a festival of lights

this discovery of one's uniqueness happens only

when you become a little silent  
calm and quiet  
and you drop out of all those imposed ideas  
which the society has been throwing upon you  
from the very childhood

these do-gooders  
they may be parents, they may be teachers  
they may be priests...  
and i don't suspect their intentions  
their intentions are good  
but they are unconscious people  
and unconscious peoples' good intentions  
also bring bad results  
they may like you, they may love you  
they may desire for you a beautiful life  
but they have lived in ugliness  
they have lived in suffering  
they can only impart their suffering to you  
they will teach you the same strategies  
that they have followed  
they will teach you the same ideas  
that they have lived by  
they will give their lifestyle to you  
and they are enough proof  
that their lifestyle has been an utter failure  
but still they will go on giving you the same thing  
each generation gives its diseases  
to the other generation  
generations die, diseases seem to be immortal  
people come and go but diseases remain  
and if you decide to get out of that bondage  
they feel betrayed  
they would like you to just repeat their life  
although they have been miserable

so i don't suspect their intentions  
but intentions don't mean anything at all  
all that has significance is consciousness  
not unconscious good intentions --  
and there are very few people who are conscious

to be in tune with a conscious person  
is to be a disciple  
to be a sannyasin

a conscious person can help you  
to discover yourself  
he does not impose anything upon you  
he does not programme you  
he simply deprogrammes you  
and leaves you open, available, a clean slate  
so you can make your own signature  
you can write your own song  
and you can dance your own dance

and the greatest experience in life is  
the experience of one's uniqueness

meditation is not something serious  
it is a very very long tradition  
that says meditation is very serious --  
it is not  
it is very playful  
it is closer to song than to anything else  
closer to dance than anything else  
closer to love than anything else  
meditation cannot be serious by its very nature  
seriousness is part of the mind  
playfulness is part of the heart.  
and meditation means slipping out of the head  
and entering into the heart  
it is getting out of the serious affairs of life  
into an attitude of playfulness

the head is old  
the heart is always new, fresh  
like dewdrops in the early morning sun  
as fresh as new roses opening  
as fresh as the stars in the night  
it is not old like the old testament  
it is not old like the ancient vedas  
it is very young like a just-born baby  
with fresh eyes  
unburdened, uncluttered, with no dust  
a mirror

so that has to be remembered

being here with me simply means being  
playful  
non-serious  
joyous

i don't teach renunciation  
i teach rejoicing  
and the more you rejoice  
the more you become capable of receiving  
new gifts from the divine  
the more you are playful  
the more god is with you  
the more you are fresh, young, alive  
the more stars come down towards you  
they start filtering into your very being  
they start reaching your very heart

the serious person is a dead person  
he has already committed suicide  
he will live  
but his life will be only a kind of vegetation  
he will be a cabbage, a cauliflower, a potato  
but these people have become saints in the past  
remember...  
saint potato, saint cauliflower  
very serious people  
look at a potato  
you will never find a potato non-serious

so beware of seriousness  
it is the greatest sin  
live your life as fun  
and that is the greatest virtue

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## The Sound of One Hand Clapping

Chapter #2

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the mind is doubt -- every mind, mind as such  
hence nobody should think that he is without doubt  
because whatsoever is done through the mind  
is bound to be doubt-full  
even the so-called beliefs  
are nothing but cover-ups for doubt  
one believes so that one can escape from doubt  
doubt is like a wound  
but belief is not a healing force  
it only covers the wound  
it deceives others but that is not very significant  
it deceives you -- that is of real importance

to live in self-deception  
is to miss the whole point of life

there are only two ways to deal with doubt  
you can cover up your doubt with belief  
millions of people all over the world  
have been doing that for millions of years  
doubt remains and goes on growing  
like a cancerous thing  
the other way is to go into your doubt  
rather than hiding, deceiving  
encounter it, face it, dig it  
and that is the way to transcend it  
if one encounters one's doubt  
one can immediately see

that one is separate from one's doubts  
they are there like objects, you are here  
the mirror that reflects them  
the awareness that encounters them  
this very experience takes you beyond doubt  
that is the state of faith, of trust  
and that is the beginning of sannyas

desiring includes all desires --  
the worldly, the other-worldly

material, the spiritual  
the mundane, the sacred  
so it is not a question of choosing  
either one drops the whole of desiring  
or one remains in the grip of it

the so-called religious people  
are still in the grip of it  
they may not desire money  
but they desire meditation  
they may not desire power  
but they desire god  
they may not desire things of the world  
but they desire the kingdom of the beyond  
it is the same desire  
it has come in from the backdoor again  
you have to be very watchful  
not to allow desire in any form to enter you because  
desire is bondage, desire is misery, desire is hell

the more full of desires one is  
the more frustrations one is breeding

because each desire will end in frustration  
whether it succeeds or fails makes no difference  
frustration is bound to happen,  
it is inevitable  
if the desire fails  
and out of one hundred desires  
ninety-nine are bound to fail  
because it is a competitive world  
you are not alone

many people are desiring the same things  
there are not enough things and people are many  
things are scarce and people are millions  
how many people can be presidents  
how many people can be prime ministers  
very few... but everybody wants to be  
hence ninety-nine per cent of desires  
are bound to fail, and then  
there will be great frustration

one per cent of desires may succeed  
but frustration comes all the same  
in fact more so  
because when a desire succeeds  
for the first time you become aware  
that you have wasted your whole life for it  
and nothing is attained  
money is there  
but your poverty remains untouched by it  
your inner emptiness remains the same  
in fact  
in contrast with the money that you have achieved  
your inner emptiness  
looks even emptier than before  
you have attained power outside  
but deep inside you know you are impotent  
impotent in the face of death  
one has to die, no power can save one

so whether a desire succeeds or fails  
it fails all the same  
this is one of the most fundamental truths  
to be understood  
once you see the point  
then you don't go on changing horses  
because they are all the same  
the black horse and the white horse, devil and god  
it doesn't make much difference  
it is just the difference between  
a black horse and a white horse  
they will all lead you into misery  
then one simply gets out of the whole trip  
one forgets desiring, one starts living

desiring is always somewhere else  
the fulfilment is in the future  
living  
is now  
here

these are the only two ways  
to create a style of life  
living in the future  
which is only so-called living  
because the future is non-existential  
and living in the present  
which is the only way  
of living, authentic living

time consists only of two tenses, not of three  
ordinarily it is divided into three parts  
the past, the present and the future  
that is existentially wrong  
grammatically it may be right  
linguistically it may be right  
but i have no concern with language and grammar  
my concern is with existence  
as far as existence is concerned  
time only consists of past and future  
the present is not part of time  
it is part of existence

existence is always now, it is never then  
it is never yesterday, never tomorrow  
it is this very moment  
and to go beyond time  
is the whole art of meditation

meditation is the transcendence of time  
past and future both  
and the plunging into the now, the here.  
the deeper you plunge into the now and the here  
the more you disappear  
because mind cannot exist without past and future  
mind is like a pendulum of a clock  
it moves from one opposite to the other  
from right to left, from left to right

stop it in the middle and the clock stops

mind moves between past and future  
the clock of the mind  
stop it in the middle and the clock stops  
and the moment the mind is not there  
you are not  
then god is  
then freedom is  
then love is  
then flowering is  
then eternity is

there are many boundaries around us  
we are the centre of many concentric circles  
and we have to go beyond  
all those concentric circles  
only then can we find the centre  
the most important concentric circles are four

the first is the world of objects  
the majority of people  
is concerned with the world of objects  
money, power, prestige, respectability  
they remain very peripheral  
presidents, prime ministers  
queens, rotarians, lions  
you will find all kinds of stupid people  
hanging onto the very outermost circumference  
and making much fuss about it

the second concentric circle is of the body  
many live in the body, particularly women  
man hangs onto the first more, the most peripheral  
his concern is more about things, objects  
far-away objects  
what is happening in israel  
and what is happening in korea  
the woman is not so concerned  
about korea and israel  
she is most concerned about  
the colour of her hair, her eyelashes  
the proportion of her body

she looks at the male as being a little bit crazy  
you are unnecessarily worried  
about the stars and the speed of light  
what have you to do with it  
the real thing is the furniture  
the curtains, the pillows  
the kitchen, the bathroom

it looks more mundane to man  
it looks more earthly  
but in a way she is closer

but many men also remain there  
they have to because their wives are there  
their girlfriends are there  
they cannot go to israel  
they cannot go to the moon  
they cannot go to everest  
they are possessed by their women  
they won't allow them to  
so they also have to be just very close  
near the kitchen, the bathroom  
maybe the woman looks at the mirror  
and they clean the mirror  
but they are not very far either

millions of people  
simply live at the physiological, the biological  
the chemical level of life  
closer than that is another concentric circle  
that of the mind: thoughts, ideas  
philosophers, theologians, thinkers, scientists  
these people live there  
closer than that  
is the concentric circle of the heart  
the poets, the painters  
the musicians, the dancers  
the aesthetic people live there  
but all are outside your real being

one has to transcend all these four boundaries  
only then does one encounter oneself  
then for the first time

one stands face-to-face to oneself  
and that is the moment of great illumination  
when you see your centre  
you have seen all that is worth seeing  
you have seen god himself  
you have seen the truth  
there is nothing higher than that  
nothing deeper than that  
nothing more valuable than that

sannyas is the transcendence  
of all boundaries so that one day  
you can simply relax in your very centre  
that centre is consciousness  
awareness  
godliness

life is one energy  
but out of that one energy  
we can either create love or attachment  
love is heaven, attachment is hell  
we can create out of that energy  
bondage or freedom  
it all depends on us  
on how we work upon our energy

the lower is cheaper and easier  
to create hell does not need much intelligence  
it does not even need courage  
all that it needs is imitation  
because millions of people  
are doing the same thing all around you  
you can just imitate them  
your parents, your teachers, your leaders  
it is simple  
you will become a carbon copy  
you will live in the same kind of hell  
misery, anguish  
and you will give to your children, your heritage  
and they will repeat the same pattern  
this way it goes on and on  
from adam and eve up to you  
it has been going on in the same way

only very few people  
have been able to get out of the rut  
and those are the salt of the earth

a jesus, a buddha, a lao tzu  
a zarathustra, a kabir -- very few people  
they can be counted on one's fingers  
they are real miracles in existence  
because to get out of the rut of the crowd  
is really a great act  
of courage, intelligence, rebellion

the crowd lives in attachment  
attachment to money  
attachment to children  
attachment to parents  
attachment to wives, husbands  
attachment to this and that  
there are thousands of attachments  
and they think it is love  
because they think it is love  
they cannot get out of it  
so the first thing is to label things correctly  
to categorise things correctly

attachment is love standing upside-down  
attachment is love gone sour  
attachment is an ill state of love  
love is a healthy phenomenon  
attachment is sick, nauseating  
and everybody experiences it  
the more you become attached, the more miserable  
the more you allow others  
to become attached to you

the more miserable they become  
and of course  
we become infected with each other's misery  
and it is never a simple addition  
it is always multiplication

a sannyasin has to learn  
what the causes of his misery are

and you will find  
one of the most significant causes is attachment

don't be attached to anything  
live  
live totally, live lovingly  
but don't possess, don't dominate  
and don't allow anybody  
to possess or dominate you  
if you want to be really blissful  
and if you are blissful you can share love

love is a sharing of bliss  
attachment is a sharing of misery  
it is ugly, it is inhuman  
love brings freedom to you  
and also freedom to the person you love

let that be the criterion  
if it brings freedom it is love  
if it brings bondage it is attachment  
attachment has to be dropped

and love has to be grown  
the more loving you become  
the closer you are to god

jesus is right when he says  
god is love

man lives in words  
the words can be beautiful but they are all empty  
the word god is not god  
the word love is not love either  
you cannot be nourished by the word food  
and you cannot quench your thirst  
with the word water  
words are dangerous  
they can keep you in deception  
they can give you the feeling as if you know

millions of people think they know god

because they know the word  
millions of people think they know love  
because they know the word

a sannyasin has to get beyond words  
to the real content  
he has to disperse words  
and to see what is hidden behind them  
that's the exploration

just as one goes on peeling an onion  
one has to go on peeling words  
so one can come to the very core of them  
and the miracle is  
when you go on peeling words like an onion  
ultimately you come to emptiness, nothingness

is the ultimate sense of existence  
that is silence  
when all noise of the words has left you  
and there is only profound silence  
undisturbed, undistracted  
in that silence knowing happens  
seeing happens, being happens

bibles, korans, gitas cannot give it to you --  
they are all words, they are beautiful  
they were spoken by beautiful people  
but that does not make any difference  
even if buddha says the word rose  
it does not become a rose  
even if jesus says the word fire  
it does not become fire  
but beautiful people can be so hypnotic  
that you start believing in their words

christians, hindus, mohammedans, buddhists  
are all doing the same  
they have all forgotten the reality

and are clinging to the labels  
they are all clinging to the cages  
maybe they are golden cages

but the bird, the alive bird, the singing bird  
is no more there

the search of sannyas  
is for the alive, the singing bird

man has two alternatives  
two possible orientations  
one is character, the other is consciousness

character is imposed from the outside  
it is a political and social strategy  
to dominate the person  
consciousness is individual, character is social  
all societies are against consciousness  
and for character  
because they can manipulate character  
it is within their grasp  
they can paint it  
according to their own investment  
they can cut you into shape  
to fit with their mechanism  
they can make you obedient through it  
they can make you a slave

and that is the desire  
of all the establishment

but the real master  
never gives you character  
he gives you consciousness  
consciousness is a discovery of your own being  
no discipline is imposed on you  
in fact all discipline is disposed of  
you are allowed to be yourself, authentically  
as god means you to be  
one has to discover one's nature  
one's spontaneity, one's original face  
that is consciousness  
the very discovery  
makes you more and more conscious  
the deeper you go into it  
the more conscious you become  
a point comes when you are just a flame of light

and in that light whatsoever you do is right  
in that light  
wrong is impossible and right is inevitable  
then a totally different kind of character  
comes like a shadow following consciousness  
i call that character religious, spiritual

the so-called character in the world  
is just political, social  
it has no value at all  
so go beyond the ordinary character

so that you can find the real character  
and the way to find the real  
is through consciousness

the master cannot say anything about truth  
truth is inexpressible  
it is beyond all indications  
it cannot even be pointed at  
because it is not an object -- it is all over  
so when you point at it in a direction  
you are already falsifying  
because it is not in one direction  
it is the whole space  
no gesture is capable of capturing it  
hence the only way is to go beyond language  
to go beyond scriptures, to go beyond indications  
to go beyond all possible symbols, metaphors  
and just to be in tune with the master  
just in a silent communion  
nothing is said, nothing is heard  
and yet it happens

say something and it will be misunderstood  
try to understand it  
and you have already misunderstood it  
neither saying is going to help  
nor listening is going to help  
the master is silent, the disciple is silent

slowly slowly  
the two silences merge and become one  
and when the two silences become one

you hear

the Sound  
of one hand  
Clapping

that is beyond all expression  
and that is the moment of enlightenment  
it is a transmission beyond the words  
beyond indications, beyond scriptures  
just a flame jumping into another heart  
a quantum leap from a lit lamp to an unlit lamp  
the lit lamp loses nothing  
and the unlit gains everything  
it is a transmission of light  
a transmission of the lamp

so the disciple has to learn only one thing  
how to sit in silence, in tremendous love  
waiting  
waiting for the moment when it comes  
not desiring, not expecting  
not asking, not demanding  
just waiting  
that is the very soul of sannyas  
the word waiting

truth is beyond discussion  
it cannot be discussed  
either you see it or you don't see it  
it cannot be proved  
no argument can support it or destroy it  
it is not a question of philosophical debate

because it is not intellectual at all  
hence the most futile exercise in the world  
is philosophy  
it is just hair-splitting, absolutely pointless  
the most stupid thing  
that one can get involved in is philosophy

after thousands of years of philosophical analysis  
not a single conclusion has been reached

not a single truth has been arrived at  
that is enough reason  
for philosophy being dropped, completely dropped  
it is an exercise in utter futility

this is where sannyas  
takes a totally different route  
sannyas basically means mysticism  
it is not philosophical, it is existential  
we are not searching to know about truth  
we are not trying to know about truth  
we are trying to be the truth  
and to be the truth is the only way to know it  
there is no other way  
unless you have tasted it totally  
so totally that it has become part  
of your blood, bone and marrow  
you will not know it  
unless you have become it  
there is no knowing of it

truth cannot be an object  
it becomes your very subjectivity  
truth is subjectivity, your very innermost core  
it is self-discovery; hence one has to drop  
all the patterns of argumentation  
all the methods of analysis  
all doubts, all beliefs, all systems of thought  
theistic, atheistic  
catholic, protestant, hindu, mohammedan  
one has to get rid of the whole fabric of the mind  
the whole junk has to be burned  
so that one is simply in a state of not-knowing  
and in that very state of not-knowing  
the flower of knowing opens up  
in the east we have called the flower  
the one-thousand-petalled lotus

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## The Sound of One Hand Clapping

Chapter #3

Chapter title: None

**3 March 1981 pm in Chuang Tzu Auditorium**

Archive code: 8103035

ShortTitle: CLAPP03

Audio: No

Video: No

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in fact a relaxed person can move  
can make better effort  
and a man of efficient effort can be better relaxed  
there is no intrinsic contradiction  
the contradiction exists only in words, language  
and in the mind

the experience of bliss  
is one of the most paradoxical  
paradoxical in the sense that you have to manage  
two logical contradictions together  
you have to be effortlessly effortful  
because both effort and relaxation  
are needed for the experience to happen  
but it can be managed because the contradictions  
are only superficial  
deep down they are complementaries

one should try a few experiments  
for example, you can run: there is effort  
but still you can remain very relaxed  
you can bicycle: there is effort  
but at the same time  
your whole body  
can remain very quiet calm and relaxed  
you can move your hand: there is effort  
but you can move the hand with such grace  
with such a relaxedness that there is no effort at all

then it becomes the very foundation  
for bliss to descend

this is the whole art of sannyas  
one has to make tremendous effort  
yet one has to remember that bliss is a gift of god

so, just by your effort it is not going to happen  
and without your effort  
it is not going to happen either

man has fallen into both extremes  
there are people who think it is a gift of god

so nothing can be done we just have to wait  
it will never happen, just waiting is not enough  
through waiting with great effort  
through doing whatsoever you can do  
to the uttermost  
and then waiting  
it happens

the other extreme is: if it happens through our effort  
then we will make every effort

what is the need of prayer  
what is the need of god's help?  
if it is going to happen through our effort  
then we will manage  
we will do all kinds of yoga, austerities, practices  
we will have a discipline, a character  
a morality. virtue  
and it will happen

it does not happen  
because whatsoever you can do will remain trivial  
it prepares you to receive the gift  
but it does not bring the gift itself  
it makes you receptive, welcoming, but that's all  
when the guest comes  
it comes just by your opening of the door  
there is no intrinsic necessity for the guest to come

keep the door open, remain alert, watchful  
doing everything that you can do  
so it cannot be said  
that you have not done anything  
don't leave a single stone unturned  
on your part  
everything should be fulfilled  
in that very instant when you are finished  
and you cannot do any more  
the miracle happens: bliss descends

it is one of the most paradoxical experiences

hence millions of religious people have missed it  
they were searching, seeking but they still missed it

there are two kinds of religions in the world  
one believes in prayer  
christianity, islam, hinduism -- they believe in prayer  
because they think bliss is the gift of god  
all that you can do is pray  
ask and it shall be given unto you  
knock and the door shall be opened  
all that is needed on your part is prayer

the other kind of religiousness  
is that of jainism, buddhism, yoga  
they believe in effort, not in prayer  
because there is no need for prayer  
jainism and buddhism  
deny the very existence of god  
if there is no need for prayer  
there is no need for anybody to pray either  
man is enough unto himself

the first kind of religion creates a lethargy  
and the second kind of religion creates ego  
my sannyasins have to avoid both extremes

i am teaching a totally new vision  
a vision in which your effort is basically needed  
but it is not enough

it takes you to ninety-nine point nine degrees

it is very essential  
without it that point one degree won't happen  
but it takes you only up to that  
then you have to wait, trust, relax, hope, pray

that point one degree happens through prayer  
ninety-nine point nine per cent  
happens through meditation  
point one per cent happens through prayer  
and then religion has a totality  
only the person who has experienced bliss  
can be a helper of others  
otherwise alexes tend to become alexanders  
rather than helping mankind  
they start destroying mankind

a miserable person  
with all the good intentions in the world  
cannot help anybody  
we can give only that which we have already got  
helping somebody means  
you have got a nourishing energy in you  
a benevolent, compassionate love in you  
that you are radiating bliss  
that your presence is a healing force  
only then can you help  
otherwise you will become a do-gooder  
and they are  
the most dangerous people in the world  
the most mischievous

humanity has suffered much from the do-gooders  
missionaries, reformists, public servants  
these are the enemies

and i don't suspect their intentions  
their intentions are good, but they are not good  
it is like darkness trying to enlighten people  
it is like a dead man trying to give life to others  
it is like an unlit lamp gathering people around itself  
so that they can be enkindled

it is absolutely, fundamentally wrong

hence i don't teach public service  
and i don't teach you to become missionaries  
reformists, great servants of the people  
i teach only one thing  
be blissful  
then everything else follows of its own accord

a blissful person cannot contain his bliss  
that is not possible in the very nature of things  
a blissful person  
intrinsically radiates his source of joy  
just as light radiates rays  
and the flowers radiate their perfume  
the blissful person radiates  
compassion, love, benediction  
hence the first duty is not towards anybody else  
but towards yourself

help yourself  
remember the ancient proverb  
physician, first heal thyself  
and then you can become a healing force  
and without any effort, without any ego  
simply, naturally, spontaneously

so learn to dance, sing, celebrate  
learn to enjoy life in its multi-dimensionality  
and that will make you an alex  
and prevent you from becoming an alexander

god is not a separate entity  
god is not somewhere outside you  
god is your interiority, your innermost core  
hence the search is not for a god somewhere else  
god is nothing but a name for your own centre  
and the search for god  
is nothing but a self-discovery  
and the moment you discover yourself  
you also discover blissfulness  
because that is the nature of the self  
so both things happen simultaneously

they are two sides of the same coin

either meditate and discover your innermost core  
that is one way  
or dance and sing to abandonment

lose yourself in joy  
so totally that you are no more there  
only the dance is, the song is  
that is another way of discovering  
you will discover the same coin  
but from different aspects

buuddha discovered through meditation  
meera discovered through dance  
these are the two fundamental roots  
because these are the two sides of your inner being  
and one is as valid as the other  
i have no special preference for either  
so i leave my sannyasins to choose  
it is not very difficult to choose either  
one has just to ponder over one's likings

if you love silence  
if you love aloneness  
if you love just to be within yourself  
if you want and desire to forget the whole  
and all its worries  
if you feel the world is too much with you  
then meditation is your way

if you enjoy people, relationship, love  
company, friends, music, dance, celebration  
if you enjoy the vast universe around you  
and it makes you rejoice; it is not tiring  
it is not exhausting, but rejuvenating  
then bliss is your way

and each person has to decide for himself  
i don't impose anything on anybody  
i simply give you the whole perspective  
so you can choose  
and both are valid means

one is not higher than the other  
both reach the same goal  
so it is only a question of individual liking  
before one starts the journey  
one should decide which is one's way  
because sometimes it can happen  
in fact it happens many times  
it happens more often than it should happen  
that people choose the opposite  
because the opposite has a certain attraction  
it is just as a man is attracted towards a woman  
a woman is attracted towards a man  
the negative and the positive electric poles  
are attracted towards each other  
the opposite has a certain attraction  
beware of that  
because if you choose the opposite  
you will be in trouble, you will never be at ease

so rather than looking  
at the attraction of the opposite  
look at your own liking  
your own nature your own functioning

watch yourself  
what is it that gives you more juice?  
that should be the determining factor  
the decisive factor  
that is the only criterion  
and once you have taken a right step  
the journey is half-complete  
because the first step is also the last step

in india we have one thousand names for god  
there is a whole scripture, vishnushastranam  
devoted only to the names of god  
nothing else is written in it  
only one thousand names

madhav is one of the most beautiful  
of all those names  
it means the sweet one  
it is a very different vision  
than that of the jewish god

the jewish god says i am a very jealous god  
remember, i am not nice, i am not your uncle  
a very stern father  
this is not a right concept of god, a jealous god?  
god and jealousy cannot go together  
jealousy is perfectly okay for the devil  
and god saying i am not nice  
then who can be nice?  
and god saying i am not your uncle  
what does he mean?  
he means i am not the loving one  
i am not the compassionate one  
be afraid of me, i am cruel, i am hard, i am violent

it is not accidental  
that because of this judaic concept of god  
all the religions  
islam, christianity and their sub-sects  
have always murdered each other  
so much bloodshed has been done  
by the christians and mohammedans  
that it seems absolutely unbelievable  
that in the name of religion there is so much hatred  
but if god is a jealous god, if god himself is not nice  
then how can the representatives of god be nice?  
then how can the pope be nice?  
he may pretend but all those pretensions  
are of no use in reality  
they will talk about love and they will teach hatred  
they will preach love  
and they will kill in the name of love

madhav is a far more sophisticated vision of god  
the sweet one

you can see the difference  
jesus was worshipped by the christians  
not because he was a loving person  
but because he was crucified

hence the cross has become the symbol  
not a rose flower  
that would have represented jesus more accurately

and you see krishna with a flute  
standing in a dancing pose  
with peacock feathers in his crown

with bells tingling around his waist  
with long hair -- the original hippie  
it is a totally different vision of god

madhav is one of the names of krishna  
the sweet one  
he sings, he plays on his flute, he gathers people  
and they dance and they celebrate  
it is a totally different kind of world  
a different dimension  
even hindus have forgotten all about it  
they have been contaminated  
by christians and mohammedans  
they have forgotten their own vision  
that's why they are against me

what i am doing here is really  
giving people songs again, dances  
providing flutes which have disappeared  
changing crosses into flutes -- that's my work  
and of course crosses can be made into flutes  
it is the same wood -- why make crosses?  
my only desire is that we are able to transform  
all the crosses of the world into flutes  
and that every church  
starts singing, dancing, swinging  
and every church loses its seriousness  
that jealous god has to be said goodbye to forever  
we have to create a new kind of religiousness  
of sweetness, of love, of friendship, of joy

so my message is contained in the word bliss  
because it is bliss that will make you sweet  
not only you  
but it will spread sweetness all around you  
be blissful and you are religious  
be blissful and you are a sannyasin

the experience of ecstasy

is the only truth worth seeking and searching for  
when i talk about the truth  
i don't talk in a philosophical way  
not the way immanuel kant will talk about it  
or bertrand russell, or wittgenstein  
they talk about truth as a concept  
not as an experience  
they talk about truth as a conclusion of the mind

i talk about truth as joy in the heart

it has nothing to do with logic  
nothing to do with philosophy  
it has something to do with a transformation  
of your innermost core  
when your very being starts throbbing, pulsating  
in tune with existence  
when there is no discord between you and the whole  
when you are so synchronised with the whole  
that you are no more but only the whole is  
that is the moment  
when truth has been experienced

but the taste of truth is that of bliss  
when you drink truth your whole being is full  
of the taste of bliss and ecstasy  
and that taste never leaves you  
it is eternal  
it comes, it never goes  
it is forever

so i talk about truth  
the way jesus talked, buddha talked, lao t~u talked  
but not like aristotle  
not like the long tradition  
of the so-called philosophers  
kierkegaard, sartre, buber  
they are all talking about it philosophically  
it is like a hungry person  
philosophically thinking about food  
he can go on thinking and he will go on dying  
because while he is thinking he is starving  
he may think beautiful thoughts about food  
he will have tremendous fantasies about food

all kinds of dishes  
chinese and japanese and italian  
but that is not going to help  
what he needs is some real nourishment

but it happens only when you enter  
the innermost shrine of your being  
and that is the moment of truth  
when you experience bliss

it can be very easily done  
the way of philosophy is long and unending  
and the way of mysticism is short  
if one is courageous enough  
one can attain it instantly  
this very moment

the dimension of bliss  
is the dimension of absolute silence  
the same silence that prevails  
on high mountains on higher altitudes  
on virgin peaks -- undisturbed

bliss  
is not to be made synonymous only with silence  
it is silent  
but it is a silence with a difference  
it is a dancing silence  
it is a singing silence  
it is not dead  
and that too you will feel  
at the altitudes of the mountains  
the silence is there  
but the silence has a totally different quality  
it is not the silence of the cemetery  
when you go to the graveyard there is silence  
but something is dead and stinking  
we can hide it

we can make beautiful graveyards  
with marble, with trees, bushes, roses  
but those corpses are there  
howsoever we hide them they jump out  
they show their faces

with all the facades we cannot deny death  
death has happened  
death prevails there in the graveyard  
there is no song in it, there is no dance in it  
there is no music, no poetry  
it is a negative kind of silence

but the silence that prevails on the himalayan peaks  
where snow never melts  
for millions of years the snow has never melted  
where no footprints are left  
that virginity, that silence, that purity  
that crisp coolness is not dead; it is very much alive  
you can hear the heartbeat of it  
you can hear

the Sound  
of one hand  
Clapping

the same happens within when bliss is attained  
you are silent yet your silence is a song  
and that has to be constantly remembered  
if silence alone happens it is not worth much  
if song alone happens it is not worth much  
silence alone is dead, song alone is feverish  
when silence and song meet  
then the deadness and the feverishness  
both disappear  
and there is immense health, wholeness  
i call that wholeness, holiness

that has to be  
the flavour of my sannyasins  
their perfume

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## The Sound of One Hand Clapping

Chapter #4

Chapter title: None

**4 March 1981 pm in Chuang Tzu Auditorium**

Archive code: 8103045

ShortTitle: CLAPP04

Audio: No

Video: No

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the only way to honour existence is to rejoice in it  
no prayer can be real honour  
because prayer is basically a demand  
in fact deep down it is a complaint  
you are asking for something more  
it is not gratitude  
it is just the opposite of gratitude  
hence, what goes on  
in the churches and the temples  
and the mosques and the synagogues is not honour

for existence the real honour can be only one  
to rejoice  
in existence's absolute ordinariness  
in the small things  
because there are no great things  
eating, drinking, sleeping, walking, sitting  
looking at the stars or at the trees  
just small things

life consists of all these small things  
but if you know how to rejoice  
then the ordinary becomes extraordinary  
then you know the magic of transformation  
then the mundane is no more mundane  
it becomes sacred  
and to make the mundane sacred  
is the whole philosophy of sannyas

there is only one real marriage  
and that is marriage to bliss  
in fact all other marriages  
are indirect ways of reaching bliss  
but when there is a direct route  
why unnecessarily go by an indirect route?  
and the experience of thousands of years is  
that the people who go through the indirect  
never reach

there are a thousand and one obstacles  
they get distracted  
they search for bliss but they attain only misery  
they hope for heaven but what they gain is only hell

existence has to be approached directly  
not via anything, no mediator is needed  
and the direct approach to existence  
is what i call meditation  
without any mediator  
without anybody  
standing between you and existence  
when you encounter existence  
in its tremendous beauty  
bliss starts showering and it goes on showering  
it knows no end

there is only one marriage worthwhile  
and that is being wedded to bliss directly

sannyas can be defined as a marriage to bliss  
avoiding all other husbands and wives  
and when you have avoided all in between  
the philosophies, the religions, the dogmas  
it is so close  
that there is not even a single inch's difference  
the difference is created by the indirect approach  
the distance is created by people  
who are standing between you and the whole

there is no need for anybody  
no messenger, no prophet is needed  
god is yours

existence is yours as much as anybody else's

one should take an immediate plunge  
yes  
one hesitates a little before one plunges  
into the ultimate depths of life  
that hesitation is natural  
but one has to put that hesitation aside  
one has to be courageous  
and it is a single moment's courage  
that does the magic

it is just like jumping into cold water  
if you go on standing on the bank  
you can go on standing for lives  
it is only a question  
of a single moment of courage and risk  
throw off your clothes and jump in  
yes it is cold... but only for a moment  
and then it has tremendous beauty  
and tremendous freshness  
aliveness

the false aristocrat is an aristocrat because of birth  
which is not much, which has no significance  
birth is the same  
whether you are born in an emperor's home  
or in a beggar's home  
the womb is the same  
the queen's womb or the beggar woman's womb  
it makes no difference at all

the real aristocracy comes from a second birth  
that is the meaning of sujato

when you become blissful  
when you become silent  
when you become loving  
when you become aware  
when a second birth happens  
which is the birth of your consciousness

of your real being

not of the body, but of the being  
and then one has a certain aristocracy

such a person may not have anything  
he may be a beggar  
but you will see the grace of the emperor in him  
you will see him surrounded  
by a subtle aura of the beyond  
he is really born  
others are only half-born  
they are in a kind of limbo. physically born  
but psychologically still waiting for birth  
socrates says, i am a midwife  
that's exactly the function of a master  
to help you attain the second birth  
in india, when a person becomes awakened  
we call him twice-born, dwija  
one who has been born again

the first birth  
brings you out of the physical womb  
the second birth  
brings you out of the psychological womb  
the first birth brings you out of the physical womb  
into the psychological  
it creates mind  
the second birth takes you out of the psychological  
and brings you to the spiritual  
it gives you being

and being is immortality, deathlessness

the only criterion  
that the second birth has happened  
is total blissfulness  
in all situations unaffected, untouched  
by whatsoever happens around  
failure or success, richness or poverty  
youth or old age, life or death  
the wheel of the opposites goes on moving  
but the man who knows bliss  
remains centred, unmoved  
he is the unmoving centre of a moving wheel  
the centre of the cyclone

there are many kinds of beauties  
there is the physical beauty  
which is only momentary  
it may be there today and tomorrow it is gone  
in fact it is bound to  
in fact it is already going down the drain  
slipping out of your hands every moment

the second layer of beauty is psychological  
it is of intellect, of aesthetic sensibility  
the man who has a musical ear  
or the man who has the sensitivity  
of a painter in his eyes

his beauty is far deeper than the physical  
sometimes it happens  
that the person may be physiologically ugly  
for example  
socrates was very ugly, snub-nosed  
but psychologically, a man of immense beauty  
if one saw him from far away he was repulsive  
but if one came in close contact  
then one would enter  
into a totally different kind of man  
because he had such a keen intelligence  
rarely surpassed  
and such sensibility  
such aesthetic transparency  
that once you looked into his psyche  
you would completely forget his body

the same seems to be true about jesus  
physiologically he was not beautiful  
but psychologically one of the most beautiful men  
who has ever walked on the earth

but there is still a third  
the ultimate layer of beauty  
that is of being, is absolutely of your interiority  
to understand that  
seeing the body is not enough  
experiencing the person's intelligence and sensitivity  
is not enough

for that only a disciple  
one who is absolutely surrendered  
open, vulnerable, is needed

that's what sannyas is all about  
being in tune with the master  
at the deepest level of beauty  
by-passing the physiological, the psychological  
just going like an arrow  
not being stuck  
at the physiological or the psychological  
but hitting deep down  
into the very core of the master  
only then do you know the ultimate beauty  
and there resides bliss

the physiological beauty may give you pleasure  
the psychological can give you happiness  
but only the spiritual can give you bliss  
it opens the doors of the kingdom of bliss  
so one can do two things

either one discovers one's being  
and in that very discovery one becomes blissful  
or one starts becoming blissful  
and in becoming blissful one discovers one's being  
both are the same  
different aspects of the same phenomenon

if you want to enter from the first door then meditate

then be silent  
and drown yourself deeper and deeper  
down to the very rock-bottom of your being  
there you will find yourself  
and bliss  
as a shadow  
or, if that is not your liking  
the feminine mind particularly  
does not like meditation very much  
it is natural

that's why there have been very few women buddhas  
not that there is any intrinsic obstruction  
for a woman to become a buddha  
the only reason has been that all the male buddhas  
have been talking about meditation  
and meditation  
does not have much appeal for the woman  
she needs a totally different approach  
she will be more interested in blissfulness  
in something orgasmic  
in something which is closer to dance, music, poetry  
in something to which  
she can abandon herself totally  
not in something  
which is a question of self-remembering  
meditation means self-remembering  
and blissfulness means forgetting the self totally

when you begin they look opposite

remembering and forgetting are certainly opposites  
but when you reach closer to your being  
they become one  
remembering the self brings you to the real self  
the unreal self is dropped on the way  
and in forgetting the self from the very beginning  
you start dropping the false self  
a moment comes when the false self is abandoned  
and the real arises of its own accord

my effort here is to create a balance  
which has been lacking up to now  
religion has been dominated too much  
by the male mind  
it has been a calamity  
the woman has been unnecessarily deprived  
it is very difficult to find women  
of the calibre of buddha  
zarathustra, lao tzu  
difficult for the simple reason  
that the method they chose was male-oriented

so i am creating a synthesis here

those who are male-oriented  
a few women are male-oriented  
it is not necessarily so that no woman  
will be interested in meditation  
there are a few women  
who will reach through meditation  
and there are a few men  
who will reach through blissfulness  
but those are exceptions  
and exceptions cannot be counted  
they only prove the rule

so for you  
my suggestion is be more blissful  
dance, sing, be a drunkard and then it will be easier  
once the door opens for the drunken people  
then thousands of women who have been waiting  
for millions of years to become buddhas  
and they are all arriving here  
this may be the first place  
where thousands of women will become buddhas

i count courage  
as being the most significant religious quality  
although in the past  
just the opposite has been the case  
cowards, only cowards  
out of fear, afraid of death  
hell, punishment, judgement day  
have been religious

out of fear they were praying  
doing all kinds of stupid rituals, following utter fools  
but their orientation was such  
that they could not be rebellious

they were afraid of rebellion, they had to be obedient  
obedience has been taught to them as  
the most fundamental religious quality  
it is not  
it may be a quality in an army  
but it is not a quality of a religious man  
it is a subtle method of regimentation

the religious person  
has to be courageous enough to explore  
because truth cannot be given by the scriptures  
it is untransferrable  
bliss cannot be transmitted  
to you by somebody else  
you have to seek and search  
and you have to travel alone  
and you have to go onto untravelled paths  
because there are not asphalt ways  
no superhighways where crowds can go  
and buses can go and tourists can go  
one has to go alone  
and one has to create one's path oneself  
by walking on it  
the path is not already there, it is not readymade

buddha is reported to have said  
that the way of the true seeker  
is like a bird flying in the sky  
it leaves no footprints  
so no other bird can follow it  
because there are no footprints left  
there are no footprints at all  
existence always remains the same mystery  
many have experienced it  
but nobody has been able to demystify it  
nobody will ever be able to demystify it  
because when you experience it, it is inexpressible  
you cannot put it into words, into theories  
and if one is courageous  
bliss starts from the very beginning  
just the idea that you are going  
into the exploration of the unknown  
is enough to give the heart  
a new beat  
a fresh breeze, a new joy  
a rebirth, a resurrection  
truth, bliss, freedom, godliness, love

these are all aspects of one experience  
and that experience is available only  
to the courageous, to the rebellious  
be a rebel

sannyas is a rebellion  
a rebellion against all tradition  
a rebellion against all the rotten past  
a rebellion against all that is dead  
and a search for the living

a search which will need  
many many risks to be taken  
adventures to be accepted  
challenges to be encountered  
but it is a joy  
it is bliss all the way from the beginning to the end

one just has to learn the taste of exploration  
and then  
each moment becomes more and more alive  
more and more festive  
more and more celebrating  
and the ultimate celebration  
is when you have found  
that you are bliss  
that bliss is not something outside you  
that you are god  
that god is not something outside you  
that you are freedom, that you are liberation

in that moment the ultimate dance happens  
it simply explodes  
in that explosion you are lost  
and only that which is truth remains  
that truth is the longing of every heart

man has been told again and again to be perfect  
that is a wrong beginning  
to tell somebody to be perfect is to drive him nuts

that's why the whole of humanity  
is almost living in a madhouse

perfection is not something that one can achieve  
it is a by-product of blissfulness  
remember the word by-product

you cannot achieve it directly  
it comes as a shadow of blissfulness  
so i don't say to you to be perfect  
i say to you to be blissful  
and perfection will follow of its own accord  
in its own time  
and who cares for perfection?  
if you have a need  
it is only the miserable person  
who cares for perfection  
the blissful person has no need for it  
and this is one of the fundamental laws of life  
if you are in need you will not get it  
existence functions  
almost on the same lines as banking

the bank is not going to give to you  
if you don't have any need the bank is after you  
existence is always willing to give to you  
if you don't need  
the needy person is a beggar  
and existence does not like beggars  
the person who is blissful is an emperor  
and existence loves emperors

so be blissful, rejoice  
and don't bother about perfection  
it comes  
it inevitably comes  
and when it comes on its own  
it has a tremendous beauty

my only discipline is to be blissful  
no other discipline is needed  
no moral commandments  
no shoulds, should-nots  
just a simple message to be blissful  
in whatsoever you can be, be blissful  
and if one can imbibe the spirit of bliss  
then many things follow

a blissful person is bound to be loving  
you need not tell him love thy neighbour as thyself  
you need not tell him love thy enemy as thyself

because when somebody  
tries to love their neighbour  
that love is false, the very effort makes it false  
when one tries to love one's enemy  
one knows perfectly that he is the enemy  
otherwise, why should one try to love him?  
one knows he is the enemy but one has to try  
because jesus says so  
and that is the only way to reach paradise

so it has to be done somehow  
one pretends, one creates a pseudo kind of love  
and the pseudo kind of love is very saccharin  
It is not even sugar, it is not even sweet  
it is saccharin, it tastes a little bitter  
and because it is false  
the other person will immediately see it as false  
and will feel humiliated, insulted

friedrich nietzsche has said, and said rightly  
that jesus is not right when he says  
if somebody hits you on one of your cheeks  
give him the other too  
and i agree with nietzsche far more  
in that matter  
because he says  
this is very insulting to the other person  
it is humiliating  
you are trying to be superior and higher  
you are trying to be superhuman  
you are reducing the other person to a cockroach  
he is also a man, he needs equality  
you are trying to be superior

i agree with nietzsche  
if somebody hits you on one cheek  
give him a good hit on the other immediately  
that proves equality  
it does not give you the idea of holier-than-thou  
of look, you are hitting me

and i am giving you my other cheek  
you are just an ordinary human being  
i am a saint, a sage

that is very egoistic

but this is bound to happen  
if you try to cultivate qualities  
love, compassion, mercy  
when cultivated become bogus, false, facades  
they should come out of your blissfulness

yes, if you are so blissful  
that you enjoyed one hit on the cheek  
give him the other also  
not because you are being superior  
but because you enjoyed it  
that's a totally different approach  
you are telling him please, one more  
it brought me to my senses  
i loved it it made me a little awakened  
you will be obliged to the person  
because he has hit you  
you will not be condescending  
you will not be trying in any way to be superior  
if you are full of bliss, you will share your bliss  
that is natural  
but you will not be serving people  
you will be sharing

service is ugly, sharing is beautiful

when you serve somebody you hurt him  
you humiliate him  
all christian missionaries are humiliating  
they are searching for the cripples, for the widows  
what kind of people are these J  
if they don't find any widows  
or any orphans or any cripples

they will be at a loss  
what to do?  
how to reach god?  
the whole ladder has disappeared  
they are stepping on these people's heads  
they are making their way to god  
these are stepping stones, not people

a man of bliss shares  
it is not a question  
of whether the person needs it or not  
he simply shares because he has too much  
out of abundance he shares  
hence my only discipline is be blissful  
and everything else follows it

man has tried in many ways to be silent  
because the world is too noisy  
it is too much, it is very loud  
it creates great tension, anxiety, anguish

hence a natural idea arises in the mind of man  
about how to get rid of it  
how to hide yourself in some sanctuary  
monastery, mountain, in a desert  
where nobody disturbs you  
where you are left alone to yourself  
there is great need to be oneself  
to have one's own space

this is a logical conclusion  
because the world is too heavy  
and sooner or later a person feels crowded  
overcrowded, crushed, from all sides suffocated  
because of this suffocation  
religion became an escape

the conclusion is logical but not real  
not existential  
you can escape from the world  
but you cannot escape from yourself  
and the real cause of noise is within you  
not in the world  
you will quarrel with the monks in the monastery  
nuns will compete and be jealous of each other  
even in the desert, sitting alone  
a crow will start disturbing you  
and that will be enough, in a desert that is enough  
in the marketplace  
you could have forgotten the crow  
but in the desert a single crow is enough

wherever you go  
you will carry your mind, your reactions  
and if there is nothing to worry about  
you will start worrying about nothing  
what am i doing here?  
is it right to be here?  
is it good to sit alone in the desert  
when the whole world is suffering?  
this is escapism  
and perhaps i am missing something  
who knows?  
life is a great opportunity  
and i am sitting in the desert doing nothing

you will become disturbed about it

you will create new kinds of problems for yourself  
mind grows problems just like trees grow leaves  
the conclusion is logical but not real  
not of real help

so i don't suggest escapism, i suggest an alchemy  
to transform your inner being into a song  
your inner noise into a song  
because a song  
is nothing but a transformation of noise

what is music after all?  
just noise arranged in a beautiful way  
the same orchestra can drive you crazy  
just put together thirty crazy musicians  
who are not in tune with each other at all  
and that will be enough  
the same orchestra, the same instruments  
can create something celestial  
something of the beyond  
it is the same noise  
just a little different arrangement

escape is not needed  
but a different alchemy is needed

so i don't say leave the world  
i say change your attitude, your approach  
rather than searching  
for an empty space somewhere  
search for a blissful song within  
create it  
all that is needed is available  
it just has to be put in the right combination  
every ingredient is already given  
you just have to mix it  
mix it artfully. intelligently  
and once you have created  
the song of bliss within you  
you will be surprised that the whole world  
has no more difficulties for you  
you go singing in the marketplace  
you can sit in the madhouse with absolute joy  
in fact you can enjoy the mad people  
i have been doing that for my whole life  
what do you think i am doing right now?  
collecting all kinds of crazies, cuckoos  
and enjoying it, really enjoying it  
they are beautiful people  
somebody just needs to know how to enjoy them  
somebody needs a certain insight

i used to visit the madhouses  
then finally i dropped it  
because i saw that the whole earth is a madhouse  
what is the point of going behind walls  
outside the walls is the same place

once you have an inner tune  
then nothing disturbs you  
then the whole existence becomes a song  
and a song that contains silence  
a silence that contains song  
when song and silence both meet together  
the ultimate is achieved  
the Sound  
of one hand  
Clapping

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## The Sound of One Hand Clapping

Chapter #5

Chapter title: None

**5 March 1981 pm in Chuang Tzu Auditorium**

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every child is born innocent  
and brings with him a great message of the whole  
every child is a messenger of good tidings  
every child is a christ  
but before he can deliver the message  
we destroy it  
before he can utter a single word  
we start stuffing his mind with our cunningness  
before his heart opens and releases its fragrance  
we divert his energies from the heart to the head --  
and the head is never innocent  
t is always calculating, cunning; it is a cheat  
the heart is always innocent  
hence only the heart can be in  
connection with the divine  
not the head  
the head is good in the marketplace  
but not in the temple  
but people who are full of the head  
are dominating the temples also

man has completely forgotten his heart  
his heartfulness, his innocence, his purity  
and the message that he had come to deliver

my effort here  
is to give you again the same innocence  
that you had before society sabotaged it

before the society entered you  
and disrupted your whole inner being and nature

sannyas is not an effort to achieve some goal  
on the contrary  
it is a re-entry into the source

the white lily  
has a certain beauty, a certain grace  
which is unique  
because the white lily is very poor in every way  
it is not as rich as the rose  
not as rich as the lotus  
these are like kings and queens  
the white lily is very ordinary  
but In its ordinariness it has something

its very ordinariness, its simplicity  
its humbleness, its nobodiness  
is its source of grace  
it is unpretentious, it has no ego

the rose may have an ego -- it can afford it  
the white lily is just a nothingness  
and whenever one is in a nothingness  
grace arises  
grace is the by-product of being nobody  
of being just ordinary  
i exalt ordinariness  
because it is the source of all  
that is really beautiful, graceful, divine  
once you become nobody you become innocent

the very effort to be somebody  
makes people cunning and political  
the moment you drop the ambition to be somebody  
then all foolishness, then all idiocy  
then all egoistic desires are dropped simultaneously  
and suddenly there is an explosion of grace

and that grace has to be the flavour  
of my sannyasins

aristocracy can be defined in two ways  
one is the mundane aristocracy  
which is confined to a noble birth  
it is not of much value  
it has no spiritual significance  
but aristocracy can also be defined  
as a spiritual birth, a second birth  
the first birth is physiological --  
aristocratic or not, it is the same  
the second birth happens only to those who are  
really innocent and who prepare for innocence  
who are ready to receive the gift from the beyond  
who are receptive  
that's what i mean by innocence  
a preparation

the first aristocracy is cunning  
it is part of a long exploitation  
one is born in a royal family --  
that simply means one is born in a family  
of murderers, dacoits, criminals  
the longer the history of the family  
the bigger is their crime  
for thousands of years they have exploited people  
oppressed people, tortured people

their aristocracy is full of blood, it is ugly  
it is nothing to brag about  
it is something to be ashamed about

but when you are born anew  
through silence, innocence  
awareness, meditateness  
when you give birth to yourself --  
which has nothing to do with the past  
or your parents or history  
when it is your individual creativity, receptivity  
when you are individually involved with existence  
when you respond to existence  
without any ambition, desire, demand  
when you are open, available, like a mirror  
when in your innocence  
existence starts reflecting itself as it is  
without any distortion

you are born anew  
that is real aristocracy

a sannyasin has to be an aristocrat  
but with my meaning

the word innocent is very significant to me  
it is a state of not-knowing  
the knowledgeable person is not innocent  
he cannot be: he already knows  
and that very knowing gives him the ego

knowledge is the most subtle nourishment  
for the ego  
far more than money, power, prestige  
because power can be taken away  
one day you are a napoleon  
another day you are a prisoner  
the power is not something very stable  
you cannot rely upon it  
one day you are rich  
the next day you are just a beggar

respectability can be lost very easily  
because it depends on other's opinions  
their opinions may change  
and they do change every day  
the man who was the prime minister of russia  
before the revolution, kerensky --  
everybody has forgotten about him  
nobody even remembers his name  
he was the most significant man in russia  
before lenin  
then suddenly it were as if he disappeared  
after fifty years it became known  
that he was a grocer in new york  
and he died as a grocer  
when he died then the world became aware  
that kerensky had been alive for fifty years  
otherwise nobody had even taken any note  
of where he had gone, of what had happened to him

but knowledge is far more subtle  
it cannot be stolen, nobody can destroy it

nobody ,can take it away from you  
it is far more significant for the ego  
than anything else  
hence the greatest problem in becoming innocent  
is the dropping of knowledge  
money can be dropped, power can be dropped  
prestige can be dropped  
respectability can be renounced  
but knowledge -- one clings to it

i have seen people who have renounced the world  
they have gone to the mountains  
and still they are hindus, mohammedans, christians  
i asked them, you have renounced the world  
but you have not renounced the knowledge  
that the world had given to you  
what kind of renunciation is this?  
you are still a christian? --  
then how can you say  
you have renounced the world?  
you say you have renounced  
your parents, your wife, your children  
but you have not renounced all the nonsense  
that they have given to you  
you are still carrying it with you

they were not even aware of the fact  
that something of the world goes on inside them

knowledge is the penetration of the world within you  
and to drop it is the real renunciation  
so i don't say renounce the world  
i only say renounce knowledgeability  
the moment you renounce knowlegeability  
you are again a child  
and to be a child again is to be a sage  
a real sage, who knows nothing  
because he knows nothing he is full of wonder  
because he knows nothing his eyes are full of awe  
because he knows nothing everything surprises him  
now each moment is mysterious and miraculous

that's my way  
the way of innocence, the way of not-knowing

the way of living in a mystery moment to moment  
and one has to remember  
that knowledge accumulates every day  
it is like dust gathering on the mirror  
even in the night when nothing is happening  
the mirror is gathering dust  
even in the night when nothing is being learned  
your mind is gathering dust  
through dreams, nightmares, fantasies  
so one has to be constantly cleaning  
each moment one has to die to the past  
so all that has been accumulated

up to that moment, is dropped --  
again you are fresh, young, alive, childlike, innocent  
and then the whole world is yours  
then all the joys of it are yours  
then life is an eternal ecstasy  
then life is poetry, music  
then life is beauty, benediction  
all that is significant happens in innocence

the Sound  
of one hand  
Clapping

the eternal music is heard  
when there is nobody as a knower

when there is nobody, not even as an observer  
when one simply participates  
when the observer becomes the observed  
when you see the rainbow  
you are not there separate from it  
you become it  
when you see a beautiful sunset you are it  
it is the mind that divides  
when you see the sky full of stars  
it is within you, you are within it  
there is no distinction, no demarcation  
no fencing around you  
it is a dissolution, a melting, a merging  
a deep orgasmic unity  
and that is the very foundation of my message

the so-called saints i don't count as sages  
the so-called saints live a structured life  
according to certain prescriptions of others  
they are basically slaves  
they are performing certain rituals  
but doing it efficiently  
hence the people who believe in those rituals  
will call them saints  
so a christian saint  
may not be thought of as a saint by the hindus  
because their rituals differ  
their definitions differ

for example, no hindu has ever thought  
that saints should go and serve the poor --  
that has not been part of their definition  
a saint has to be served  
he is not to be a servant  
a saint being a servant is sacrilege to the hindu  
but to the christian the saint is one  
who serves the poor, the down-trodden

there are three hundred religions in the world  
and three hundred definitions of saints  
all those definitions are manufactured  
according to certain tradition  
certain scripture, certain ideology  
and the man who lives  
according to such traditions  
ideologies and scriptures  
is not really a man  
what to say about his being a saint? --  
he is not even a man  
he is just a robot; he has no guts

the sage is rebellious  
he is always outrageous to the traditional mind  
no tradition will respect him  
it cannot, because he will not fit  
with anybody's expectations  
and he does not care either  
a real sage lives in such joy  
who bothers whether people respect you  
or insult you?

whether they crown you or crucify you?  
it doesn't matter, not in the least

a sage is one  
who lives according to his own innocent heart  
not according to anybody else's dictates  
it is an individual rebellion  
and only through individual rebellion  
do you attain to the ultimate soul  
the ultimate flowering of your being

be innocent  
that means be without any traditional garbage  
and be a rebel  
that means risk everything to be an individual  
and if one can gather that much courage  
then only does something meaningful happen in life  
otherwise it is just a long, long, slow suicide  
not life at all

it is possible only for the child  
to attain union with the whole  
because the child  
has not yet grown a hard core around himself  
he is flexible  
he has not yet got encapsulated in an ego  
but the way society exists, no child can manage it

because the child is helpless  
he depends on the parents  
and the parents are either christian  
hindus, mohammedans  
communists, fascists and what not  
and they are bound to stuff their nonsense  
into the mind of the child  
the child is the most exploited person in the world

but there is a possibility  
it is the only possibility  
that later on  
when you become a little more independent  
when you can stand on your own feet  
you can discard all that has been forced upon you  
you can again become a child

and that is the beginning of sannyas  
becoming a child again  
is the greatest experience in life

and then the second thing is very simple  
if you can discard the boundaries  
suddenly the dewdrop slips into the ocean  
and becomes the ocean  
or vice versa is also true  
the ocean slips into the dewdrop  
and becomes the dewdrop  
that meeting is called yoga  
and one who attains that union is a yogi

so don't go for the cheap  
third-rate definitions of a yogi  
somebody standing on his head  
thinks he is a yogi  
he is just stupid  
somebody distorting and contorting his body  
and doing gymnastics  
thinks he is doing yoga  
he is just deceiving himself  
by all these gymnastics  
one cannot attain to the ultimate union  
the only way to attain to that union  
is through innocence  
innocence is the door to god  
and there is no other door, remember

mind can never be contented  
that is not its nature  
its very working is through discontent  
mind means asking for more and more and more  
ad infinitum  
the mind is a beggar  
the mind is a bowl of a beggar  
and not an ordinary bowl either  
it has no bottom in it  
so you go on dropping things into it  
and they go on disappearing  
and the bowl remains as empty as ever

but the heart is an emperor

because the heart already contains  
the kingdom of god within it  
it never asks for more -- it cannot ask  
because there is not anything more possible  
than it has already got

to know one's heart is to become contented  
utterly contented  
but to know the heart one has to become innocent  
one was born innocent  
hence one can again become innocent  
it is just a rediscovery of one's real nature  
it is not something that has to be achieved  
it is not far away  
it is just inside us, covered with junk  
that junk can be removed  
and it is so simple to remove it  
once you recognise it as junk  
the very recognition that it is all rubbish is enough  
and you start shovelling it away  
and the moment you discover your innocent core  
you have discovered the ultimate treasure of life  
call it god, nirvana, enlightenment  
but those are all words  
in fact it is so vast  
that it cannot be contained in any word at all

the sannyasin has to make just a small trip  
from the head to the heart

from the artificial to the natural  
from the arbitrary to the spontaneous  
from the social to the individual

i throw my sannyasins from their collective mind  
to their individual core  
and that to me is the greatest revolution  
no other revolution can be compared with it  
because it is only through this revolution  
that you attain  
a transcendental, ecstatic existence  
that you go beyond death  
that you go beyond time  
that for the first time you experience the eternal

and that very experience is the whole purpose of life  
the whole and the sole purpose of life

we are living in a bondage  
of course the bondage is very subtle  
the walls of the prison are not outside you  
hence you cannot see them  
they are within you  
they have been implanted inside your skin  
but they are keeping your soul in a cage  
so you walk  
you go from one place to another place  
nobody prevents you  
and you never see  
that there are chains on your hands  
that there are guards  
who will not allow you to go beyond  
a certain boundary  
hence there is an illusory kind of freedom  
one goes on believing that one is free  
but the society has learned very cunning methods  
through millions of years of time

they have found ways to chain you from inside  
not with iron chains but by thought chains  
not with iron walls but by ideologies  
scriptures, philosophies, theologies, religions  
they have nailed you within  
and the most cunning thing  
is that they have put you on guard  
they call it conscience  
if you start doing something  
against what they want you to do  
somebody inside you, a voice says  
don't do it  
that is not your voice  
that is the voice of the collective mind  
and you feel afraid  
you feel as if god has spoken to you  
as if god is preventing you  
it is just a social trick, a very crafty phenomenon

it is not your conscience  
it has nothing to do with god  
but the society goes on manipulating you

from within  
don't do this, don't do that, do this  
even against yourself you go on doing things  
and even if you want to do certain things  
you don't do them because  
the conscience prevents you  
and you believe that the conscience is yours

that is the first thing to be dropped  
by a sannyasin  
the conscience is not yours, it is your prison

the conscience is nothing but slavery  
once you drop your conscience  
then you discover your consciousness  
hidden behind the prison of conscience  
is the freedom of consciousness --  
and consciousness is innocent  
the moment you discover your consciousness  
you discover your freedom  
and to know freedom  
is to know the greatest joy in life

meditation is only a method  
of undoing what the society has done to you  
sannyas is a change of gestalt  
from conscience to consciousness  
and the method is meditation

the society has used mind as the method  
to remove you from consciousness to conscience  
what i am trying to do here  
is just the opposite of it, the very reverse of it  
using meditation as a process of shifting you  
back towards your original nature  
towards your original face  
from conscience to consciousness  
from bondage to freedom

the innocent person  
does not have to cultivate simplicity  
if it is cultivated it is false  
anything cultivated is always false  
let that be a criterion to judge by

never cultivate anything  
simplicity, humbleness, compassion, love, purity --  
if you cultivate them  
you are creating something arbitrary  
they are not to be cultivated  
seek and search for the innocent within you  
seek for the source

that you had come with into the world  
go back to that original point

the moment you touch  
the original point of your being  
something starts radiating  
many rays start arising out of that centre  
those rays will contain  
the whole spectrum of simplicity, compassion  
love, joy, beauty, grace, godliness  
but they all come as a by-product  
as consequences of discovering one's own being

hence i don't give you any discipline  
i simply give you an insight into your being --  
and that's enough  
the function of the master is fulfilled  
if he can give you the insight  
to see your spontaneous nature  
then everything else follows of its own accord  
and when things come of their own accord  
they have tremendous beauty  
then there is grace and grandeur  
and something of the virgin beyond

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## The Sound of One Hand Clapping

Chapter #6

Chapter title: None

**6 March 1981 pm in Chuang Tzu Auditorium**

Archive code: 8103065

ShortTitle: CLAPP06

Audio: No

Video: No

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mind is never pure  
by its very nature it cannot be pure  
its whole strategy is of cunningness, calculation  
mind is fear-oriented, it is a defence mechanism  
it cannot trust existence, life, love  
it cannot trust anything  
it only doubts, it is suspicious  
and the suspicious, doubting one can never be pure  
purity is the quality of the heart

just as mind is intrinsically cunning  
the heart is intrinsically innocent  
mind can be knowledgeable, heart can be wise  
mind can be learned  
the heart can be childlike, innocent  
and all that is great happens in the heart  
not in the mind

sannyas is initiation into the ways of the heart  
it is getting out of the imprisonment of the mind  
and entering into the freedom of the heart  
it is a simple process  
all that is needed is a little courage to trust  
a little courage to put doubts aside  
a little courage to risk  
and then miracles start happening  
and they go on happening each moment  
life becomes just incredible

a long, long, orgasmic ecstatic joy

mind stinks  
it cannot avoid it, its very functioning is rotten  
it lives on the old, the dead, the past  
it feeds on corpses  
hence there is no possibility of fragrance  
as far as mind is concerned  
and all people are living in the mind  
hence life has become a chaos  
a very muddy, confused affair  
it has lost all the celebration  
no flowers grow anywhere  
as far as human consciousness is concerned  
only thorns, bloody thorns

but hidden  
behind the thick layers of the mind and its crap  
is a beautiful source  
which we have brought from the beyond  
our heart  
it is still beating  
its beat goes on becoming farther and farther away  
because the mind goes on accumulating junk

you cannot hear its beat, you cannot taste its joy  
its fragrance is ready to be released  
the hindrances have to be removed  
and the only hindrance is the mind  
all other hindrances are part of the mind  
greed, jealousy, desire, possessiveness, anger, ego  
these are all aspects of the mind

rather than fighting with each aspect separately  
which is an unnecessarily long process  
maybe unending  
the best way  
is to cut the whole mind in a single blow  
that's what sannyas is all about  
beheading yourself

and the moment you put the whole mind aside  
and it is only a question of decisiveness  
immediately something new

which has never been felt within you  
starts arising  
a fragrance  
life starts becoming a light unto itself  
life starts taking the colours  
the rainbow colours of love  
festivity, music, poetry, creativity, sensitivity  
the same energies which were involved  
in greed, anger, possessiveness, jealousy  
are released  
and the same energies start moving  
into a totally different terrain, into a new dimension

all that is needed on the part of my sannyasins  
is to shift their energies  
from the head to the heart  
trust the heart, try to live the heart  
wherever it leads go with it  
without any doubt, without any fear  
follow the heart and you will be following true religion  
follow the mind  
and you will be following  
christianity, hinduism, mohammedanism  
all untrue religions

the true religion is basically individual  
and the untrue is collective  
mind is part of the collective  
and the heart is your individual source

people are living a life of curse  
and nobody else is responsible for it  
that is the strangest thing about it  
they themselves are responsible  
they have got caught in a pattern, a vicious circle  
they go on moving in the wheel  
clinging tightly to the wheel  
and the wheel is crushing them

mind is a wheel with many spokes  
but exactly in the centre of the wheel  
there is something unmoving  
unless we touch that centre  
that unmoving centre of all movement

we can never feel the benediction of existence

it is always there, within our reach  
any moment we can dive deep into it  
but we cling to the wheel  
and the faster it moves the more afraid we are  
and so we cling more tightly  
we cling to our doubts  
not seeing a simple fact  
that a person who lives in doubts cannot be blissful  
doubt can only create misery because it is negative

it is darkness  
it is not light  
it can create suspicion, it can create fear  
it can create a persecution-mania  
it can create violence  
but it cannot create bliss

but still people brag about their doubting mind  
they think it is something great  
they talk about their scepticism  
they think it is something philosophical  
it is sheer stupidity but they make much fuss  
because they have made it an investment of their life

they cling to their greed  
knowing perfectly well that it is unfulfillable  
and when you cling to something  
which is unfulfillable  
you will remain miserable  
wherever you are misery will haunt you  
you will be asking for more and more  
and whenever you ask for more  
you will feel frustrated  
because it is never coming  
even if it comes your demand grows  
the demand grows in the same proportion  
so you remain as hungry, as beggarly as ever  
and this is the case with everything  
anger, pessimism  
always seeing the negative side of life

there are people

if you take them to a rose bush  
they will count the thorns  
first they will count the thorns  
roses don't matter; what matters is thorns  
and then their fingers are bloody  
and they are hurting  
and then they become so angry  
and their eyes become so antagonistic  
towards the rose bush  
that it becomes impossible to see the roses  
a thick fog of anger surrounds them

this is our doing

a sannyasin has to be aware of all this nonsense  
if you go to a rose bush, dance around it  
look at the roses  
rejoice in the roses  
see the miracle  
amongst thousands of flowers  
a rose has blossomed  
what more mystery can there be?  
jesus walking on water is nothing compared to it  
in fact if you walk on water you will only look silly  
a rose growing in the thorns is really a miracle  
and once you have seen the rose, the positive  
you are shifting your gears  
from the mind to the heart  
from cunningness to innocence  
from negativity to positivity  
and then life becomes an eternal song

the purest experience in life is that of love

sex is not love, it is biological  
prayer is not love, it is theological  
the first -- sex, which is misunderstood  
by many as love  
is below human consciousness  
it belongs to our past, it is just a hangover  
the second is only a fiction -- the prayer  
that, too, really belongs to our past  
out of fear man started praying to god  
in fact, out of fear he created god

god is nothing but fear personified

so one is biological  
another is just religious, superstitious  
between the two is the golden mean  
something of immense value  
that is love  
it is more than sex and more than prayer  
it is the fragrance of human consciousness  
it is the flowering of consciousness itself  
hence i put love  
as the highest expression  
of all that is great

jesus says god is love; i say love is god  
because when you say god is love  
that simply means  
god may have many other qualities  
love is only one of the qualities of god  
god is important, love is only one of the aspects

to me love is god  
love is the real thing  
godliness is only one of the qualities of love

my message is  
beyond biology and beyond theology  
my message is  
simply that of expanding human consciousness  
and love  
is nothing but sharing of your consciousness  
with as many people as possible  
not only with people, with animals, with trees  
with birds, with clouds, with stars  
the whole emphasis is on sharing  
not with whom  
the address is not important  
sharing  
the sheer joy of sharing your being is love  
and that is the purest phenomenon  
the holiest of the holy  
the most sacred  
and it is hidden in the very ordinariness of our lives  
so we are not to go anywhere to search for it

we have to dig it  
now and here  
and within ourselves

the heart is naturally contented  
it never asks for more  
whatsoever is, is more than enough  
mind is naturally discontented  
whatsoever is, is never enough  
more is needed hence mind lives  
in a constant struggle with existence  
never at ease, always tense  
always anxious, worried  
anguish has become its very centre

just the opposite is the case with the heart  
there is no conflict, no struggle  
as each moment unfolds the heart lives it with joy  
with gratitude, with immense thankfulness  
because it is a gift of the whole  
we don't deserve it at all  
if next moment i die  
there is no court of appeal for it  
i cannot say to anybody  
why  
why could i not exist for a few minutes more?

we all know it  
still we go on taking for granted

whatsoever is given to us  
this is one of the ugly traits of the mind  
it never feels grateful  
hence mind can never be religious  
gratefulness is the core of religion, the very core

move from the discontented world of the mind  
to the contented world of the near  
and small things are so blissful  
just a cup of tea  
just sipping the tea, savouring its taste and flavour  
is as great an ecstasy  
as any buddha has achieved in his samadhi

there is no difference at all  
the question is not  
whether you are sitting underneath a tree  
and meditating  
or sitting in your room and sipping tea

the question is of the heart  
if the heart is contented in the moment  
then whether under the tree, in the mountains  
or in the room, it makes no difference  
the contented heart knows the beauties of existence  
the mysteries of life  
all the doors open for it  
existence is closed for the mind  
open for the heart  
existence is closed for the cunning  
open for the pure

god to me is not a person  
but only a presence, an experience  
like love, like joy, like beauty  
you cannot encounter joy  
you cannot meet joy and say, hello how are you?  
you cannot because joy  
is not something separate from you  
joy is an experience, so is the case with joy

so my expression for god is godliness  
linguistically, gramatically, it does not look right  
so i go on using the word god  
but whenever i use the word god i mean godliness

purity is godliness  
and by purity i don't mean a moral purity  
following the ten commandments  
you become pure  
that is not purity; that is sheer cunningness  
those ten commandments are basically jewish  
it is a business proposal, it is pure business  
it is arranging for the other world  
creating a bank balance there  
if god wants these things to be done  
only then you will be allowed in  
so okay, we will do these things

but it is only a doing  
not your being  
at the core of your being you remain the same  
following all the commandments  
and the real purity is not of doing but of being

one has to be innocent in the being  
then who cares about the heavenly pleasures  
and who cares about paradise?  
then paradise is herenow  
then it is not a question of tomorrow  
so i don't teach the purity  
of so-called moral disciplines

i only teach one purity  
the purity of changing the gestalt  
from the mind to the heart  
becoming more heart-full is becoming pure  
becoming less mind-full is becoming more pure  
the moment mind is completely gone  
and there is only heart -- throbbing, dancing  
you have arrived home  
and that is the moment  
the presence of godliness is felt  
not something outer to you  
but something within your very soul  
a flame of your own consciousness

purity is a light  
mind is always a dark night of the soul  
there is no dawn in it  
the night continues, it is an eternal night  
darkness is its very nature  
the heart lives always in the dawn  
it is always light there  
so it is not a question of bringing light to the mind  
the question is changing  
the altitude of your existence  
changing the plane, the dimension

if one remains in the mind

one will remain in darkness  
if one changes from the mind to the heart

suddenly the light bursts forth  
it is like standing in the sun with closed eyes  
you are in darkness and there is light everywhere  
you are creating your own darkness  
by closing your eyes

just open the eyes and you start laughing  
you see the ridiculousness of it all  
that you were the cause of your darkness  
that light was always there  
and you were unnecessarily missing it  
it was showering on you, available  
but you were preventing it from reaching you

mind is a barrier to light  
and we are making great efforts  
to make this mind bigger and bigger  
the whole educational system  
consists only of making this mind bigger and bigger  
one-third of a human life  
twenty-five years are wasted  
just puffing the balloon of the mind  
bigger and bigger  
and it is an empty balloon, there is nothing in it  
nobody has ever achieved anything in it  
not a single human being in the whole of history  
has said, i have attained contentment through mind  
blissfulness through mind

immortality through mind  
truth through mind, love through mind  
not a single statement, without any exception.  
mind has proved utterly impotent  
but still we go on carrying the old, rotten tradition  
of making it bigger and bigger

that man is almost crushed underneath it  
the mind has become mountainous  
and man is not even able to crawl out of it  
but because we have created it  
and because it is only an empty balloon  
just a pinprick is enough  
nothing else is needed

sannyas is that pinprick  
and the balloon bursts  
and suddenly there is rejoicing  
as the air goes out of the balloon  
the hot air -- and it is very hot --  
suddenly a cool breeze starts arising in you  
instead of darkness, light  
instead of a burdensome life, a dancing quality  
instead of living for tomorrow  
the joy in the moment  
the freshness of the moment  
the beauty of the moment, possesses you  
and to be possessed by the moment is all  
there is nothing more to it

the greatest experience in life  
is the experience of being nothing, nobody  
people are trying to be somebody  
in some way or other  
in worldly ways, in other-worldly ways  
through money, power, prestige,  
knowledge, austerities  
but the desire is the same  
to be somebody in particular, to be at the top

it is such a childish game  
the politicians are involved in it  
the saints are involved in it  
the politicians can be forgiven  
because they are basically stupid people  
but how to forgive the saints?  
they are also on the same trip  
of being somebody special

when jesus was leaving his disciples  
the last question they asked was  
now that you are leaving us  
you are being caught and you may be crucified  
we have only one enquiry  
that in the kingdom of god, of course  
you will be at his right hand  
but who will be next to you?  
do you see these fools?

their desire, the whole ego trip

sannyas is seeing the foolishness of the ego trip  
and the very seeing is transforming  
the moment you see that it is utterly stupid  
there is no point in being somebody  
one is perfectly beautiful as one is  
and the more you are a nobody  
the more you are at ease, relaxed  
the more you are a nothingness  
the less there is any possibility  
of worry, anxiety, anguish  
nothingness cannot be stirred into a worry  
for what?  
there is nothing to lose  
there is nothing to be afraid of  
there is nothing to miss

the man who has achieved nothingness  
is really the richest man in the world  
he is really in the kingdom of god  
he is really an emperor  
and we are all entitled to achieve it  
we just have to be a little more clear  
about the whole trip in which we have been forced  
by the society, by the parents  
by the people who have surrounded us  
by the people who have conditioned us  
we just have to see the point  
that we have been dragged  
into an unnecessary turmoil  
then drop out of it and drop in

drop out of the game of the ego  
and drop into your pure nothingness  
and suddenly a revolution, a sudden transformation  
we have called this experience enlightenment  
buddhahood, awakening  
the ego trip is a dream  
the moment you are ready to be nothing  
the dream disappears  
and then each moment  
has such a crystal clarity to it  
such immense truth in it  
that one cannot feel cheated by existence

one cannot doubt even for a single moment  
that life is meaningless  
life becomes so full of meaning

so brim-full, overflowing  
that for the first time consciousness  
starts growing flowers  
for the first time the spring comes  
hence i have chosen the colour for my sannyas  
the colour of the spring in the east

mind can compose many songs  
but they will be only compositions not creations  
words can be arranged  
in a certain rhythm, in a certain metre  
but that is only the appearance of a song  
that is not the way to arrive at the real song  
it is a plastic flower, put together  
it has not grown, it has not blossomed

in the east we have two words for the poet  
one is kavi which literally means the poet  
another is rishi which means a seer

the poet belongs to the mind  
he composes songs, music  
creates dances, sculpture, painting  
the seer moves to a different centre of his being  
from the circumference to the centre  
and when he is at his own heart  
the purest spot in his being, the virgin spot  
where nobody can enter except oneself

which is absolutely private  
uncontaminated by any influence from the outside  
there is no way to condition it  
no way even to touch it  
when one reaches  
that purest virgin spot of one's own being  
then creativity erupts  
then one does not compose a song  
one simply sings it, hums it  
it comes of its own accord

then the dance happens  
you are just a witness to it, not a doer  
then creativity becomes your very life  
then whatsoever you touch starts changing into gold  
you may be appreciated or not -- that is irrelevant  
people may understand, may not understand  
there is every possibility  
that you may not be understood  
you may be misunderstood  
more often than understood  
because you will be speaking  
a totally different language  
and people understand the language of the mind  
and you will be speaking  
some foreign tongue to them  
of the heart

mind is all sound, sound signifying nothing  
a tale told by an idiot, much ado about nothing  
but mind creates much dust, so much  
that in the clouds of mind-dust  
one tends to forget everything  
it is very clever and efficient in creating fuss  
for any reason or no reason at all -- it is fussy

if there is some reason -- good  
if there is no reason, it can always invent  
it is very inventive but it goes on making noise  
if you watch your mind  
you can see how much noise it makes  
continuously, day in, day out, year in, year out  
it starts kicking in the mother's womb  
till it kicks the bucket, goes on kicking  
but just close by it there is a small spot  
which is absolutely silent  
which makes no fuss, no noise  
and that is your heart  
and that is your purity  
that is your innocence  
and out of that innocence  
is the experience of godliness

out of that innocence the celestial music is born

the Sound  
of one hand  
Clapping

there is no conflict  
hence there are no hands clapping  
there is no clash, otherwise it will also create noise  
it is absolute silence, but silence is not dead

the silence has its own rhythm  
its own vibe  
its own music  
its own beauty  
and its own blessing  
hence in the east it is called  
anahat nad  
anahat nad means unstruck sound

the Sound  
of one hand  
Clapping

one hand clapping does not make any sound  
but it indicates something tremendously significant  
there is no clash, no noise  
but there is music, great music  
here is a dance in the heart  
the very heartbeat  
starts having a subtle rhythm to it

you cannot share it with anybody else  
it is unsharable  
it is a secret  
you can experience it, you can live it  
but you cannot say it  
you can show it but you cannot say it  
hence my sannyasins will feel embarrassed  
everywhere in the world

whenever people ask  
what has happened to you  
why have you gone crazy?

they will not be able to answer  
it is impossible to answer  
they have tasted something, they know the taste  
it is on their tongue, but it is inexpressible  
they have fallen into a certain dance  
they have enjoyed a certain silence

but it is not possible to put it into words  
all words are inadequate  
but who cares?  
when somebody asks you  
what has happened to you?  
sing a song, dance, laugh, roll on the ground  
do something  
rather than saying, show something  
show your bliss, show your benediction  
maybe, if somebody is still alive  
something in him may respond  
something may be triggered in him  
something may start synchronising with you  
maybe your laughter  
can trigger a belly-laughter in him  
maybe your song can hit a new space in his being  
you may become a catalytic agent  
that's all sannyasins can do

my sannyasins cannot be missionaries  
they can only be catalytic agents

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## The Sound of One Hand Clapping

Chapter #7

Chapter title: None

**7 March 1981 pm in Chuang Tzu Auditorium**

Archive code: 8103075

ShortTitle: CLAPP07

Audio: No

Video: No

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a life without love is life without life itself  
it is just lived at the minimum  
somehow lived, in fact a drag  
it is boredom, meaninglessness  
it is simply waiting for nothing to happen  
waiting for godot  
and godot never comes -- what comes is death

the man without love is born dead  
lives dead, dies dead

it is a long process of death  
but love brings a transformation  
love is like spring  
suddenly hidden sources start flowing  
for the first time one feels the thrill of existence  
the adventure, the immense call of the unknown  
and a tremendous desire to plunge  
into the ocean of existence  
that's exactly what love is  
a longing to meet with the whole  
and in that very longing  
life starts reaching higher peaks  
it starts becoming a living fragrance  
there is no other purpose  
life itself is its own end

my sannyasins have to remember it continuously

because for centuries  
the people's minds have been diverted  
life has been made a means to some other end  
and life is not a means  
it is an end unto itself  
and the moment life is an end unto itself  
it is nothing but pure love

love is the taste of the real person  
the authentic person  
his vibe, his flavour, his fragrance

love brings many gifts, unaccountable gifts  
an unending procession of gifts  
these are a few of the gifts of love  
one becomes just -- only love can be just  
love cannot be unjust by its very nature  
it cannot harm, it can only help  
it cannot be prejudicial; it is absolutely impartial  
it never uses the other as a means

that is reducing the other into a thing  
into a commodity

love respects  
love has no possibility  
of ever reducing people into things  
they are respected as divine beings  
as personifications of godliness  
and you cannot be unjust  
when you think of the other as divine  
and the moment your life is full  
of love and justice  
there is glory, there is great rejoicing in your being  
there is a simple law of life  
if you harm others  
you cannot be happy, you cannot be blissful  
if you harm others  
the harm will come back to you multiplied  
if you help, the same is also true

whatsoever you give comes back a thousandfold  
so once a person starts sharing his love, his joy

he is showered by existence  
from all nooks and corners  
flowers start raining on him  
he becomes enthroned  
he becomes glorious

there is no other glory  
compared to the glory of love  
even the greatest emperor is a pauper  
in comparison to a lover  
he may have all the riches of the world  
he may have conquered the whole world  
but he has missed his own heart  
deep down he is just darkness  
there is no light within him  
his life may be surrounded by many many pleasures  
but deep down there is a wound  
a cancerous wound  
his love energy has not become a flower  
and when love energy remains unflowered  
it turns into a wound  
it turns into pus, it stinks  
hence the politicians stink, they are bound to  
they are the people without love  
the great conquerors  
from alexander to napoleon, to adolf hitler  
they all stink  
for the simple reason  
that they have missed flowering  
their spring has not happened

love is my simple message  
no other gospel is needed  
love is enough, more than enough  
it is the whole alchemy of transformation

mind knows no contentment  
because mind is without love  
and contentment is a by-product of love  
mind is logic -- logic is basically discontentment  
it is argument with existence, it is not agreement  
even if logicians agree, they only agree to disagree  
their fundamental approach is of disagreement  
mind is in a constant fight

and of course, fighting with the whole  
is doomed from the very beginning --  
you cannot win  
how can a small wave of the ocean  
hope to win against the ocean?  
the very desire is simply insane  
and mind breeds all kinds of insanities  
but they all start from the seed of discontentment

a sannyasin has to shift his energy  
from the mind to the heart  
from logic to love

the moment you are loving  
you are starting to agree with existence  
that's what love is all about an agreement  
not reluctantly done, joyously done  
not unwilling done, but dancingly done  
with great relish and gusto  
as if one is coming home

the existence is our home  
the very idea of struggle and fight is stupid  
there is no point in it  
i teach harmony  
be in tune with existence  
with trees, with the wind, with the rain, with the sun  
be in tune  
and wherever you find yourself disagreeing  
remember you are at fault  
existence is always right

so whenever you are miserable you are wrong  
drop your wrong  
don't try to correct existence, that cannot be done  
that which cannot be done should not be tried  
because that is a futile effort  
don't be american

the american philosophy is  
try it and try it and try it again  
i say, try it, try it, but don't try it again  
otherwise you will look silly

twice is enough, thrice is too much  
and if you go on trying then you are just being stupid  
give it a try, perhaps a second try  
but then enough is enough  
then stop trying and start enjoying

struggle is not the way of love, harmony, accord.  
the moment you are in accord with the whole  
life becomes a tremendous contentment  
so deep, so unfathomable, so immeasurable  
so indefinable, so inexpressible  
and we are all searching for it but searching in a  
wrong way, in the american way  
it can be found right now  
but you have to put your struggle aside  
relax  
and suddenly it is there

i know only one prayer  
the prayer that comes as a shadow of a loving heart  
a by-product of love, a consequence of love  
it has not to be done, it happens  
it is not addressed to anybody  
it is an unaddressed thankfulness to the whole  
to all that is  
and remember, it is unexpressed  
words won't help

words are very small and love is vast  
as vast as the sky itself  
you cannot force the sky into a word  
so all prayers which consist of words  
are man's inventions  
but there is a prayer which does not consist of words  
which has never been said  
which will never be said  
but which has happened many times  
and will go on happening many times

it happens when you are in total love  
when there is nobody holding back  
when you have gone completely into the whole  
with no conditions, with no strings attached

with no demands  
when you have relaxed yourself  
surrendered yourself to the ultimate unity of things  
to the celestial music  
and you have just become a simple note in it  
no longer carrying any separatehood  
just a simple harmonious part of it  
then there is prayer  
that prayer can only be defined as  
unexpressed gratefulness  
unsaid thankfulness

compassion without love is hypocrisy  
one can practise it, cultivate it

that's what christian missionaries go on doing  
all over the world  
it is compassion without love  
of course there are motives hidden behind it  
because love is missing  
so some motive is bound to be there  
the motive is to reach heaven  
to attain to heavenly pleasures  
it is a business, it is a bargain  
here we sacrifice  
there we will get more than we are sacrificing  
with all the interest due

and here is only a small life  
and there you will attain to pleasures  
for infinity, for eternity  
it is really a lottery  
giving just a small coin  
and then getting millions of dollars out of it  
it is gambling  
but these gamblers  
have been praised down the ages  
as saints  
they are simply business people

to me compassion without love is pseudo  
and has been the cause  
of many mischievous deeds on the earth  
love has to be the beginning of real compassion

when it comes out of love then there is no motive

then it is unmotivated  
and anything unmotivated has a sheer beauty  
when you do something  
just because you love to do it  
for no other reason at all  
nothing has to be gained out of it  
you may in fact lose something  
but you cannot gain anything  
still you want to do it  
because it is such a joy to do it  
then compassion is a healing force  
then whomsoever it touches it heals  
then whomsoever it comes close to it transforms

so i don't say cultivate compassion  
i say be loving  
and compassion will come of its own accord  
when you find it following you of its own accord  
then welcome it, but never cultivate it  
never try to be of service to people  
these do-gooders are the most dangerous people  
in the world  
these are the criminals  
in the name of beautiful words  
they are dominating humanity  
of course when you serve somebody you oblige him  
you become higher, he becomes lower  
you have really humiliated him

but love never humiliates  
in fact it exalts  
so it is not a question of serving  
it is a question of living your love  
it has nothing to do with the other  
it has something to do with your innermost being  
you are so full of love that you want to share it  
just like a rain cloud  
so full of rainwater it wants to shower  
it is not much concerned where, on whom  
it will shower on the rich  
it will shower on the poor  
it will shower on the rocks  
it will shower on the soil

it will simply shower  
unconcerned on whom it is bestowing  
on whom it is showering its richness  
in fact it is not obliging anybody  
on the contrary it is being obliged by everybody  
whosoever is receiving its showers is obliging him

a real man of love  
is continuously obliged by everybody  
whosoever greets his love, receives his love  
it is a totally different dimension  
it starts by being loving  
not by being compassionate  
all the religions in the world  
have been doing just the opposite  
they teach you to be compassionate  
then you will be loving  
i say to you  
be loving  
compassion comes on its own

love should not be an idea  
it should be just pure living  
one should not think of love as a far away ideal  
that has to be achieved somewhere  
in the future, tomorrow  
it should be something immediate  
like breathing

you don't postpone it for tomorrow  
you don't say, i will breathe when i have time  
or when i retire  
or when i am finished with other important things  
breathing can wait  
but that's what people are doing with love  
and love is exactly the breathing of the soul  
just as breathing is for the body  
love is for the soul  
don't postpone it  
not even for a single moment  
if there is a choice  
whether to postpone breathing or love  
then postpone breathing  
because you will not lose much

but don't postpone love  
that is the very essential core of life

each moment  
find ways of how to breathe love  
and there are infinite possibilities  
one just has to look for them  
and they are there, they have always been there  
we have been avoiding

a sannyasin starts changing his valuation  
he changes his gestalt  
it is like you are reading a book  
you jump from one word to another word  
and you always miss the gap between the words  
which is always there  
you can change the gestalt  
you can start jumping from one gap to another gap  
leaving the words  
and then you will be surprised  
it is the same book  
but the message is totally different  
then you can read the gita, bible, koran  
but you will be reading the same book  
the book of nothingness  
then whether you read hebrew or latin or greek  
does not matter  
because you are reading only the intervals  
which are neither hebrew nor sanskrit  
nor greek nor latin  
which are simply gaps

the same is true about our life  
we have to change our gestalt  
we look for misery, we find it  
start looking for joy and you will find it  
we look for thorns and they are there  
start looking for flowers  
and they have always been there  
just waiting for you to look at them

love should be our continuous choice  
find out ways and means in every situation  
so that you can love

even a person who is very repulsive to you

may have something that you can love in him  
once it happened  
a man died  
he was the worst man of the town, the most hated  
and the ritual of the town was  
that before a person can be burned  
somebody should speak in praise of him  
but there was nothing to say in praise of that man  
everybody was looking at each other  
what to say  
because whatsoever you say will be wrong  
and nobody wanted to say anything in praise  
of that ugly man; he has been such a torture  
they were all feeling relieved  
that at last they were finished with him  
but the burial could not start  
finally, one man stood up  
and he said, this beautiful man is dead  
he was beautiful  
as far as his four other brothers are concerned  
remember those four who are still alive  
in comparison to those four  
he was the noblest person you can think about  
and the whole crowd clapped and appreciated  
this was a truth  
they had completely forgotten  
about the four who are still alive  
you can always find something  
even the worst man  
you just have to look for it

and you can also find the worst in the best man  
you just have to look for it  
it is only a question of outlook

a sannyasin has to choose all those aspects  
of life and people  
which create a response in you of love  
so slowly your life becomes a continuum of love  
from one moment to the other  
it starts growing deeper and deeper into love  
when you've reached the unfathomable  
you have come home

unfathomable love is the ultimate secret of life  
but the journey begins now

love is the most beautiful phenomenon in existence  
flowers are beautiful  
rainbows are beautiful  
stars are beautiful  
but they are nothing compared to love  
because they are all material manifestations  
love is the manifestation of consciousness  
it is the flower of consciousness  
it is all the colours of the rainbow  
but its constituent factors are not material  
but non-material  
it is all the light of the stars, but stars die  
sooner or later they will go out of life  
continuously they are fading out

love has an eternal source of light  
it never dies, it is immortal  
hence its beauty is divine

to love is the only religion there is  
all other religions are a hindrance to love  
naturally, because they are competitors in the  
marketplace  
they are all against love  
they know certainly that if love wins  
then mohammedanism, christianity, hinduism  
all are gone  
so they will not allow love  
they will cripple and paralyse love  
in every possible way  
that's what they have been doing  
for thousands of years  
they have poisoned the very source of love  
my effort here is to purify your sources of love  
to bring you back the gift  
that you had brought with you  
from your very childhood  
it has to be refined, purified, it has to be reclaimed  
once you have started living  
just a little bit of love and that's enough  
that small flame of love is enough

then the whole forest of your life will be aflame

love can be lived but cannot be known  
love can be experienced but cannot be measured  
love can be tasted but cannot be expressed  
it is indefinable  
it is the most mysterious experience in existence  
and the most glorious  
and the most exalted  
and the most ecstatic  
but the strange calamity is  
that people go on looking for everything except love  
yes, they talk about love but it is mere talk  
they don't live it  
they want love but they don't give it  
and when everybody wants and nobody gives  
how can it happen?

love has to be given  
and then it comes of its own accord  
existence is not miserly  
if we give and share it returns back  
but one should not give  
in order to get something back  
because that is not giving  
one should simply give for the sheer joy of giving  
and then it comes  
and it comes as a great surprise  
because you were not expecting  
you were not hoping  
you were not waiting  
and suddenly the guest has come and he has  
knocked on the door

in india we have a very beautiful word for the guest  
it does not exist in any other language  
in india our word for the guest is atiti  
atiti means  
one who comes without informing you  
if he informs you he is not a guest  
if he gives you a date: that i am coming  
on this date, by this train  
then he is not a guest  
because you are already prepared  
then you are going to receive him at the station

and...  
then you are ready, then it is not a surprise

the guest is a guest  
only when suddenly out of nowhere  
the door opens and the guest enters  
and for a moment you cannot believe your own eyes  
that moment of surprise  
comes in the life of a sannyasin every day  
every moment  
because he is not expecting anything  
he is simply giving  
and each moment brings thousands of miracles  
and these miracles go on  
becoming bigger and bigger

life becomes a sheer celebration  
love is the secret of it all

love is the greatest treasure  
the most precious benediction  
and it is our birthright, everybody is entitled to it  
it is not something that needs rare talents  
it is not something like painting or music or poetry  
love is a natural, spontaneous phenomenon  
to all beings  
so nobody is more endowed or less endowed  
as far as love is concerned  
existence is absolutely communistic  
all are equal

but the strange thing is  
that very few people  
are even aware of their treasures  
and the reason is that we are looking outside  
and love resides inside  
we are wandering everywhere in search of it  
and it is just sitting  
at the very centre of our being  
hence all that is needed is a simple process  
of returning home  
a one-hundred-eighty degree turn towards oneself  
that's what i call meditation

meditation is looking in  
the moment you look in  
the world of love opens up  
and immediately you are blessed  
immediately all poverty disappears  
all longing, all discontent disappears  
immediately, instantly  
all that you wanted always to happen, has happened  
one simply starts dancing  
in sheer thankfulness

one cannot say anything about love  
or whatsoever can be said  
will be only approximately true, not really true  
it will be at the most only a far away echo  
a reflection of the moon in the lake  
but not the truth of love itself

the truth of love is basically experienced in silence  
utter silence  
one has to be so silent  
that not even a ripple of thought moves inside  
so silent that one has lost even hearing  
the sound of one's own heart beats  
so silent that all noise of the world  
within and without  
has completely ceased  
just a pure nothingness prevails  
in that nothingness one hears the unheard

one experiences the unimaginable  
that silence is not a dead silence  
it is very alive  
more alive than anything you have ever known  
it is full of subtle music  
but the music does not consist of sound  
it is soundless music

the Sound  
of one hand  
Clapping

once that Sound

of one hand  
Clapping

is heard  
one has heard all the buddhas  
all the awakened ones  
all the masters  
one has heard all that is worth hearing  
one has tasted the nectar of life

so the preparation for love  
is preparation for a deep silence  
a virgin silence

and it is simply possible  
it is not an arduous phenomenon  
it is not like rising

towards a high mountainous peak  
it is far more easy  
it is totally different, just the opposite  
a glacier descending  
from the peaks of the mountains  
slowly  
without any sound  
without any fuss and fury  
silently sliding towards the valley  
it is just like that

lao tzu says, it is like  
the river going towards the ocean  
he calls it the watercourse way

it is easier for the river to go  
to the ocean  
because the water is always searching  
and seeking the lowest point  
it is always seeking the deepest valley  
it is not a search to be the first  
but to be the last  
and when one wants to be the last  
there is no problem at all  
when one wants to be the first then there is trouble

jesus says, blessed are those  
who can stand last in the line  
up to that point i agree with him  
absolutely agree with him

blessed are those who are ready to be the last  
but then he adds something  
which drives christians nuts all over the world  
then he says  
blessed are those who are to be the last  
for theirs shall be the kingdom of god  
now the motive enters in  
now it becomes a business proposal  
to be the last means  
if you want to be the first in the kingdom of god  
then be the last  
it is not the way of being the last  
if i have to say it i will say  
blessed are the last because they are the last

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## The Sound of One Hand Clapping

Chapter #8

Chapter title: None

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the experience of bliss is not something arduous  
it is not something upstream  
on the contrary it is a question of relaxing, resting  
it is not something to be achieved and cultivated  
so those who want to be with the crowd  
it is already there, it has only to be tasted  
hence the only thing  
that is preventing people from being blissful  
is a courageous heart

people are being very cowardly  
they are being taught to be cowardly  
their whole pattern of life  
is underlined with a current of fear  
this is our politics, religion, culture, society  
it depends on fear and exploitation of fear  
hence the moment somebody decides to be blissful  
nobody can prevent him  
no force, no power can prevent him  
just a little courage  
courage to risk, courage to be alone  
courage to go against the crowd, the mob  
courage not to follow and imitate the fools

they are all miserable  
and they would like you also to be just like them  
and they will create every kind of hindrance  
if you start being different

the crowd never likes anybody  
who is different from it  
he looks like a foreigner, he is suspicious, suspected  
he cannot be trusted -- he is not one of us  
that is the logic of the crowd

so those who want to be with the crowd  
can never be blissful  
then their destiny is closed  
they will live in misery and die in misery  
it is our decision, it is our life  
it is nobody else's business  
and one should not lose one's life  
just for the sheer sake of conformity  
convention, respectability

once you are ready to drop all that nonsense  
the dawn has come  
suddenly the light bursts forth  
and life becomes a beautiful dance  
there is only one religion  
and that is the religion of bliss  
the moment you are blissful you are religious  
if you are not blissful you are irreligious  
that is my definition  
simple but of immense implications

you need not be a christian or a hindu  
or a mohammedan to be religious  
the whole earth is full of these people  
and there is no religious quality anywhere  
all these religions have been quarrelling  
fighting, killing each other  
in the name of god  
in the name of love  
in the name of peace  
this is such a ridiculous situation  
that it seems unbelievable  
that for thousands of years  
we have lived with this situation  
and we have not yet been able to change it  
it is so illogical, irrational, so absurd  
my message is very simple

just be blissful  
and don't bother about dogmas, creeds  
whether there is a god or not  
whether there is an after-life or not  
these are all irrelevant questions  
what matters is: right now are you blissful or not?  
if you are blissful then everything that is true  
is going to happen to you  
there is no need to search for it  
it will come of its own accord

if you are miserable  
you can go on gathering knowledge  
esoteric, occult and all kinds of bullshit  
but it is of no use  
you remain miserable all the same  
you talk about chakras and kundalini  
and the rising energy and the planes  
and all the kinds of rubbish  
people go on talking about  
these are just diversions  
somehow they are trying to distract themselves  
from their misery

i am against all occultism  
all so-called hidden esoteric secrets  
i teach the open secret be blissful  
that is the only true religion  
and the person who is blissful cannot harm anybody  
the blissful person is a benediction  
to the whole existence  
bliss is our very nature, it is our eternal law  
in fact we cannot lose it  
at the most we can only forget about it  
so the only question is to remember  
nothing has to be achieved but only remembered  
... a forgotten language

each child is born in deep bliss  
and then we start teaching him  
the language of misery

and we burden him with so many things

that slowly slowly his natural, spontaneous being  
is covered with thousands of layers  
he forgets all about it  
he forgets about himself

the function of the master is to remind you  
that you may have forgotten it, but it is still there  
just a little digging is needed

just as there are vicious circles  
there are blissful circles too  
in a vicious circle one wrong leads to another wrong  
in a blissful circle one bliss leads to another bliss  
it is only a question of choosing  
the right circle for your life

people are living in vicious circles  
for example, if somebody finds it difficult  
to fall asleep  
he tries hard to go into sleep  
he tosses, turns, repeats mantras  
counts sheep, from one to hundred  
and then backwards  
but whatsoever he is doing  
will create more sleeplessness  
because sleep is not something that you can bring  
about by effort  
now he is getting into a vicious circle

the more he endeavours to bring about sleep  
the more he will feel himself awake  
the more he feels himself awake  
the more he will try new methods  
transcendental meditation, etcetera  
to fall asleep  
and this can go on ad nauseum

in the morning he will be far more tired  
than if he had simply accepted the fact  
that sleep is not there  
so it is not there and rested  
there was every possibility  
he may have fallen asleep  
because he would not have created

the vicious circle

the same is true about bliss, about everything  
just a small beginning  
and then it triggers bigger phenomena

my own observation is that if you can be blissful  
about a single thing in your life  
that's enough  
and it will lead you into new dimensions, new peaks  
so whatsoever you love, whatsoever you like  
do it, enjoy it, enjoy it totally  
don't think about whether it is  
something great or not  
it doesn't matter

what really matters is your enjoyment  
if you can enjoy anything totally  
you are creating a circle of bliss  
it will lead to new points, new departures  
higher peaks  
and soon you will be surprised  
that a small beginning  
has brought you to the ultimate  
hence start with the immediate, whatsoever it is  
just sipping a cup of tea is enough  
if you can enjoy it totally  
it will lead you to the ultimate samadhi

there are not small things and big things in life  
only intelligent people and unintelligent people  
the intelligent person  
transforms everything into bliss  
and the unintelligent  
transforms everything into misery

blissfulness has never been thought of as a virtue  
although it is the fundamental virtue  
they have been talking about character  
truthfulness, sincerity  
humbleness, compassion  
service, non-violence  
and a thousand and one things as virtues  
but a very strange fact is

they all drop one thing consistently  
blissfulness  
no religion counts it as a virtue  
because these so-called religions  
cannot allow people to be blissful  
they want you to be miserable  
and all their virtues  
create more misery in you than before

it is very obvious  
you can find ordinary people more joyous  
than your so-called religious people  
you will find sinners more innocent than your saints  
for the simple reason that  
the saint has been cultivating virtues  
he has cultivated a thick facade around himself  
like an iron wall, he lives behind it  
he is imprisoned in his own ideas  
he is a prisoner of his own stupidity

i don't teach any other virtue  
because to me the fundamental virtue is bliss  
everything else is just an aspect of it  
if one is blissful  
i cannot conceive that he can be untruthful  
that is impossible  
it is not in the very nature of things  
if one is blissful he cannot harm he cannot hurt  
if one is blissful he is bound to be compassionate  
inevitably

so to me all the virtues  
are by-products of blissfulness  
and blissfulness is the only virtue  
which is not a by-product of anything else

there are two kinds of discipline  
one that is imposed from the outside  
i am against it, it creates slaves  
and we have enough of slaves in the world  
we need a few free spirits to bring a little new breeze  
into existence  
to bring a few new insights  
new splendours, new dimensions

i teach the second kind of discipline  
which arises out of your own understanding

the first discipline has a set structure  
the second discipline is liquid  
it changes moment-to-moment  
because life changes  
how can you have ready-made answers  
to situations which are constantly changing?  
at this moment one thing may be true  
the next moment it may not be true at all  
in one situation it may be right  
in another situation the same thing may be wrong  
hence i say, be alert, be aware

be blissful and act out of your blissfulness  
awareness, alertness, meditateness  
rather than acting out of fixed principles  
act out of spontaneity, naturally  
respond to the situation  
and then whatsoever you do is right  
and of course it is right not because  
it is written in some scripture  
it is right because it fits to the situation  
it is right because it is the adequate response  
and every adequate response  
gives tremendous contentment

whenever you can act in a totally alive way  
you will feel immense fulfilment following it  
and that is bliss

pleasure is momentary  
happiness is a little more than momentary  
but not much  
the difference is only of degrees  
it lasts a little longer than pleasure  
but sooner or later it ends  
bliss is eternal; it begins but it never ends  
to know bliss is to know  
the ultimate fabric of existence  
and that is our longest desire  
that is our search -- knowingly, unknowingly

everybody is searching for it

unless we have found the eternal  
we will be homeless  
only the eternal can suffice  
less than that won't do  
so pleasures one can have but soon  
one becomes fed up, tired, bored  
they become repetitive  
happiness one can have  
but how long can one go on playing with toys?  
beautiful, but toys are toys  
one needs something more substantial  
more nourishing -- and that's what bliss is

and the miracle is that it is already within you  
you have not to go anywhere to find it  
in fact just the opposite has to be done  
you have to pull yourself from everywhere  
so for few moments at least  
you can be within yourself  
that's what i call meditation  
withdrawing yourself from the whole world  
for a few moments, just to rest and relax  
in the very pool of your consciousness

once you have started tasting the joy of that rest  
you are coming closer to home, to the eternal

life can either be a tale told by an idiot  
or it can be a tale told by a buddha  
it all depends on you  
if you remain asleep, unconscious  
your life will be just accidental  
like driftwood  
at the mercy of the winds and the waves  
meaningless  
drifting towards death, becoming every day  
more and more gloomy and dark  
but if you become a little alert and awakened  
the quality of life immediately changes  
then it is no more accidental  
it starts having a subtle meaning to it

that meaning is bliss and then  
life starts turning into a beautiful story  
a parable of immense dimensions  
then a single man's life contains  
all the scriptures of the world  
then one can read the whole story of existence  
within one's own heartbeat  
but for that, one condition has to be fulfilled  
one has to become a little more awake  
a little more conscious

blissfulness grows  
in the same proportion as consciousness  
it is always symmetrical to consciousness  
if one is miserable that shows he is unconscious  
if one is blissful that shows he is conscious  
if one is absolutely blissful  
that shows one has arrived  
the only thing that can be called divine  
is blissfulness  
the only thing that proves  
the existence of godliness is blissfulness  
no other argument can prove it

there have been many arguments  
for the existence of the divine but  
they can all be refuted, they have been refuted  
man has not been able to find  
a single argument which is irrefutable  
but there have been a few people in the world

the very salt of the earth  
whose existence cannot be refuted  
whose presence cannot be refuted, whose presence  
leaves such an impact of blissfulness  
that even if you want to deny it  
you cannot deny it  
in spite of yourself you have to accept

and that something more  
is what we are trying to impart here  
that something more, that quality, xyz  
i call it blissfulness -- it can only be imparted

hence the beauty of the love affair  
between a master and a disciple  
it is simply a love affair  
it is the coming together of two hearts  
in deep trust, in communion  
so close, so open and vulnerable that  
the flame from one heart  
can jump into the other heart  
and suddenly the unlit lamp is lit  
and the miracle has happened  
it happens suddenly  
it is not a gradual process at all  
pleasure needs two persons  
happiness also needs duality  
bliss does not need two persons or duality  
one is enough alone

it happens in one's deepest aloneness  
hence it is called

the Sound  
of one hand  
Clapping

in pleasure you will need a partner  
if you enjoy food you will need food  
if you enjoy music then music is needed  
you have to depend on something  
and any dependence hurts  
and any dependence becomes a bondage  
and one cannot forgive the person  
to whom one becomes dependent  
that's why lovers quarrel  
the basic cause of quarrel is that  
they feel they are encaged by each other  
that they cannot be happy without each other  
that hurts, that hurts very much that  
i have become dependent, addicted  
it is like drug addiction  
one feels the slavery  
and how can one be blissful in slavery  
we have to search and seek within ourselves  
a space where bliss happens but independently  
it needs nothing else for it to happen

it happens as our own innermost source  
that's why bliss brings with it  
freedom, truth, and a sense  
of immense grandeur, splendour  
one never gets fed up with bliss  
and the blissful person becomes capable  
of living with other people also blissfully  
because now he is no longer dependent on anything  
he can enjoy pleasures, he can enjoy happinesses  
because he knows that he has reached  
to a state which is always available to him  
where he can always go  
leaving the whole world behind  
he has entered  
into that inner circle of his being  
where nobody can interfere  
where no bondage exists  
where there is only pure music and poetry  
and dance and celebration

anahato is one of the most beautiful names  
it is very significant  
only those who have known that state  
are the buddhas  
so try to hear

the Sound  
of one hand  
Clapping

it is there; one just has to become a little silent  
and it is heard  
once heard, it is forever yours

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## The Sound of One Hand Clapping

Chapter #9

Chapter title: None

**9 March 1981 pm in Chuang Tzu Auditorium**

Archive code: 8103095

ShortTitle: CLAPP09

Audio: No

Video: No

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the most significant thing to remember  
is that contentment and satisfaction  
are not synonymous  
satisfaction is a false coin  
it pretends to be contentment but it is not  
it is really just the opposite of contentment  
one feels discontented  
but to remain in discontentment hurts  
to cover that wound one creates  
a pseudo climate around oneself of satisfaction

and that's what the so-called religious people  
have been doing for centuries  
this is not the way to find truth

the only way to find truth is  
to go through your discontent  
without hiding it, without escaping from it  
the very understanding of your discontentment  
brings contentment  
and then there is a totally new being, a new birth  
the noble one is born

satisfaction is a deception  
contentment is a resurrection  
but before the resurrection can happen  
one has to go through crucifixion  
if one avoids crucifixion

then one will be avoiding finally  
the ultimate rejoicing of being resurrected

i teach contentment not satisfaction  
and the way to contentment  
is to encounter all your discontents  
without any fear, without any hiding  
to know your discontentment in its total nudity  
is the beginning of a new life

man can create in two ways  
either out of a state of discontentment  
frustration, failure  
or through a state of absolute contentment  
the quality of the creativity  
is going to be totally different  
picasso may be a great painter  
but his painting shows his discontentment with life  
not contentment  
it shows his innermost insanity  
as if he has vomited his insanity on the canvas  
of course he is a great artist  
but whatsoever he is creating is a little bit insane  
he is simply catharting  
it helps him, he becomes unburdened  
but it doesn't help others  
they will become burdened  
the whole of modern art is rooted in discontentment  
hence it has lost the ancient glory, the classic glory  
of creativity

there is a vast difference between  
the people who made the taj mahal  
or the temples of khajuraho  
or the pyramids of egypt  
and the people who are creating modern art  
the gap seems to be unbridgeable  
because the sources are different

it is said in zen  
that before you can create  
you have to come to a point of absolute silence

then whatsoever you do will bring

something of the divine into the world  
you will become a vehicle  
then it will not be just a mind product  
it will be something transcendental

and that's my effort here  
i am all for creativity  
but not this kind of creativity  
that is going around the world, neurotic, psychotic  
i would like my sannyasins to become so peaceful  
so silent  
so utterly at home with existence  
that there is no complaint in their being  
but only gratitude

out of that gratitude flows real creativity  
and that is the greatest joy in life  
to contribute something to existence  
to make it a little more beautiful  
than you had found it  
to spread a few more smiles in the world  
to make the world more blessed, blissful  
in a state of better celebration, festivity  
if this can be done then the man is religious  
to me religion has nothing to do  
with churches and temples and rituals  
it has something to do  
with the energy called creativity  
but before it can happen  
one has to prepare one's being  
and contentment is the preparation

be contented -- whatsoever is, is good  
whatsoever is, is perfect, don't ask for more  
relax into it, rejoice in it  
and you will be surprised  
the more you relax, the more you rest in it  
the more you become insightful of the mysterious  
of the miraculous that surrounds you  
a moment comes when you simply disappear  
in your own immense contentment  
and when you are not, god is  
when you are not, creativity is

to me god is not a creator  
but only  
the energy called creativity

the cowardly is always complaining  
to complain, intelligence is not needed  
to complain, courage is not needed  
to complain is a very mediocre activity  
anybody can do it  
hence everybody is doing it  
but to be contented, to feel grateful, to feel blessed  
great intelligence is required  
courage is required, insight is required

and the moment you start looking  
into the depths of life  
a great surprise arises  
you cannot believe it, it is incredible  
what has been given is simply  
beyond our comprehension  
and we have not earned it either  
it is a sheer gift from the whole  
to see life, love, freedom, joy  
as gifts from the divine  
makes one feel contented  
and the atmosphere of inner contentment  
is the atmosphere of a real temple

temples don't exist on the outside  
one has to become a temple  
and the only way to become a temple  
is to create in your interiority an immense gratitude  
for all that has happened to you  
for all that is happening to you  
and it is incalculable, immeasurable  
but certainly one has to be courageous for it  
courageous  
because the whole crowd is complaining  
it is always asking for more  
it needs guts to say, i don't ask for more  
that in fact whatsoever is given to me is more  
than i could have asked for in the first place

and from that very moment  
a transformation starts happening  
your life becomes  
more and more attuned to existence  
it becomes more and more a dance

and that has to be the flavour of my sannyasins  
a deep inner contentment  
and on the outside  
the manifestation of that contentment  
in celebration, in celebrating  
the day-to-day life  
the moment-to-moment life  
the ordinary life

once you are ready  
to celebrate the ordinary life  
it is no more ordinary at all

there are people who think  
that unless you attain to the ultimate bliss  
you cannot be contented  
they have taken a wrong standpoint  
from the very beginning  
they will remain discontented forever

contentment  
has to be the first step of the journey  
contentment  
simply means a non-egoistic attitude

the ego is always asking for more  
it always needs more and more decorations  
it is never satisfied  
it is not in its nature to be satisfied  
the ego is a beggar  
and the ego can go on begging in this world  
it can start begging in the other world too

a sannyasin has to start as an emperor  
not as a beggar  
that has to be his first step

and that's what i mean by contentment  
the moment you say  
i am immensely happy with whatsoever is  
with the stars and the clouds and the trees  
and the people and with myself  
i have no grudge, no guilt  
no desire to be somebody else  
no desire to be somewhere else  
i rejoice whatsoever is the case.  
immediately  
you are transformed into an emperor  
and then bliss is not far away  
in fact it will come following you  
you need not search for it

anutosh means contentment  
dhyan means meditation  
they are equivalent, synonymous  
there exists a subtle synchronicity between them  
if you are contented  
there is no need to meditate at all  
contentment will become your meditation  
naturally, spontaneously  
or vice versa -- if you are meditative, silent  
then contentment will become a by-product  
one can begin from either end  
it is in fact one phenomenon  
two ends of the same line  
the easiest is to begin with contentment  
because there is so much to be contented with  
the whole universe provides  
millions of opportunities to be contented with  
those who cannot do it  
they have to start by meditating  
meditation is an effort  
you have to sit silently, watchfully, relaxedly  
to calm down your mind, your whole inner noise  
but if one starts with contentment  
it is far more simple  
looking at the sky full of stars  
suddenly you feel so contented --  
what more can there be?  
it cannot be improved upon  
the starry night is so breathtaking  
the sunset for a moment stops your heartbeat

a bird on the wing and suddenly  
your mind is not there  
these are natural glimpses of meditation

my suggestion is watch life and its beauties  
get more and more merged into existence  
and meditation will come naturally  
if it is not possible then only  
make an effort, a deliberate effort to be silent  
but that has always to be the second thing  
when the easier course is available  
don't follow the arduous; it is unnecessary  
follow the watercourse way  
there is no need to go upstream, go with the river  
and this very moment you can feel contentment  
if i say meditate  
you will have to decide when to start  
tomorrow, tomorrow morning  
fix the alarm and tomorrow morning...  
but if you understand  
what i am saying about contentment  
then it is there, right now  
this very moment is so full, so overwhelmingly full  
that one can easily get lost in it

anutoshi means one who is absolutely contented  
so i am not leaving anything for you  
i am simply declaring  
you can relax into it, nothing has to be done

the very idea of doing  
is an invention of the mind  
otherwise all is happening  
but mind is so cunning  
that even when things are happening  
it goes on translating them  
as if he is doing them  
for example people say i am breathing  
you see the stupidity?  
nobody is breathing; breathing is happening  
if people were breathing  
then it would be impossible for them to die  
they may continue breathing  
death may go on knocking on the door and

they may go on doing the dynamic meditation  
then what to do?  
they may even start breathing faster

we are not breathing  
in fact just the opposite is the case  
we are being breathed, existence is breathing us  
and that is true about everything  
when you are hungry you are not hungry  
it has nothing to do with you, it is simply there  
and when you eat and you digest  
it has nothing to do with you  
it is not that you are digesting it  
just try for twenty-four hours to digest food  
and you will have indigestion  
remember constantly where the food has gone now

and where it is moving  
and go on touching your belly and find places  
now it must be here  
and now the bread is being churned into blood  
you will go crazy within twenty-four hours

everything is happening  
that is one of the fundamentals  
of my approach to life  
we are not doers  
we are just part of an immense happening  
so all that is needed on our part is  
to relax, rejoice, be in tune  
that's what i mean by absolute contentment  
then each moment brings so much ecstasy  
and the moment one feels contentment  
all problems disappear  
as if they had never existed in the first place

uncontainable  
so immense  
that one can simply dance in sheer gratitude

my sannyasins are not dancing to attain to god  
they are not dancing to attain to heavenly pleasures  
they are dancing just out of sheer contentment  
there is nothing else to do

it is not a means to some end  
in fact it is the recognition that  
all is already the case

and we are here  
just to celebrate it

we are asleep  
our sleep consists of discontentments  
the only way to wake up is to drop discontentments  
and it is very easy to drop them  
because they are futile  
even if you carry them  
you will never be able to fulfil them  
[nobody has ever been able  
to fulfil his discontentments  
it is an exercise in sheer futility  
so the intelligent person  
simply drops the whole trip  
he does not waste his present for any future  
he does not sacrifice this moment  
for another moment  
who knows about the next moment?  
in fact the tomorrow never comes  
so why waste the time that is available to you  
for something which is not going to come?  
but the discontented man lives in the future  
and the contented man lives in the present

and to live in the present is to be awakened  
there is no other secret to it  
to live now

to live here is to be awakened

the unconscious person lives in dreams  
he goes on creating new dreams  
when old dreams fail  
he immediately substitutes new dreams for them  
his life is made not of realities but only of desires  
the same stuff as dreams are made of  
he lives in a cocoon of false notions  
hallucinations, desires, expectations

and this is simply a way of committing suicide

a sannyasin has to come out of the cocoon  
he has to drop all nonsense of the mind  
and be in contact with reality, with that which is  
and the reality is really fulfilling  
just a single moment of the contact with reality  
is far more valuable  
than the whole eternity of dreaming  
it is so nourishing

the method to come in contact with reality  
is consciousness  
because it is unconsciousness that prevents us  
so the whole work of a sannyasin  
is to move from unconscious states  
to conscious states

slowly slowly changing every fibre of one's being  
from unconsciousness to consciousness  
and even if you can change a single moment  
then you have got the key  
you can change your whole life

only the first moment is a little bit difficult  
because of our old habits  
for that first moment to happen  
a certain energy field is needed  
where many people are trying to become conscious  
their very fervour  
creates a subtle whirlpool of energy around you  
it starts moving you

that's the whole purpose of a buddhafield  
that's the purpose of this commune  
so many people trying to be loving  
trying to be meditative, trying to be alert  
create a certain vibe which can possess anybody  
and once you have tasted a single moment  
then there is no problem  
then you can move on your own

the experience of contentment

is not a dull experience  
it is one of the most brilliant experiences of life  
just shining like the sun

hence your so-called saints  
who look dull, stupid, dead  
are giving enough proof  
that they have not tasted contentment  
they are simply suffocating themselves  
they have created  
a certain kind of satisfaction around themselves  
but satisfaction is always dull  
because it is a fabricated thing  
a manufactured thing  
it has no life, it has no song to it  
but when contentment explodes  
thousands of songs grow in you

so that has to be the criterion of  
whether you are on the right road or not  
whether you are moving in the right direction or not  
if your song starts becoming deeper  
if your joy becomes more and more intense  
if your life starts taking a tremendous  
passionate love quality to it  
then that is enough proof, ample proof  
that you are coming closer to home

there is a music which is heard only  
when you have reached  
the innermost core of your being  
utterly contented

it is not ordinary music  
it is not heard by the ears  
it is heard by the soul itself  
but it is overwhelming  
there is nothing bigger than that  
the moment one has experienced it  
one has experienced the vastest expanse of space  
even the whole sky seems to be very small  
compared to it  
the millions of stars are nothing  
compared to the inner light

and the expanding universe  
which goes on expanding  
every moment with infinite speed  
is nothing compared to the inner expansion  
it can only be called music  
there is no other word  
which can adequately describe it

the zen people call it

the Sound  
of one hand  
Clapping

it has to be heard  
without hearing it life is futile, meaningless  
one can only vegetate but one cannot really live  
life begins only with

the Sound  
of one hand  
Clapping

then for the first time you know  
what it is all about  
before it you were just like a robot or a sleepwalker  
after it your eyes are open your being is open  
and that opening is the opening  
of the eternal temple of god  
it takes you to the innermost shrine of existence  
and it reveals to you all that is mysterious  
it makes you capable of releasing  
your own hidden splendour  
and we are all carrying a world, a beyond within  
and unless it is released one can never feel at ease  
something will go on missing

sannyas is only a scientific endeavour  
to release the hidden splendour of your being  
to bring that which you have contained all along  
to fulfilment  
to flowering  
it is an invitation for the spring

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## The Sound of One Hand Clapping

Chapter #10

Chapter title: None

**10 March 1981 pm in Chuang Tzu Auditorium**

Archive code: 8103105

ShortTitle: CLAPP10

Audio: No

Video: No

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meditation transforms you  
into a beloved of the whole existence  
as the meditator becomes centred, silent, aware  
the whole existence starts converging upward  
the same world but no more the same  
before it was cold, alien  
now it is cosy, a home

a man without meditation  
lives in the world as a stranger  
as you enter meditation  
you enter a love affair with existence  
and for love everything is possible  
even the impossible is not impossible  
all that is needed is  
a deep, profound silence in your being  
that becomes a magnetic pull  
then whatsoever is beautiful in existence  
starts moving towards you  
meditation creates gravitation for truth  
for beauty, for love  
for freedom, for godliness  
for all that is really valuable

one need not go searching for anything  
one has simply to rest in one's being  
and all that is needed follows in its own course

meditation is the only magic  
that has yet been known  
and i don't think it can ever be transcended  
there will not be any magic greater than meditation

meditation cannot be a logical enquiry you cannot study it from the outside it is not an  
object hence no scientific enquiry is possible by its very nature  
it is a matter of love not of logic  
the head is incapable of meditation  
so those who start thinking about meditation  
studying meditation  
go on missing the point  
they are starting from a wrong space  
their very first step has gone wrong  
and the first step is the most important step  
it is almost half the journey  
because the next step follows the first  
the next step is implied in the first

so i want my sannyasins to be reminded  
again and again  
to let meditation be your love affair  
don't think about it  
don't philosophise about it  
take a plunge  
just as one falls in love, fall into meditation  
then all the mysteries are yours  
just a moment's thought  
and you are thousands of miles away from it  
no thought and you are it

one cannot expect, one cannot desire  
one cannot demand  
as far as meditation is concerned  
expecting, demanding, desiring are barriers  
one can simply wait, utterly relaxed  
it comes but it comes like a sudden breeze  
it comes and refreshes you  
it comes and rejuvenates you  
it comes and it transforms you  
but it does not come according to your ideas  
it does not come according to your prejudices

that is something significant  
never to be forgotten  
because the whole functioning of our mind  
is such that whatsoever we do we do with a motive  
if we are meditating then we look sideways

looking at the clock, expecting  
now it is going to happen  
it is time enough  
it should happen now  
i have been meditating for three days  
or three months or three years  
how long can one go on meditating?  
enough-is enough  
if all these things are going on  
then you are creating a barricade

meditation should be done for its own joy  
it is an end unto itself  
not a means to something else  
and then the miracle happens  
but you cannot do it, it happens  
it comes like a breeze  
it surprises you, it wakes you up  
for a moment you miss a heartbeat  
because the guest has come so unexpectedly  
and it is so glorious, so fulfilling  
so tremendously blissful  
its whole beauty depends on  
its unexpectedness, its surprise

millions of people have meditated  
but very few have reached  
for the simple reason that  
only very few have meditated  
for its sheer joy

meditation is a state of suspendedness  
a state of interval  
before meditation  
you live in the darkness of the mind  
with all its desires, greeds, angers, jealousies  
after meditation you live in the world of bliss

benediction, truth, freedom  
but there is a gap between the two  
when one is in fact nowhere  
neither here nor there  
and that is the most significant passage

the mind tries to go back  
because that twilight zone is frightening  
because suddenly all your ideas, all your notions  
your very ego is getting lost  
a fear grips one, one  
wants to fall back and cling to all the old things  
at least there was something to cling to

meditation is emptiness  
hence the master is needed  
the most significant function of the master  
is in the twilight zone  
because when the disciple starts falling back  
which is a natural thing  
nothing extraordinary about it it  
happens to everybody  
because the known, the familiar  
was at least the known and the familiar

and now one is simply melting  
and one knows not what is going to happen next  
it is almost like death  
the death of the old and the new is not born yet  
that is the moment when the master  
can go on holding your hand and he can say  
don't be worried -- the dawn is not far away  
just look at the east, the sun is rising

sometimes the master has to devise things  
just to keep you occupied in the twilight zone  
some toys to cling to, some methods, some words  
so you are not utterly empty  
as the twilight zone passes by  
you will be able to see that these are toys  
and that they have served their function

mind is full  
full of all that is ugly, it is full of hell

and the soul is full  
full of all that is beautiful  
it is full of heaven  
between these two fullnesses  
there is a gap of utter emptiness  
that's what meditation is  
it takes you from the fullness of the ugly mind  
to the fullness of the beautiful soul  
but there is no way to escape the gap  
one has to pass through it  
and if one knows one can pass joyously

then one can even enjoy the interval  
its silence, its emptiness, its nothingness

meditation can be thought of  
either as silence or as song  
it can be thought of as silence  
if you compare it with the mind  
compared to the mind it is silence  
but compared to the soul it is a song  
it is not something dead, it is very alive  
it is not the silence of the cemetery  
but the silence  
of the high altitudes of mountains  
in that silence  
if you have enough sensitivity  
you can decipher many songs

all the creativity that has happened in the world  
has come through meditation  
knowingly or unknowingly  
all the poetry, all the music, all the dance  
is possible only if something deep inside you  
starts bursting forth in celebration

you have to come out of seriousness  
there is no need to be so serious  
no need to be so sacred, holy  
learn to laugh, learn to sing

and that will help you immensely  
because the whole existence is a celebration

if we are serious then we are not part of the universe

the old proverb is right  
if you laugh the whole world laughs with you  
if you weep, if you cry  
you weep and cry alone  
people have their own problems  
more than are needed  
who wants to participate  
with someone who is sad and serious?

so make it a point to drop your seriousness  
wherever it exists  
and it can be dropped because it is unnatural  
no child is born serious, it is taught by others  
and my function here is to help you  
to become a child again

nobody has ever defined meditation  
as a sense of humour  
but to me the sense of humour  
is the most significant religious quality  
the person who cannot laugh cannot pray either  
the person who cannot see existence  
with all its incredible beauty and also  
with all its infinite ridiculousness

cannot understand life  
and life is god, there is no other god

the more you become silent  
the more you will be able to see things  
in clear perspective  
and then you will be surprised  
that things are so incredibly beautiful  
that the whole existence is giggling  
except foolish man and his foolish saints  
who are sitting like mummies  
dead, holding themselves together  
afraid that if they lose control  
if they start laughing  
they will lose all respectability

i don't teach my sannyasins to be respectable  
i teach them to be alive  
whatsoever it costs be totally alive  
even if you have to risk your life it is worth it  
in fact when a man has something to die for  
only then has he something to live for

always look at the humorous side of existence  
and you will start getting more and more in tune  
with yourself and with the world

the sense of humour makes a man very ordinary  
but to me that ordinariness is in fact  
the most extraordinary phenomenon

the desire to be extraordinary is very ordinary  
everybody wants that  
to relax into ordinariness  
is a very rare phenomenon, very extraordinary

and the sense of humour brings you many gifts  
it is not only a question of laughing at others  
more fundamentally it is a question  
of laughing at oneself too  
if you see your own life and its ridiculousness  
you will start laughing  
what have you been doing? what are you doing?  
and if you can start laughing at your own actions  
a tremendous relief happens  
and when you can laugh at yourself  
you cannot be hard on others

your so-called saints are very hard on others  
just for small things  
for example, somebody loves smoking  
he has to be thrown into hell  
this is too much... and for eternity  
he will be thrown alive into hellfire  
and for eternity he will have to burn there  
just because he was smoking  
so he has to smoke for eternity now  
and what was so wrong with it?  
it is everybody's right

if one wants to take smoke in and out  
it is nobody else's business, nothing is wrong in it

but our saints have been too hard  
for the simple reason  
that they had no sense of humour  
they created hell  
i cannot conceive hell  
the whole of existence is paradise

your silence should not only be silence  
it should also be laughter  
it should also be a dance  
it should have many dimensions to it  
and if you meet god anytime tell him a few jokes  
and he will be far happier with you  
than with jesus carrying his cross  
than with your saints going to him with sad faces

friedrich nietzsche said god is dead  
but i suspect he must be hiding  
from the so-called saints  
just look at your saints -- they are such a torture  
if he is dead  
then it cannot have been a normal death  
he must have committed suicide  
surrounded by all kinds of saints  
particularly the christian saints  
and all the popes and all the priests...  
i cannot conceive god alive in such wrong company

god needs better company, he deserves it  
i am preparing better company for god

meditation is the last boundary  
beyond which nothing can be said  
beyond which starts the inexpressible  
beyond which is the truth  
but you can reach to that beyond  
only through meditation  
meditation is an antidote  
mind is the disease  
meditation is the antidote  
the moment mind is dropped

meditation is also dropped

you have come to the ultimate boundary  
now begins real experiencing  
so remember  
my people are not to cling to meditation  
it is only medicine  
in fact the words meditation and medicine  
come from the same root:  
that which cures  
that is the meaning of the root word  
medicine cures your physical diseases  
meditation cures your psychological diseases  
but a medicine is needed only if the disease is there  
when the disease is finished medicine is of no use  
there comes a point in the life of a meditator  
when he drops meditation  
because the mind is no more there  
and there is no need to meditate at all  
that is the ultimate line

the moment mind and meditation are both dropped  
you have come home  
for the first time you are whole  
for the first time you are really holy  
and from this moment real things start happening  
but nothing can be said about them  
nothing has been written about them  
it is the world of the inexpressible

meditation is only a pointing of the way  
a milestone, an arrow  
showing you, go on, go on  
and then the milestone comes with a zero on it  
miles have disappeared, arrows have disappeared  
now the zero has come  
that zero is the ultimate search of all sannyas  
and to achieve it is to achieve all  
because the zero is synonymous with the whole

meditation is a transcendence  
a transcendence of three things  
the body, the mind and the heart

the body consists of actions  
the mind of thoughts, the heart of feelings  
ordinarily we think we are just  
a combination of these three  
we are not -- we are the fourth

these three are there surrounding us  
but the centre is beyond all three  
and to find that centre of the cyclone  
is the whole art of meditation

so first one has to transcend the body  
and it is simple  
by just watching and remembering  
i am not the body  
slowly slowly  
the remembrance becomes an undercurrent  
then you don't remember  
it is there, you know it  
and the same has to be done with the mind  
i am not my thoughts

thoughts are like birds who come in the evening  
for an overnight stay in the tree  
and in the morning they are gone  
thousands of thoughts  
have been taking shelter in your mind  
and have left  
they don't belong to you, they come and go  
you abide, they don't abide  
they are changing, you are eternal  
the remembrance that i am not my thoughts  
slowly slowly seeps deep into you  
and becomes a realisation  
and then nothing has to be done  
the body goes on doing its work

the mind goes on doing its work  
only our identification is no more there  
we attain to a certain detachment  
a deep aloofness, a certain coolness

the most difficult is the third

because feelings are very close  
emotions are very close, moods are very close  
but if one succeeds with the first two  
it is not difficult to succeed with the third  
one should start with the first, the body  
then with the mind, then with the heart  
once all these three are transcended  
for the first time you experience who you are  
and that experience is liberation  
liberation from misery  
liberation from death  
liberation from everything  
from every limitation

to know oneself as transcendental  
is to know oneself as divine

the only problem in front of man is the ego  
it is the ancientmost problem  
there is no other problem  
and the problem is soluble because  
it is our own invention, it does not really exist

ego is a put-together phenomenon  
we have manufactured it for certain purposes  
the society has supported it, the society needs it  
the simple process is that if you have a false centre  
it can be controlled  
if you have a real centre it cannot be controlled  
reality cannot be enslaved  
hence the society has invented a false centre  
and before the child becomes aware  
of his real centre  
he is handed over a false centre  
and the false centre is useful for the society  
politicians, priests, pedagogues  
they will all be using it

the man who lives with the false centre  
never becomes aware  
of what has gone wrong with him  
he always feels something is missing  
he is not what he should be  
there is a constant subtle awareness

that he is false, pseudo, that he is wearing a mask  
but because he has never seen his original face  
he cannot discard the mask either  
because he is afraid  
maybe there is no face at all  
it is better to have a false face than to be faceless  
who knows what is behind the mask?

behind the mask is the real, original face  
behind the ego is the real centre  
but unless we discard the false  
the real cannot be found  
discarding the false is the only way to find the real

meditation is a process of elimination  
go on eliminating whatsoever is false  
mercilessly go on peeling  
whatsoever others have imposed upon you  
and soon you will come to a source  
which is authentically yours  
and the moment that source is found  
life has a different juice to it  
a different perfume, a different freedom  
then nothing is felt to be missing  
there is great contentment, fulfilment  
one has come to flowering

in the state of egolessness  
one starts hearing the celestial music  
the music of the stars  
one starts hearing the message of the whole  
it is wordless  
but it is heard and understood  
it is

the Sound  
of one hand  
Clapping

in fact it is soundless  
because one hand clapping  
cannot create any sound  
but still there is a music to that silence  
a subtle rhythm in that silence

and that rhythm is the rhythm of the universe  
once you have found it you are no more separate  
all walls disappear and become bridges

these are the two ways to live your life  
either surrounded by walls  
disconnected from the whole

that is the way of the ego, the way of the mind  
and the other style of life  
is making all the walls into bridges  
connected, part of the whole  
that is the way of meditation, the way of egolessness

the first person lives in hell  
and only he is responsible, nobody else  
and the second person lives in heaven  
again he is responsible, nobody else  
it is our choice  
so don't ever blame stars, don't ever blame fate  
don't shirk your responsibility  
don't throw it on anybody else's shoulders

this is one of the fundamentals of sannyas  
that i am responsible  
for whatsoever is happening to me  
only i am responsible and nobody else  
once this responsibility is totally accepted  
life goes through a revolution  
a revolution that brings  
thousands of blessings and benedictions

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# The Sound of One Hand Clapping

Chapter #11

Chapter title: None

**11 March 1981 pm in Chuang Tzu Auditorium**

Archive code: 8103115

ShortTitle: CLAPP11

Audio: No

Video: No

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man lives in a deep anguish  
for the simple reason  
that he has not the courage to merge with the whole  
he is afraid  
hence he creates all kinds of defenses  
barriers, walls  
he is afraid of losing his identity  
and that is the greatest fear in the world  
and just the opposite is the case with courage  
courage means readiness to lose one's identity

the moment you lose your identity  
all anguish, anxiety disappears  
then the whole takes over  
then you are just an organic part of the total  
the universal, the eternal

courage is needed and trust is needed

fear cannot trust, fear always doubts, is suspicious  
courage can trust, courage can risk  
courage can put all the doubts aside  
and the moment you put all the doubts aside  
and are ready to take the plunge into the whole  
silence starts showering on you

the most beautiful experience of life

is silence falling like rainwater on you  
it cleanses you of all dust and dirt  
it is the only true baptism

silence makes you a shrine  
it creates a temple  
in the innermost core of your being  
without silence  
you have not even known your own source  
your own centre  
the noise keeps you occupied, the world is noisy  
and the mind  
which is a by-product of the same world  
is bound to be noisy  
if one wants to know silence and the taste of it  
then one has to go beyond the world  
and all its by-products  
then one has to search  
for the part in oneself which comes from the beyond  
it is there, it is your very soul  
a little bit of exploration is needed

sannyas is exploring one's own interiority  
and the moment you have found silence  
you have found the true temple  
the true church, the true synagogue  
all others are inventions of the crafty priests  
and it is only at the innermost core  
of your being's altar  
that godliness can be experienced  
you discover silence  
and godliness comes as a reward

on the surface there seems to be  
no connection between these two meanings  
coming with joy, and the outsider  
the foreigner, the stranger  
but there is a certain connection deep down  
the connection is that people are living  
in misery  
that is their way of life  
and whenever they see somebody rejoicing  
he is immediately mistrusted  
he is immediately mistrusted  
because he does not belong to the crowd

he is an outsider, he is a stranger

the crowd lives in misery  
and only a few people up to now have been able.  
it is unfortunate, very sad but a fact  
and it cannot be denied -- very few people  
so few that they can be counted on fingers  
have lived in joy  
of course they were all thought of as strangers  
Jesus is crucified because of that strangeness  
buddha is stoned  
many attempts have been made to kill him  
for the simple reason that people cannot trust him  
he seems to be not part of them  
and the same has been true for others  
socrates, al hillaaj mansoor, sarmad  
the people who have lived rejoicingly  
have been tortured by the masses  
killed by the masses  
hence the meaning between those two  
very different connotations  
coming with joy and a stranger  
and joy is everybody's birthright  
of course man is free not to choose it  
that's what millions of people have decided to do

the reason is  
they don't want to go against the crowd mind  
the crowd mind may create  
a thousand and one difficulties for them

a sannyasin is committed to be a stranger  
he is committed to be an outsider  
he has chosen consciously, i am going to live in joy  
and the only condition that is needed to fulfil it is  
silence  
if you become a little more silent  
more and more joy will arise out of you  
the moment you are totally silent  
an infinite explosion of joy happens

there is a space within you  
where all dualities disappear  
where light and darkness are no more separate

but one  
where life and death are no more separate  
but one  
these things are separate in the mind, in the head  
the head lives in dualities  
the head functions like a prism  
if you pass a ray of light through the prism  
it divides it into seven colours  
that's how the rainbow is created  
the reverse of one colour  
just pure white  
but the prism dissects it, cuts it into seven parts  
the same is the way of the mind  
it cuts everything into love and hate  
misery and bliss, life and death, summer and winter  
and so on and so forth  
but when you go beyond the mind...  
and that's the place where silence is  
the moment you leave the mind behind  
those dualities start disappearing  
the rainbow becomes one colour  
just pure white

white is the colour of silence  
oneness is the nature of silence  
and once you have heard your own silence  
then there is no music compared to it  
no dance, no celebration  
which can even come close to it  
everything seems to be just ordinary compared to  
the inner silence

and the man who attains to that silence  
becomes the beloved of the universe  
that is the meaning of supriya  
supriya means the beloved

the only proof for god or godliness to be more exact  
is the experience of silence

a great philosopher, maulingaputta  
came to gautam the buddha  
and he asked, can you prove that god exists?  
buddha said, if you really want the proof

are you ready to fulfil the conditions?  
maulingaputta said  
i am ready to fulfil any conditions  
but i want the proof  
buddha said, then do one thing:  
for two years just sit silently by my side  
no question  
no argumentation  
just be silent  
fall deeper and deeper into silence  
and when two years have passed  
i will enquire

two years passed and exactly the same day  
buddha asked maulingaputta  
do you need any proof now?  
and maulingaputta laughed, he said  
you have given the proof, i have experienced it  
silence is enough proof and there is no proof  
now i know why you have made this condition  
these two years of falling and falling  
into the abysmal silence  
it is no more a philosophical question  
now it has become an existential experience

my sannyasins have not to bother themselves  
with philosophical questions  
with theological arguments

my approach is existential  
be still and know  
because there is no other way to know

one of the most significant things  
to be remembered is  
never cultivate silence  
anything cultivated is always false

and we are trained to cultivate everything  
we are told to love  
as if one can manage to love  
as if it is one's question of willing  
as if it is nothing but putting more effort into it

as if it is a kind of doing

we are told to be compassionate  
to be of service to others  
and all kinds of nonsense  
and because from the very beginning we are told  
we start trying  
the real never happens that way  
but we start creating the unreal

one can pretend to be loving  
one can pretend to be compassionate  
and one can pretend so long that one can  
forget completely that is it is a pretension  
and that is the most degrading experience  
in human life

my approach is  
never cultivate anything  
otherwise you will be moving  
in the dimension of the false  
discover your spontaneity  
and in that very discovery you will discover  
many things which you were not even dreaming of

because all that is really significant  
is part of your spontaneity  
the spontaneous person is loving  
not that he is trying to love; he is simply loving  
the spontaneous person is compassionate  
is kind, is just  
these are not qualities that he has cultivated  
not qualities that he has cultivated  
not qualities that he has disciplined himself to  
they are just flowers of his spontaneity  
roses on the bush of spontaneity  
and the way to discover your spontaneous nature is  
silence

create a distance  
between the noise of your head and your being  
move as far away from the head as possible  
the farther you are away from the head the better  
because from that extreme

you will not be able to hear the noise of the head  
slowly slowly it will fade away in the distance  
the moment it takes away into the far distance  
you have discovered something

there is no interference  
the mind is no more poking its nose in  
and suddenly you become aware  
of your own intrinsic nature  
and with that is the beginning of miracles

but with me the immediate is the ultimate  
the immediate and the ultimate  
are not two different things with me  
the ultimate is not somewhere far away  
the ultimate is very close by  
in the very immediate it is present  
in the very immediate it is pulsating  
the immediate is the heartbeat of the ultimate

so when i say that silence is the ultimate goal  
avoid misunderstanding me  
i am saying  
that silence is the immediate way of living

live silently

people are living with such a fuss  
with so much noise  
unnecessary  
but they have become accustomed to it  
addicted to it  
unless they make much fuss and much noise  
they start feeling as if life is  
slipping out of their hands  
the more noise they make  
the more they seem to be alive  
they are not alive  
they are simply insane

because life happens only in deep silence

but this whole earth is a big madhouse  
politicians are making so much noise; they live on it  
the more you kick the dust  
the more you create clouds around you  
the bigger you are  
the more mischievous you are  
the more is the possibility  
that you will be remembered in history  
alexander, tamerlaine, genghis khan, nadir shah  
napoleon, adolf hitler, mussolini, stalin  
these are the people  
who fill the whole history of humanity  
the buddhas are not even to be found

in the footnotes  
because they never made any noise  
they lived silently, lived joyously  
and died silently and died joyously  
but they are the real people  
the very salt of the earth

remember: if one wants to b really alive  
and ecstatically alive  
then silence is the way  
the way and the goal both  
the means and the end both  
the immediate and the ultimate both

silence is not a word  
it is an experience  
it is not a doctrine, a dogma  
but a taste on the tongue  
something to be eaten, to be drunk, to be digested  
something that becomes part  
of your blood, bones and very marrow  
but people go on living with words  
the word becomes more important to them  
than the experience  
the word god seems to be more important  
than any experience of god  
the word love seems to be more important  
than any experience of love

my sannyasins have to be very aware of it  
don't be trapped into words  
because millions are trapped in words  
always go beyond the word into the experience  
unless you reach the experience  
you have not lived your life the way it should be lived  
intensely, passionately, totally

the worldly people  
are the most impotent people in the world  
they know all big words and the whole jargon  
they are great bullshitters  
they can go on and on talking about things  
they have not experienced at all  
beware of that trap, that trap is everywhere  
there are christian traps, hindu traps  
mohammedan traps  
traps are available in all sizes and shapes  
and unless one is very watchful  
one is going to be trapped somewhere  
but a simple awareness that  
the word is not the reality  
the word love is not love  
the word god is not god  
and the word fire is not fire  
only this much awareness is enough  
and then you will start searching for the experience  
and the experience is liberating  
the experience is enriching  
and silence is the greatest treasure

if you experience...  
it is the very kingdom of god

the noisy mind is never in a state of balance  
it is always swaying like a pendulum  
from left to right, from right to left  
it is never in any state  
it is always moving somewhere  
and there is one thing more to be remembered  
about the pendulum  
when it is going to the far right  
it is gaining momentum to go to the left  
it is getting ready to go to the left

it is packing its suitcases  
on the surface it looks going to the right  
deep down its whole psychology  
is going towards the opposite  
it is always in a contradiction

mind is a contradiction, a continuous fight  
there is not even a single moment  
when the mind can be said to be  
in a state of balance  
it is not possible for the mind  
because to be in balance  
means not to be in the mind mind means imbalance  
if the pendulum stops in the middle

then the clock stops immediately  
the clock can continue  
only if the pendulum goes on moving

silence is the stopping of the pendulum  
and the moment your mind stops  
suddenly there is great balance  
and that balance is the truth of life  
and to live life out of that balance  
is beauty, grace

it is easily possible, very easily possible  
but the saints have been telling  
the whole world that it is very difficult  
they have been deceiving you for the simple reason  
that if it is very simple  
then their saintliness will not be of much value  
if it is available to all ordinary human beings  
then what is there special in being a saint?  
so they try to brag about it  
they go on putting it higher and higher  
beyond your reach  
somewhere there on the everest  
so that you cannot reach there  
so that they can claim only, we have reached  
the chosen few of god  
in fact the whole existence is divine  
there is nobody who is chosen

all are chosen or nobody is chosen

and to attain to silence and equilibrium  
is a very simple and natural phenomenon  
very ordinary  
it has to be brought to the notice  
of every human being  
that for centuries you have been  
deceived and fooled  
few egoists have been on a great ego trip  
holier-than-thou  
the messengers of god, the prophets of god  
the incarnations of god, these are the people  
who have reduced humanity into utter slavery

my effort here is to make you rejoice  
in your ordinariness  
to make you rejoice the way you are  
i am not interested  
in giving you any perfectionist goals  
my whole effort is to make you aware  
that whatsoever is needed is within your grasp  
that whatsoever is needed  
in a certain way existence has already provided  
for you

you just have to look within,  
search within find out a little,  
explore a little  
and you will find all that you had always wanted  
and you were feeling miserable  
because you were not getting it

you were looking in wrong directions  
and you are being led by wrong people  
egoists have dominated the spiritual scene  
for so long  
that it is time we should get rid of all kinds of egoists  
mahatmas, saints  
and all kinds of those spiritual buffoons  
we should be finished with them  
and we should declare the ordinary human being  
as the ultimate peak of divine expression

start  
moment-to-moment  
living silently  
and as you get attuned with silence...  
and it is as simple as learning to ride a bicycle  
as difficult and as simple  
when you try to ride on a bicycle for the first time  
it is really very difficult  
the very idea of sitting on two wheels  
makes one tremble inside  
one knows that one is bound to fall  
but just a few efforts  
maybe once or twice you will fall -- so what?  
one can again ride on the bicycle  
there is no problem in it  
once you have learned the knack  
surprised: it was so simple, it is just a knack  
those who know, know it is very simple  
those who don't know, they think it is very difficult

and the difference can be bridged very easily  
just by a few efforts

sannyas means making a few efforts  
for something which is absolutely needed  
without which we are not truly living  
without which we are not joyous  
without which we are not really rich  
without which the whole opportunity  
is going down the drain  
and just a few efforts  
and i have been teaching so many people  
to ride the bicycle  
yes, once in a while they fall  
but that fall is not bad; it teaches you the knack  
it is good, it is helpful

the only stupid people in the world  
are those who never try  
who remain closed and afraid, shrunken  
and the greatest fear  
that the so-called spiritual leaders of humanity  
have created is that of committing a mistake  
and anybody who wants to learn

has to commit mistakes

so i tell my people  
commit as many mistakes as you can  
commit new mistakes every day  
invent new ones, find out new ones  
don't repeat the old  
and then learning begins  
and there is no end to learning  
a child forever  
and that is the true way of being a sage  
a child forever

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## The Sound of One Hand Clapping

Chapter #12

Chapter title: None

**12 March 1981 pm in Chuang Tzu Auditorium**

Archive code: 8103125

ShortTitle: CLAPP12

Audio: No

Video: No

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truth cannot be achieved by human efforts  
because all human efforts are bound  
to originate in the mind  
and mind is the barrier  
between truth and consciousness  
the mind has to be put aside  
that's what man is capable of doing  
not using the mind, putting the mind aside  
by-passing the mind, transcending the mind  
and the moment the mind is not functioning

consciousness immediately becomes  
connected with the truth  
the barrier is no more there  
hence the bridge happens  
and that is the greatest blessing in existence  
when truth showers on you

only with the experience of truth  
life becomes meaningful, significant  
a celebration

a man without truth is a beggar  
a man without truth is not yet really alive  
he is simply living in a kind of dream  
he is not awakened  
not awakened  
to the tremendous beauty of existence

to the immense ecstasy of life  
not aware of all the gifts  
that the whole has given to you

the search for truth is really  
the search for meaning, the search for who am i?  
and the single question, who am i? is enough  
if you can ask it with totality it will penetrate  
to the very core of the mystery of all that is

the moment your question is answered  
not by somebody else, not by any scripture  
but by your own being  
when it becomes your experience, existential  
then life is the life of a king  
then the whole kingdom of god is yours  
that simple word truth makes really a difference  
before it one is a beggar  
after it one is the greatest king  
before it one is constantly asking for more  
after it there is only thankfulness, gratitude

there is no god except the truth of existence

god is not a person  
but the experience of the ultimate meaning of life  
hence all worship is futile  
enquiry is valid, worship is futile

my sannyasins have to be enquirers  
not worshippers  
when you worship you worship an object  
and those objects are all man-made  
those temples, synagogues, churches  
are all man-made  
you can worship philosophies, theologies  
they are also inventions of the human mind

the enquirer has to travel a totally different path  
his journey is towards his innermost centre

he turns within

because that is the only possible way to know  
what it is really that is hidden  
in the secretmost shrine of my being  
what is this consciousness? what is this awareness?  
what is this love? where is the source of it all?

and the source is not without, the source is within  
hence those who go on looking on the outside  
will never find  
turn in and the very moment of turning  
and you are entering  
into a totally different dimension  
the dimension of godliness, of truth, of freedom  
of all that is valuable

truth is god  
the word god can be dropped  
but the word truth cannot be dropped  
and truth is the search of all  
god is not the search of all

almost half the humanity are no more believers  
soviet russia, china and other countries  
have dropped the very idea of god  
and the people who are believers  
are only so-called believers  
they don't believe either, they are pretenders  
but nobody can drop the search for truth  
it is intrinsic in our very being

truth comes almost like a spring  
into the interior world of your being  
suddenly thousands of flowers start blooming  
the whole climate changes  
it becomes colourful, fragrant, birds start singing  
for the first time  
you see yourself totally transform~d  
no more a dead weight  
no more just dragging your life somehow  
for the first time dance enters in  
for the first time you feel a tremendous rejoicing  
uncontainable, overwhelming, overflowing

the search for truth is really

the most basic and fundamental search of humanity  
because without it we are deserts  
only if truth happens to us  
the desert can become green  
only if truth happens to us we can know  
the inexhaustible treasures  
which are hidden within us

and truth is not very difficult to find either  
the only question is a right approach

if you think about truth  
you have taken a wrong approach  
thinking is the wrong approach towards truth  
that is the way of philosophy

meditation is the right approach  
and meditation is just the opposite of thinking  
meditation is anti-philosophy  
it simply means  
dropping the whole structure of thinking  
dropping the whole process of thinking  
and just being silent, utterly silent  
alert but absolutely silent  
as if the whole world has stopped

there is an ancient sufi story  
a crazy king became interested in the idea that  
if the whole world at a certain time starts shouting  
and screaming and doing primal  
it will be really a great experience  
the whole world, exactly at twelve o'clock  
in the middle of the day  
for five minutes goes berserk  
and they put their whole energy into it  
and they cathart -- the whole earth  
and of course, he was a great king  
and he had the power  
everybody thought the whole idea was simply mad  
but they had to follow  
a day was fixed, the whole world was informed  
at twelve o'clock on a certain monday  
for five minutes put your total energy into it  
don't withhold, let go

shout, scream, do gibberish  
whatsoever happens, allow it

and of course those who will not do it  
will be sentenced to death

the whole world awaited for the moment  
and really something miraculous happened  
exactly at twelve o'clock  
the whole world fell into deep silence  
nobody had ever experienced such silence  
the reason was that everybody thought  
when the whole world will be shouting  
who will be able to find me?  
and why should i miss the opportunity  
to listen to the whole world going crazy?  
so i will just wait and enjoy the whole thing  
why should i participate?  
if i participate i may not be able to enjoy it  
i may not be able to experience what is happening  
and this was the logic of everybody

for five minutes  
there was such a thick, dense silence  
that it is said, the crazy king became enlightened  
he was not waiting for it, it was such a shock  
but the shock stopped his mind

the story does not say  
what happened to many other people  
i think many others  
must have become enlightened too

because with such silence  
one starts experiencing the truth

but there is no need  
for the whole world to become silent  
if only the world of your mind becomes silent  
that's enough

so any day, twelve o'clock, for five minutes

just stop the world within and see what happens

once you start having a few glimpses of silence  
truth starts penetrating  
the deeper the silence  
the deeper the thrust of the truth  
and when absolute silence happens  
absolute truth is yours  
and that is the moment when the spring bursts forth

truth brings many things in its wake  
it brings many gifts -- virtue is one of those gifts

the truth of one's own being experienced  
changes your whole life pattern  
absolutely, irrevocably  
for example, if you were jealous before  
you cannot be jealous afterwards  
if you were egoistic before  
you cannot be egoistic afterwards  
if you were dishonest  
you cannot be dishonest afterwards  
if you were unkind  
you cannot be unkind afterwards  
because the experience of truth is such  
that one cannot in any possible way go against it

it is just like when there is light in the room  
you don't try to go through the wall  
you go through the door

yes, when there is darkness you grope  
and sometimes you try to get through the wall  
you stumble -- that is because there is darkness  
bring the light in and then there is no problem at all  
you know where the door is  
you don't even have to think about the door  
you simply know it, where it is  
and virtue is a door and sin is a wall  
but i don't say to my people  
to cultivate virtue and renounce sin  
that is not possible  
that is saying to a man who lives in a dark cave  
to renounce stumbling and vow to god

that you will always enter from the door  
that is asking too much  
in darkness you have to be more lenient  
but bring the light in  
and then there is no need to say anything

so i don't give to you any discipline  
i only want one thing to happen to you  
that is the experience of your own being  
i call it the truth

become silent, know your own truth  
and that will be decisive, that will be liberating

we are born with the kingdom of truth  
we bring from the beyond the whole kingdom  
but of course in a potential form, just as a seed  
hence it cannot be taken for granted  
one has to help the seed to fall in the soil  
one has to water  
one has to do a thousand and one things  
so that the seed can relax, can dissolve  
and the hidden secret can become an actuality

truth is our potential but it has to be made actual  
it is a possibility hence it is not beyond our grasp  
but one has to look for it a little bit  
dig for it a little bit -- it is always found  
whosoever has looked for it has found it  
without any exception  
but that little effort is very essential  
looking for it

meditation is nothing but creating a right situation  
right perspective, a clarity of the eyes  
so that you can look within yourself  
where the seed is hidden

silence gives you the opportunity  
to become unoccupied with the world  
and the moment  
you are no more occupied with the world  
your whole attention starts moving inwards

your whole awareness  
starts converging towards your centre

and it is at that centre  
that the ultimate truth is experienced  
the ultimate music is heard  
the ultimate ecstasy is felt

man can either be rich in possessions  
he can conquer the whole world  
he can accumulate all the wealth of the world  
but that is not really going to change  
his inner poverty -- on the contrary  
he will feel himself poorer than before  
in contrast to all that he has accumulated  
he will be able to see that deep inside  
the wound is still there, far more clear

i am not against the things of the world  
i am not against the riches of the world  
but one thing has to be remembered  
that there are greater riches than that  
and a greater kingdom  
is waiting inside you to be conquered  
so don't waste all your energy in the outside world  
save the major portion of your energy and life  
for inner enquiry  
then you become a king of religion  
what jesus calls the kingdom of god  
and it is everybody's birthright  
we just have to claim it

truth is not a philosophical concept  
it is the experience of your eternal life  
it is the experience of the consciousness  
you are built of  
and that consciousness is not confined  
between birth and death  
it was there before birth  
and it will be there after death  
thousands of births and deaths  
have happened on the way  
but your pilgrimage continues  
the pilgrimage is endless, beginningless

the moment one experiences one's deathlessness  
then only one knows what life is  
because life basically is deathlessness  
once death  
is found to be irrelevant to your inner being  
then there is no fear, no anxiety  
and that absence of fear and anxiety  
creates the opportunity for bliss to descend in you

the fearful person cannot be blissful  
the fear is such a disturbance  
and anxiety creates so much stress and tension  
that it is impossible for bliss to enter in you  
bliss can enter only  
when your inner being is absolutely empty  
of fear and anxiety, tension and stress  
and as far as i have observed

working with thousands of people  
these are the barriers  
and they are all related to death  
basically all fear is fear of death  
directly, indirectly, but if you go on searching  
you will find it is always death  
that is creating fear, anxiety, stress, tension

to know one's being as eternal is to know the truth  
and that very truth becomes a blessing  
then life is lived on a totally different plane  
with more playfulness, with more sense of humor  
then life becomes simply a relaxed phenomenon  
utterly relaxed  
just as flowers are relaxed  
and the birds are relaxed  
and the rivers are relaxed  
and the mountains are relaxed  
man can have far more and far deeper relaxation  
than anybody else in the whole of existence  
because man certainly is  
the pinnacle of consciousness  
it is sad to look at humanity  
they could have been the most blessed beings  
but they seem to be the most miserable

truth is the experience  
of a meditative consciousness

one cannot think about it  
one cannot argue about it  
one cannot be scientific about it  
one can only be meditative about it  
and meditation means a simple thing  
a state of no-mind, a state of utter silence

the Sound  
of one hand  
Clapping

so silent, so absolutely silent  
that there is no duality left, all is one  
all has become one, the dual has come together  
the day and night are together  
life and death are together  
love and hate are together  
that communion of the opposites  
that meeting of the polarities  
that mingling and merging of all contradictions

the moment all contradictions are complementaries  
you have come home  
that is the state of meditation  
and in that state  
all that is our deepest longing of the heart  
is fulfilled -- so totally fulfilled  
that not even a trace of desire remains in one

the old religions say become desireless  
then you can attain to god  
now that is absurd to say to people  
become desireless, then you can attain to god  
so apparently stupid, ridiculous  
because the people who want to attain to god  
are desirous people -- it is a desire to attain to god  
in fact the greatest desire  
and the condition is  
be desireless so that you can attain to god

now one who is desireless

why he should be interested in god at all?  
i am not

even if god knocks on my door  
i am not going to see him  
and jesus says knock and the doors shall be opened  
i cannot say even that to god  
knock and i shall open my doors  
why should i knock, open my doors  
it is none of your business to knock on my doors  
i don't knock on your doors  
you don't knock on my doors -- it is an agreement

the man who is really desireless  
why should he bother about god?  
and if he is desiring god then how can he fulfil  
the basic condition of being desireless?  
so i don't say that  
my approach is diametrically opposite  
i say be meditative, enjoy being silent  
rejoice in being silent and in that very silence  
bliss will happen, truth will happen  
freedom will happen  
and once bliss, truth and freedom  
and love have happened  
there will be nothing left to desire

meditation brings naturally the state of  
desirelessness

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## The Sound of One Hand Clapping

Chapter #13

Chapter title: None

**13 March 1981 pm in Chuang Tzu Auditorium**

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ShortTitle: CLAPP13

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love and life are synonymous  
in language they may have different meanings  
but in existence  
they are precisely the same phenomenon  
no difference, no gap exists between the two

the really alive person is pure love  
and if love is missing then life  
is nothing but a vegetation  
one can go on vegetating  
without love life has not happened at all

one was born, one existed, one died  
but life never happened

life happens only the moment love starts flowing  
and the greater the love, the deeper life becomes

a sannyasin has to remember  
not to put any limitations on his love  
love should not become object-focussed  
the moment you become object-focussed  
you are getting trapped  
for example, if you love one person  
that means that the remaining whole existence  
has been rejected  
you have excluded it out of your love affair

your love has become very narrow  
and a narrow love becomes an imprisonment  
love should never become like a tunnel  
it should remain open from all sides  
one should love as many people  
as many aspects of life  
as many dimensions as possible  
one should go on exploring

when love excludes nothing  
then it reaches to its ultimate peak  
that is the moment when one experiences life  
that is the moment when life  
becomes not just an ordinary existence  
it takes a new flavour, it becomes godliness

love is not a duty  
the moment you make a duty out of it  
you have destroyed it  
if there is a should in it, it is a corpse  
you can carry it, you can decorate it  
but there is no heartbeat in it  
and that's how humanity has been conditioned  
for thousands of years  
love has been killed in such a subtle way  
not directly but very indirectly  
and the methodology used to kill, to murder love is  
make love a duty  
love your mother, it is your duty  
love your father, it is your duty  
love your wife, it is your duty  
love your children, it is your duty  
even love your neighbours, it is your duty  
love your enemies

love is a spontaneous flowering of being  
it cannot be reduced to a commandment  
one cannot be ordered to love because then  
whatsoever you do is only pretension  
then you are going through empty gestures

remember it -- that i don't teach you any duty at all  
duty is a four-letter-dirty-word

love for no reason at all  
love for the sheer joy of loving

love because only by loving will you be able  
to know what it is all about  
this whole existence this life  
this miraculous universe that surrounds you  
love is the bridge between you and the whole  
hence it has to be just a song of the heart  
just as in the morning the sun is rising  
and birds start singing, for no reason at all  
the sheer joy of the sun rising  
the night is finished  
the sheer joy of seeing the sky again  
and the vastness and the freedom of it  
the sheer joy of seeing flowers again opening up  
and all the colours and all the fragrance  
and the bird cannot contain himself  
he starts overflowing, he starts singing  
that song is exactly what happens  
when you drop the idea of duty  
responsibility, virtue, morality  
and you start enjoying whatsoever is available  
in that very enjoyment something is triggered in you  
the heart starts dancing, singing  
and those moments of heartfelt joy  
are the real moments, the only real moments  
and once you have tasted them  
there is no need to have any other kind of moments  
then twenty-four hours a day the song can continue  
underneath, just below your consciousness  
it can become a constant presence  
deep inside your being

to me  
when love becomes your constant innermost core  
god has happened  
that's the only way god happens  
there is no other way

love has a way of its own  
it becomes victorious but in a very strange way  
without conquering, without fighting  
in fact without even desiring to be victorious

victory comes as a gift  
as a reward from the beyond

love is ready to be defeated  
love enjoys to be defeated  
love is ready to surrender  
love is never willing to fight  
but this is one of the miracles of life  
that love surrenders but in that very surrender  
becomes victorious  
without any desire, without any motive  
victory comes on its own accord

the people who try to be victorious  
are never victorious  
they can force others into submission, into slavery  
but they cannot win their hearts -- that's impossible  
the body can be made a slave

it can be chained, imprisoned, killed, destroyed  
but you cannot imprison the heart  
and the heart is the real core of the person

love without any effort to conquer  
reaches to the very core of the person  
it is the only victory there is  
all alexander the greats are failures  
utter failures  
only lovers have known the taste of victory  
and it depends on us  
if we want to remain beggars  
go on struggling, fighting  
if one wants to be the emperor  
then surrender to existence, relax with existence  
be in a state of loving let-go and suddenly  
all is yours, the whole kingdom of god is yours

love can reach to its ultimate peak  
only when it becomes friendliness

these are the three possibilities for love  
one is lust -- that is biological  
nothing wrong about it

but it is the lowest form of energy  
all the animals have it  
nothing special about it if man has it  
lust joins humanity with the animal kingdom

it is a reproductive force  
it is nature's way to continue the species  
to remain confined to lust  
is to miss the real point  
one should go a little higher, then there is love

love is not biological, it is psychological  
it is a higher dimension  
it is not reproductive, it is creative

the moment two persons are in deep love  
all their creativity explodes  
they may start things they had never done before  
they may start painting, they may start music  
they may start dancing  
things they had never dreamt of  
suddenly start arising in their being  
love brings a new climate  
and new flowers start growing  
but very few people attain to love  
ninety-nine point nine per cent of people  
remain confined to the animal world, lust

love is freedom from being an animal  
it is the birth of the human being  
there is still a higher peak than love because love  
although it is far more beautiful than lust  
tremendously pregnant with creativity  
has still some hangover of lust remaining with it  
it has come out of lust

something of lust follows it like a shadow  
it becomes a shadow but it is there  
and it goes on affecting  
that's why love is possessive, jealous, envious  
these are ugly traits, they are hangovers of the past  
they destroy the beauty of love  
and as love starts settling

these things start raising their heads

so love is beautiful only when the honeymoon is on  
and it is not long; it comes and goes so quickly  
that when it goes then only you know it was there  
and then there is something which is not love  
the shadow starts possessing you

one can rise a little more  
when love becomes just friendliness  
i am not even calling it friendship  
because that may give you the idea of relationship  
i call it friendliness  
when love becomes just a friendliness  
no possessiveness, no jealousy  
no desire to dominate  
when love starts giving freedom to the other  
total freedom, unconditional freedom  
then it becomes friendliness  
and that is the highest  
human consciousness can reach  
very few people have known friendliness  
their names can be counted on the fingers

it is a sad thing that such a vast humanity  
goes on missing their own intrinsic potential

my sannyasins have to transform lust into love,  
love into friendliness  
the moment you have reached  
to the state of friendliness  
you have arrived home

seriousness is like a desert  
the desert has to be transformed into a garden

you need a green revolution  
love can do that miracle  
only love can do that miracle  
love is the only beautiful experience  
which is non-serious -- it is playful  
hence all the religions have been denying love  
for the simple reason that with love

cannot be serious and seriousness has become  
the very characteristic of the saint  
he has to be without juice  
just like a dehydrated fruit  
the more dehydrated, the more he looks like a saint  
whenever you want to see a saint  
you can just see a dehydrated prune  
and that will give you the idea  
of all the saints of all the religions  
all the juice has gone out

love is juice  
we in the east have defined god  
as god has been defined nowhere else  
i have never come across a better definition  
and i don't think there exists any  
the upanishads say raso vai saha -- god is juice  
this is a very strange definition  
sometimes i wonder  
i may have written that upanishad  
maybe in a past life  
otherwise who would do it?  
i cannot find anybody else doing it

love is non-serious, it is alive, it is playful  
love makes life fun, a celebration  
and my whole effort here is to create  
for the first time in the whole history of humanity  
a new kind of religious person  
for whom laughter  
is far more valuable than prayer  
for whom playfulness  
is far more spiritual than seriousness  
who should be closer to a poet  
than to a philosopher  
closer to music than to mathematics  
closer to sensitivity rather than being dull  
closed, walled from all sides, afraid of life  
escapist, renouncing life -- no  
that is not going to be my sannyasins' way

instead of renouncing life  
my sannyasins have to rejoice in life  
and the way to rejoice is to love

so drop all your seriousness  
and it is only a question of seeing  
that seriousness is a barrier  
it makes you closed and hard  
it does not allow you to be vulnerable and receptive  
and one has to be so vulnerable  
so available to existence  
that the wind, the rain, the sun  
they can all reach to your very heart

love makes one utterly contented  
because love is always an experience in the present  
you don't love tomorrow  
love has nothing to do with  
yesterdays and tomorrows  
love knows only one time: now  
and only one place: here  
that's why mind feels it very difficult  
to be in love  
because mind is always concerned  
with the future or with the past  
those are the two constant references for the mind  
it moves between past and future  
it is a constant shuttling between past and future  
it never stops in the middle  
and love is exactly in the middle  
love is without any nostalgia for the past  
and without any desire in the future  
hence the contentment

these are the two discontents people live in  
either they think of the past  
all those trains that they have missed  
now nothing can be done about it  
it is simply utter stupidity  
now there is no point in just going on  
reading the timetable of the trains  
about the trains that you have missed in the past  
it cannot be changed, you cannot undo it  
but mind is stupid, mind as such is stupid

i have never seen an intelligent mind  
the heart is intelligent  
and mind is always mediocre

or one starts planning for the future  
and life is passing by every moment  
hence mind has a condemnation for love  
it thinks it is something crazy

all the languages of the world  
have this expression falling in love  
strange -- why do all the languages call it  
falling in love -- why not rising in love?  
it is mind's condemnation, mind is saying  
you have fallen, you have gone cuckoo  
you have lost your sanity  
it is a way of condemning

mind lives in discontentment and condemns love  
which is absolute contentment  
mind always asks for more  
that's how it creates discontentment

love is always thankful  
for whatsoever is happening  
love always feels that  
i am getting more than i am worthy of  
that i am getting from existence  
things which i don't deserve at all  
i have not earned them, they are coming as gifts  
the moment you start seeing all the gifts

that existence goes on showering on you  
how can one remain discontented?  
and out of a contented heart thankfulness arises  
that thankfulness is the very core of religion  
of real religion  
not of christianity, hinduism, mohammedanism  
but of religiousness as such

if one can feel grateful to existence  
then there is no need to believe  
in any theology, any doctrine, any dogma  
that thankfulness is enough

deep in the himalayas, from virgin peaks  
where snow has never melted, the ganges starts

the point where ganges starts is called gangotri  
it is a very small place  
just a small face of a cow  
somebody has sculpted a rock into the face of a cow  
and from that face of the cow  
the great river ganges starts  
it starts as a small stream and then goes on  
becoming bigger and bigger and bigger  
finally it becomes the very ocean itself

that's also the way of love  
it starts in a very small way  
but one should not stop there

one should go on flowing, moving  
love should never become static  
it should remain dynamic  
the moment it becomes static it starts stinking  
the moment it becomes static it loses  
the freshness of a river, the aliveness of a river  
it becomes just a muddy pool  
people call it marriage  
it was just a muddy pool and such a small pool  
and they go on round and round chasing each other  
and creating more mud  
and throwing mud at each other

love should be a river, always moving  
from the known into the unknown  
and from the unknown towards the unknowable  
the beginning has to be small  
but the end has to be the infinite, the oceanic

if one can remain aware of it  
then love is all that there is to spirituality  
except love, whatsoever goes on  
in the name of spirituality is all bullshit  
esoteric bullshit, occult bullshit

remember it -- because it is very easy  
to fall into that bullshit  
it has great attraction  
it has great systems of thought and strange ideas

and all inventions of crafty people

life is very simple -- so is love  
and if you can remember these three l's  
like three r's: life, love, light  
nothing else is needed to be remembered  
live totally, live lovingly  
and live not in a state of unconsciousness  
live consciously -- that is living with light  
just these three words are enough  
and one need not bother about anything else

knowledge is of the mind, wisdom is of the heart  
the way of knowledge is logic  
the way of wisdom is love

initiation into sannyas simply means  
getting out of your logical structure of the mind  
and entering your own ignored world of love  
the schools, colleges, universities  
they exist precisely for one purpose  
that is to force every child  
towards the logical structure  
they force every child to ignore the love energy  
and once you get imprisoned  
in the logical structure of the mind  
you become almost like a machine, a biocomputer  
and that's what the society needs the church needs,  
the state needs: biocomputers  
they don't need human beings  
they are afraid of real, authentic individuals

because those individuals will be rebellious  
they cannot be manipulated, dominated  
they cannot be enslaved

our whole so-called civilisation  
eastern, western -- both -- are just strategies  
of destroying freedom, destroying the individual  
destroying his love and forcing him  
to be just an efficient machine  
because doctors are needed, professors are needed  
mechanics are needed scientists are needed  
the society has no use for the lover

the state does not need any lover  
the church has no utility for love  
and up to now we have lived  
in a very utilitarian way  
and love is non-purposive, non-utilitarian  
but it is love that brings insight  
into the mystery of life  
it is not a commodity  
it cannot be part of the marketplace  
but without it you can never be ecstatic  
without it you can never be in tune with existence  
it is fundamentally the need of the individual  
not of the collective, the mob, the crowd, the society

so a shift is needed, one has to change the gears  
from the head to the heart  
and the moment your energy starts moving  
into the heart

you will have such an experience of freedom  
such a tremendous experience of expansiveness  
that you will not be able to believe  
that this was possible to me  
it looks impossible  
when it happens for the first time, unbelievable  
because we have been told by these fools  
for centuries  
that it happens only to a christ  
because he is the only begotten son of god  
not to everybody  
or it happens to gautam the buddha  
because he is a reincarnation of god  
not to everybody else

this is absolutely wrong  
it is everybody's birthright  
it can happen to everybody  
just a simple shift, a change of the gestalt  
from the head to the heart, from logic to love  
and you become entitled  
to all the miracles of existence

love can either be very noisy  
as ordinarily it is

or it can be utterly silent  
when love is noisy it creates more anxiety  
more anguish than you had ever suffered before

one woman was saying to her lover  
now that we are going to be married  
you should be happy -- i will be there always  
to share all your suffering, problems, anxiety  
but the man said i don't have  
any problems, anxieties, and suffering  
the woman said i am not talking about now  
i am talking about after marriage

the bachelors think the married people  
are living a really happy life  
if somebody thinks that married people  
are living a happy life that simply shows  
that he is a bachelor, nothing else  
it is really a mystery why people get married  
and there are a few people  
who even get married twice  
that is a bigger mistake  
that is impossible to conceive  
once one can understand, but twice  
if one is a little intelligent  
he will not commit the mistake even once  
this is happening because love  
the ordinary love -- is more like a fever  
it is more like an infection, a contagious disease  
in fact, vd, to be exact

unless love becomes meditative it remains a disease  
only meditation takes the fever out of it  
and makes it a cool phenomenon

not cold but cool  
ordinarily it is hot, a very hot affair  
but anything that is very hot  
is bound to become cold sooner or later  
even with central heating it is going to become cold  
that's the nature of things  
but there is a point between hot and cold  
exactly in the middle  
which is the point of coolness

meditation creates that coolness  
and when meditation  
has created a coolness inside you  
and love starts coming through that coolness  
it has a totally different flavour  
a different perfume, a different quality  
it is very liberating

but silence should be the source of love  
not the noisy mind but a silent centre of your being  
love should come from the innermost shrine  
cool, silent, meditative, aware, alert, watchful  
then love can give you  
the most beautiful experiences of life  
it can give you the master key that opens  
all the locks of all the mysteries of existence  
but silence is a must  
without silence love simply drives people insane  
and silence is very easy

love is a togetherness

silence simply means  
entering into your aloneness  
before you enter into somebody's being  
into somebody's life  
you have to be acquainted with your own aloneness  
you have to be rooted in your aloneness  
you have to know exactly what your aloneness is  
only then can love blossom out of it

it is just like friedrich nietzsche says  
if a tree wants to rise upwards  
to touch the stars in the sky  
then its roots have to go downwards  
to the very rock-bottom of existence  
unless the roots go deeper  
the tree cannot go higher  
the tree and the roots have to balance each other  
in the same proportion they have to grow  
one in depth, one in height

love is like a tree trying to reach to the stars  
the longing for the stars

and meditation is growing roots inwards  
deeper, to the very rock-bottom of your being  
when the roots reach to your ultimate silence  
the space where one hears

the Sound  
of one hand  
Clapping

then your tree can blossom into the sky  
can have a dialogue with the stars

love has failed in the world  
because meditation was not the source of it  
love can succeed and love has to succeed  
otherwise humanity is doomed

only with a meditative background

so my whole teaching here is to do two things  
one, to help you to become meditative  
to reach your absolute intimate and private being  
and the second part is, to grow into love  
when meditation blossoms into love  
a man is no more a man  
he has transcended humanity  
you can only call him a god  
a buddha, a jesus, a krishna

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## The Sound of One Hand Clapping

Chapter #14

Chapter title: None

**14 March 1981 pm in Chuang Tzu Auditorium**

Archive code: 8103145

ShortTitle: CLAPP14

Audio: No

Video: No

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mind is a coward, mind is basically fear-oriented  
it is always suspicious  
always doubting, always on guard  
mind creates a situation in which you feel  
a stranger to existence  
because of all those suspicions  
that mistrust disconnects one from all that is  
and then there arises a vicious circle  
the more you feel lonely, an outsider  
the more afraid you become

because the vast universe seems to be inimical  
this is mind's projection  
and if the whole existence is inimical to you  
naturally, you become more afraid  
the more afraid you become  
the more the universe seems to be inimical  
that's how mind goes on shrinking into itself  
closing its doors, windows. out of fear  
it becomes a windowless, encapsulated existence  
and out of that arises all suffering  
misery, greed, anger

mind is the creator of the hell around

the heart is always brave  
because the heart cannot doubt  
just as the mind cannot trust

the heart simply trusts -- it is its nature

but the religions have been creating  
a very difficult situation for man  
they tell to you believe  
but that belief is going to be of the mind  
and any belief of the mind  
is carrying within it all its doubts  
because that is not the nature of the mind  
the christian, the hindu, the mohammedan  
they are all believers  
but belief is part of the mind  
hence it can never be true

it is always superficial, not even skin-deep  
scratch it a little bit  
and you will find all the doubts hiding behind it

i don't say to my sannyasins believe  
that's what has been driving  
the whole of humanity crazy  
i say to my sannyasins  
move your energy from the mind to the heart  
and then there is trust -- it is not belief

belief is a suppression of doubt  
and trust is absence of doubt  
that is a totally different phenomenon  
of tremendous beauty and of immense innocence

and the way to move from the mind to the heart  
is becoming silent, more and more silent  
mind is noisy, heart is silent  
so one has to renounce the noise  
and slowly slowly, imbibe the spirit of silence  
a moment comes when you can hear

the Sound  
of one hand  
Clapping

and that is the moment of ultimate transformation

then you are really born for the first time  
then one is not a christian or a hindu

or a mohammedan or a jew  
one is simply religious

because of that trust, that silence  
a quality, a totally new quality arises in your being  
that quality i call religiousness

aloneness and silence  
are two aspects of one experience  
two sides of the same coin  
if one wants to experience silence  
one has to go into one's total aloneness  
it is there

we are born alone, we die alone  
between these two realities we create  
a thousand and one illusions of being together  
all kinds of relationships  
friends and enemies, loves and hates  
nations, races, religions  
we create all kinds of hallucinations  
just to avoid one fact  
that we are alone  
but whatsoever we do, the truth cannot be changed  
it is so, and rather than trying to escape from it  
the best way is to rejoice in it

rejoicing in your own aloneness  
is what meditation is all about  
the meditator is one who dives deep  
into one's aloneness  
knowing that we are born alone  
we will be dying alone  
and deep down we are living alone  
so why not experience what this aloneness is  
it is our very nature, our very being

because of this aloneness  
two possibilities open up  
one, to escape from it

then whatsoever you do in the name of love is false  
because you don't love the person  
you are simply trying to find an excuse  
in the other person to escape from yourself

and the other is also doing the same  
it is a very negative kind of love  
the other is trying to escape  
from his or her aloneness  
and you are just an excuse

the person who chooses the first alternative  
of escaping from one's reality becomes pseudo  
in all his love, in all his relationships

the second alternative is to experience  
your aloneness, your silence  
that absolutely virgin spot inside your being  
where nobody can enter, nobody can trespass  
that is your true world  
knowing it, experiencing it, one is surprised  
that there was no need to escape from it  
it is one of the most ecstatic experiences  
even love is secondary

the person who has known his aloneness also loves  
but his love has a tremendous beauty  
it is positive: he is not escaping from himself  
he is rooted in himself, centred in himself  
and because of that rootedness and centering  
he is so full of joy that he wants to share it  
his love is a sharing, it is not an escape  
his love is a gift  
the other is not being used as a means  
the other is dignified by his love

ordinarily love reduces people into slaves  
into bondage, into possessiveness, into jealousy  
into all kinds of ugly things  
real love is a by-product of the experience  
of silence and aloneness

i teach meditation

and i teach love through meditation  
when love is grounded in meditation  
then it is alive  
then it is exactly synonymous with god  
then it brings freedom  
and it brings great blessings and benedictions  
very few people have known really what love is  
because very few people have entered  
into their own innermost, silent, alone space

a sannyasin has to do only one thing  
he has to rejoice in his aloneness  
then love comes just like a shadow  
of its own accord

one can cultivate a certain kind of silence  
by chanting mantra  
by other auto-hypnotic methods  
by focussing on something constantly  
one can create a kind of silence  
but that is pseudo

it is really a state of dullness, not silence  
it is a state closer to sleep  
not closer to awakening  
methods like transcendental meditation  
are nothing but non-medicinal tranquillisers  
if you repeat a certain mantra continuously  
the very repetition is so boring  
that the mind becomes tired, exhausted  
in that tiredness and exhaustion certainly it stops  
but that is not true silence, it is very cheap  
it is only a trick and anybody can manage it  
in the name of religion, spirituality  
it is selling simple auto-hypnosis

i am not in favour of such a silence  
the real silence happens  
when you start watching the noise of your mind

there is a constant traffic in the mind  
thoughts, memories, imagination  
thousands of desires  
it is always a crowd moving in all directions

if you can stand by the side of the road  
and just watch, without any evaluation, judgment  
without condemning something  
or appreciating something  
just sitting on the bank of the river  
watching the flow of the river  
unconcerned, detached, just being a pure witness  
then the miracle happens

as your witnessing deepens  
the traffic on the road of the mind  
starts dispersing, in the same proportion  
when the witness is zero per cent  
the traffic is one hundred per cent -- it is rush hour  
when the witness is fifty per cent  
the traffic is fifty per cent  
when the witness is ninety-nine per cent  
the traffic is only one per cent  
and when the witness is one hundred per cent  
totally there, with absolute awareness  
the traffic disappears

and to see the empty mind is true silence  
then silence explodes  
from the innermost core of your being  
then it is like a lotus flower opening its petals  
that silence is liberating

i teach only that kind of silence

silence is not a dead thing  
the so-called religious people  
the saints and the spiritual leaders of mankind  
if you look at them you will get the idea  
that silence seems to be something dead  
because they are not really silent

they are boiling within, they have repressed  
their thoughts, desires, everything  
they are sitting on top of a volcano

when your mind is just repressed  
you get something dead

then it is a silence of a graveyard  
but that is not worth achieving  
in fact the noise of the mind is far better  
at least it is alive  
compared to a dead silence the noise of the mind  
is far more valuable, because it is alive  
i am always in favour of life

for example, i would like an alive insane man  
more than a dead corpse  
it may be the corpse of a saint  
but the insane man is at least alive  
and life has possibilities  
the insane can become sane  
but that corpse of the saint cannot come back to life

silence has to be alive, vibrating  
pulsating, dancing, singing  
it has to be the experience of inner music  
then one has to move in a totally different way  
repression is not the way to attain  
to true silence, alive silence  
a silence full of music and song and dance  
understanding is the way

never repress anger: understand it  
never repress greed: understand it  
repression should not be a word  
in the vocabulary of a sannyasin  
understanding should be substituted  
because through understanding one transcends  
the moment you have understood your anger  
you are no more angry  
the energy of the anger is released  
from its old pattern through understanding  
and that same energy becomes compassion  
the moment you have understood  
the noise of the mind  
the same energy becomes  
the music of your inner being

man has not to deny anything in him  
because all that is there is immensely pregnant  
we have to find out -- with love, with insight

what is hidden there  
then even things like jealousy, the ego  
possessiveness, the desire to dominate, ambition  
all are transformed  
you need not cut anything from your life  
we have to absorb all the energies  
then only can one have the inner orchestra  
because these are the people  
greed, anger, ego  
which will play on different instruments  
of your being

these are the musicians -- if you start killing them  
distorting them, throwing them out  
you will be left only with instruments  
and no musicians  
that's what happens to your so-called saints  
they are sitting there  
with all kinds of instruments, surrounded  
but there is nobody to play  
all the energy has oozed out of them  
they themselves have thrown it out  
it is sheer foolishness

energy is neither bad nor good  
it all depends on how you use it

so let understanding be the only law  
the only discipline  
and one can come to a very alive silence  
a silence which is also a celebration

it is our noise that is keeping us asleep  
the noise of the head functions like a lullaby  
and it keeps you asleep  
even while you think you are awake  
you are not truly awake because just below  
the thin layer of your so-called wakeful state  
there is a deep layer of constant noise that goes on  
day in, day out -- it is a constant lullaby

it allows you only a little bit of awareness  
just a little bit that is necessary for day-to-day work  
going to the office, coming back to the home

eating your food, going to your bed  
just a very small quantity of awareness  
is needed for all these things  
in fact people go on doing all these things  
almost mechanically

if you eat your food every day at twelve o'clock  
and somebody has played a trick on you  
it is not twelve o'clock, it is only ten  
and somebody has fixed your clock on twelve  
looking at the clock you will suddenly feel hunger  
which is absolutely false, mechanical  
it is not there, it is your imagination  
it is just a projection, just an idea, a dream  
and while you are eating  
you simply go on stuffing yourself  
not knowing what you are doing  
the mind may be somewhere else -- in timbuctoo  
in constantinople, in istanbul -- anywhere  
any stupid place but not on the dining table  
where you are sitting

the mind is a great tourist  
it is always somewhere else  
and you are doing, eating or taking a bath  
just like a machine, just like a robot  
it has become a habit, so slowly slowly

even a little bit of awareness is not there  
one simply goes on doing mechanical gestures

when you say to somebody hi, how are you  
you don't mean anything  
in fact you were not even thinking to say it  
when you say it you are surprised  
why are you saying it  
it is just there like a gramophone record  
it works autonomously  
the moment you see some face  
which seems to be familiar  
it looks as if you have seen him somewhere  
the gramophone record simply starts turning on  
this constant noise inside  
is the barrier to awakening

silence does just the opposite  
it helps you to be awake  
hence initiation into sannyas is really  
initiation into silence

sannyas is another name for silence

become more and more silent  
allow more and more silent spaces to yourself  
and as you will become silent you will see  
a new kind of awakening happening to you  
a new awareness arising in you

new insight into things, new understandings  
which will transform all your activities

when a person attains to total silence  
he becomes a flame of awareness  
he becomes a buddha, the awakened one  
that's the ultimate goal

i don't believe in religions  
my emphasis is on religiousness

religions are bound to divide humanity  
that's what they have done in the past  
the whole of humanity is divided into camps  
inimical to each other, and the things  
they have been fighting about with each other  
are so stupid and ridiculous  
one religion says there are seven heavens  
another says there are only three  
and that's enough for a crusade  
it has to be proved in a war who is right  
great theologians of the middle ages were engaged  
in a great debate that continued for centuries  
the debate was  
how many angels can dance  
the point of a needle  
now these are the people who have been  
dominating humanity guiding humanity

towards truth

these fools, utterly insane, are the leaders  
the great moral teachers

if you look into religious doctrines, dogmas  
you will be surprised -- the whole thing  
seems to be so pointless, utterly meaningless  
but so much energy has been wasted  
and the whole of humanity  
has been turned into small fragments  
hence i am not interested in any dogma  
any creed, any doctrine, any theology  
i don't teach you principles  
i simply want you to imbibe  
the spirit of religiousness  
and that is possible only through silence  
not through argumentation  
not by reading the scriptures  
not by cramming scriptures like parrots  
because that will only increase your inner noise  
it is already too much

silence can be attained only if we understand  
that language is needed for outside communication  
it is not needed for your inner exploration at all  
because there you are alone  
there is nobody to talk to

language is a social phenomenon  
needed of course when you go to the marketplace  
and if you want to purchase bananas  
language is needed  
if you just stand silently there  
they will think you are a banana  
in the marketplace, in the outside world  
when you are communicating with people  
about things, objects, it's perfectly adequate, valid  
but when you turn in  
all use of language is finished  
there comes a full point  
there is no need to carry the language in  
and with the language dropped the mind is dropped  
because mind is only the mechanism

for language, for thoughts  
mind is basically an instrument for dialogue  
but when you are moving in  
there is no question of dialogue  
because there are not two  
who are going to discuss, argue, communicate  
you are one  
hence silence is the only way to discover oneself  
and the moment you have discovered yourself  
you will have a quality, a very subtle quality  
like a fragrance surrounding a rose  
that quality i call religiousness  
it is deep love for all  
it is unconditional love for the whole existence

silence has many aspects to it

it is multi-dimensional  
on the bush of silence  
thousands of flowers blossom  
of different colours, of different fragrances  
and the brightest of them all  
is an inner glow, inner light

the last words of buddha to his disciples were  
be a light unto yourself  
he was dying so nobody could ask him  
how? how should one be a light unto oneself?  
and it is not appropriate at all to ask him  
when he is leaving the world  
and he has given his last message  
it condenses his whole life's teachings

but when he died great quarrel, argumentation  
discussion arose amongst the disciples  
what does he mean by be a light unto yourself  
and of course he was no more there  
immediately thirty-two sects arose  
thirty-two interpretations of this simple sentence  
be a light unto yourself

the only person who was not involved at all  
in this argumentation was manjushri  
one of his great disciples

he was sitting under his tree  
many came and asked  
manjushri, you are one of the oldest disciples  
what do you think about the last statement  
we are very much agitated -- what does it mean  
and it is really significant  
because it is his last statement  
it is his whole condensed philosophy of life

manjushri did not say a single word  
again and again they asked and he remained silent  
finally he said you cannot understand  
because i am answering you -- this is the only way  
to be a light unto yourself  
if you become silent  
and all these fools who are arguing  
they will argue for centuries  
they will never know the light  
that is within themselves

be silent, be still -- and the light is there  
just because of the cloud of your noise  
you cannot see it  
as the dust cloud settles  
suddenly the flame is seen  
and to see one's own inner light  
is to see the eternal, the ultimate, the deathless

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## The Sound of One Hand Clapping

Chapter #15

Chapter title: None

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man lives in a state of turmoil  
for the simple reason  
that he is divided into many fragments  
and all those fragments are fighting to dominate  
man has not got one self, he has got many selves  
the idea of one mind is very false  
man is poly-psychic: he is many minds  
he is a crowd and of course  
the crowd cannot be peaceful  
there is continuous competition

each fragment trying to come up on the top  
there is great politics in everybody's inner world

unless this whole politics ceases  
there is no possibility of peace  
at the most people can manage  
just a facade of peace, just on the surface  
but deep down they are boiling  
deep down there is always war  
sometimes hot, sometimes cold, but no peace  
in fact the only way to be peaceful is  
to help all these fragments melt into oneness  
unless that integration happens  
one can befool others that one is living in peace  
but one cannot befool existence  
and one cannot befool oneself either  
one knows all the time

that one is sitting on a volcano  
which can erupt any moment  
one can go mad, one can murder  
one can commit suicide -- everything is possible  
and just a moment before the man was so sane  
so gentlemanly, so virtuous, so religious  
and within a moment he can start falling apart  
he was somehow holding himself together  
but there cannot be joy  
in somehow holding oneself together

joy comes only with a centering  
when all your parts melt, merge and become one

that moment is the moment of divine peace  
it is possible through meditation  
because meditation takes you out of your fragments  
meditation is a simple process of watching  
all that goes on in your mind  
just keeping a little distance, just being a witness  
and that witnessing brings the greatest miracle  
suddenly you start feeling yourself separate  
from all the fighting fragments  
and that is the beginning of integration  
you have found a centre which is not in conflict  
you have found a cool space, a spot within you  
which remains unaffected, detached

once this cool spot is found  
all fighting starts disappearing  
it is as if the master has come  
and the servants immediately surrender  
or, think of a small children's class  
the teacher is not there and there is great noise  
and fighting is going on and children  
are throwing things at each other --  
which is natural for children  
the moment the teacher enters  
suddenly a silence descends, a peace  
all fighting has disappeared  
the same happens when you have found  
a cool spot within you

i call my sannyasins swamis

the word swami means the master  
swa means the centre of your being  
and swami means one who has found it

finding one's centre  
is the beginning of a divine dimension --  
then all is peace, then flowers of peace  
go on blossoming; endlessly

ordinarily man is almost asleep  
only a very small thin layer of consciousness  
is there, otherwise his whole being  
is in darkness and unconsciousness

this depth of unconsciousness and unawareness  
has to be transformed  
unless your whole being becomes conscious  
you cannot experience the meaning of life  
and without experiencing the meaning of your life  
you will not know whether god exists or not

god is nothing but the experience  
of meaning in existence  
god is not a person but an existential experience  
that life is significant, that it is not accidental  
that there is a hidden, deep meaning in it  
but the only way to find it  
is to dive within your own being

the vigilant spirit has to be grown  
supported, nourished  
a sannyasin has to become a gardener  
because ordinarily  
one need not have much awareness  
this small awareness that is naturally given to us  
is enough for the day-to-day life  
earning your livelihood, managing your family  
etcetera -- it is enough for that  
but life is a vast phenomenon  
it is not just earning your livelihood  
you can manage a good standard of living  
but the standard of living is not going to help you  
to live truly, authentically

the standard of living is not really the measurement  
of how alive you are  
one becomes alive only as one becomes aware  
but we have enough awareness  
it is just like a seed -- all that is needed  
is a little gardening, a little effort  
so the seed can dissolve into the soil  
and can start growing into a tree

we have the seed -- initiation into sannyas means  
a commitment, a decision that  
i am going to transform this seed, this potential  
into a realisation  
once this decision settles and sinks in your being  
it is not difficult to grow into awareness

one has to work in three dimensions  
the first dimension is the body: one has to be  
more alert of what one is doing with the body --  
walking, eating, lying down on the bed, relaxing  
all the actions of the body have to be watched  
they should not be done robotlike, mechanically

the second dimension is the mind: one has to  
watch thoughts, desires, memories  
just watching what is going on inside  
what moves in the mind

and the third dimension is the heart  
the emotions, the moods, the feelings --  
one has to watch them

if one continues watching these three  
dimensions...  
this is the true trinity of life  
not god the father and christ the son  
and the holy ghost -- this is the true trinity  
the physiological, the psychological  
and the emotional  
if we can be aware of these three  
then exactly at the centre of these three dimensions  
the fourth happens  
in the east we have simply called it the fourth  
turiya

we have given it a number not a name

the fourth is awareness  
and it brings you to the door of the divine  
this is one of my emphases  
i want to emphasise  
that there is no god as a person in existence  
the very idea of god as a person  
is a hangover from the past  
It IS me language of the child  
god the father -- it shows more about the people  
who were thinking of god as father  
than about the existence of god himself  
those were the childhood days of humanity  
and of course a child cannot think of more  
than a big father who is protecting  
who will always be there to look after us  
we can pray to him, we can depend on him  
it shows the fear of the child  
the insecurity of the child  
the helplessness of the child  
it shows nothing about god

but the very idea of god as a person  
has proved very dangerous  
because it is very easy to argue against it  
it is easy to argue against it  
because the whole idea is false  
it can be destroyed through simple logic  
so the religious people are the cause  
of creating atheism in the world  
i don't think that atheism

would ever have been possible if the idea  
of god as a person was not accepted  
the moment you drop the idea of god as a person  
then even friedrich nietzsche cannot say god is dead  
he can say god is dead  
because the presupposition  
is there that god is a person

to me god is a presence not a person  
it is an experience -- it is not something outside you  
you cannot pray to god, there is no one to pray to

and it is time that man  
should become a little more mature  
kneeling down, raising your hands and head  
towards the sky is simply silly  
in fact the best way to find godliness is  
close your eyes and look within  
not towards the sky  
there are other people who are meant to do that  
the astronomers, the astrologers, the physicists  
let them look at the stars, that is their work

the religious person's basic standpoint  
is that of turning in  
looking at the sky is not going to help  
look within, search within the moment you come closer  
to your own centre of consciousness  
you will be surprised: a tremendous presence  
a presence of an eternal light

a presence of eternal ecstasy  
to me that is godliness

once you have discovered it in your own being  
you know that it is in every being --  
not only human beings  
but animals, birds, trees, mountains  
everything is full of godliness  
because in fact the whole existence  
is made of the stuff called godliness  
there is no matter and no consciousness  
it is all one energy  
different concentrations of the same energy  
different manifestations of the same energy  
but first one has to find it within oneself  
then it is found everywhere

and the moment you see that you are living  
in the ocean of godliness  
you have come home  
now there is nothing else to search for  
nothing else to ask for...  
a tremendous contentment, an ultimate fulfilment

the most divine experience in life

is the experience of absolute silence  
as if the whole world has stopped --  
and it can be experienced

we have a space within ourselves  
if we stand in that space  
the whole world simply disappears  
and a profound silence surrounds you  
a virgin silence  
in that silence only one hears the celestial music

the Sound  
of one hand  
Clapping

in that silence only  
life becomes a song, a celebration  
once experienced it is never lost

and it is one of the most ridiculous things  
about human beings  
that they are carrying it within themselves  
and are not aware of it at all  
the inexhaustible treasure is there  
just waiting for you  
but we are keeping our back towards it  
we are running everywhere, in every direction  
we are trying to reach to the everest  
trying to reach to the moon, to mars  
just the whole stupidity of human mind  
it is ready to go anywhere  
except to one's own centre  
sannyas means getting out of this stupidity

the first responsibility of any intelligent person  
is to know oneself  
because by knowing it all is known  
by knowing it life is transformed  
from misery to bliss, from darkness to light  
from death into immortality

love can exist in three dimensions  
it can be either animal or human or divine

the animal love is part of our biology  
it is just sex  
the human love has to be achieved

it is not already there; it has to be created  
the biology is a given factor  
but the psychology is our creativity

the ingredients are there  
the canvas is there, the colour tubes are there  
the brush is there but the painting is not there  
and it will depend on you what kind of painting  
is going to happen  
you can make a painting  
which is nothing but a nightmare  
a picasso painting  
or you can make something  
which has tremendous beauty  
not like a nightmare but like a sweet dream  
the same colours, the same canvas, the same hands  
but one has to be more sensitive  
more aesthetically aware  
to create something of real beauty

so love depends on you  
sex is independent of you  
it is part of your biology, it is nature's way  
to reproduce itself -- it has nothing to do with you  
it is almost a mechanical phenomenon  
chemical, physiological, hormonal  
but it has nothing to do with your consciousness

love is a creativity  
and very few people create it

they remain confined to the animal cage  
they are not even aware  
that something higher is possible  
of course it is the same energy  
that is involved in sex which becomes love  
but you have to create the situation  
in which the energy can start moving  
into new directions

which are not provided by biology

and beyond human love is divine love  
which is the ultimate in creation  
human love is far superior to animal love  
but something of the animal  
remains like a hangover  
it has grown out of the biological  
but it carries something of the biology in it  
it is not absolutely free from sex  
sex is now secondary but it is there

in divine love sex is totally transformed  
it evaporates, the animal evaporates  
not only the animal but the human also evaporates  
divine love is the sheer joy of sharing  
your being, your creativity, your song  
whatsoever you can share  
and it is a sharing with the whole existence  
human love is person-to-person  
animal love is impersonal

psychologists and biologists feel  
that human love became possible  
because it is only human beings  
who make love facing each other  
because they face each other  
they look into each other's eyes  
and in those moments of love  
certain kind of relationship  
grows between persons  
animals don't make love facing each other  
hence they don't know the other at all  
the other simply remains anonymous  
there is no relationship  
that grows out of their love making

animal love is impersonal, below the personal  
human love is personal, person-to-person  
divine love is again impersonal  
but beyond the personal, not below the personal  
it is the love of the person  
for the impersonal existence, for the whole  
the love of the wave for the ocean

and of course, the bigger, the vaster your love is  
vaster ecstasies become possible through it

animal love doesn't seem to be ecstatic  
if you have seen two animals making love  
you can watch it -- on their faces there is no ecstasy  
instead there is a kind of agony  
because they are being forced  
by some natural energy  
of which they are just prisoners  
as if they have to do it  
they go on their way  
the moment they are finished  
you can watch their faces  
there is no ecstasy, no gratitude, no thankfulness  
not even a smile  
many human beings also do that  
that means they are still behaving like animals

but human love has a certain joy in it  
a certain ecstasy in it  
but only to a certain extent  
and because it is limited to a person  
sooner or later one gets bored  
sooner or later it becomes a duty to be fulfilled  
all joy disappears from it, it becomes routine

divine love is for the whole  
and the whole is immense, infinite  
hence one is never bored  
it has no boundaries  
one is never tired

a man like buddha, jesus or zarathustra  
live twenty-four hours a day in an orgasmic state  
that orgasmic state is almost like breathing  
or the heartbeat  
that's the ultimate goal of sannyas

to be in love with the whole  
to me it is real prayer  
and all that goes on in the name of prayer  
in the churches and the temples and mosques

is just false, pseudo

the only way to experience the truth of existence  
is to drop the ego

it is the ego that keeps us separate  
it is the ego that functions as a barrier, a wall  
the moment you drop the ego -- and we can drop it  
because it is not something that is part of our being  
it is something that we have accumulated  
around our being, it is our possession  
we can renounce it  
it is not clinging to us, we are clinging to it  
any moment we stop clinging it falls  
the moment ego disappears  
you become just a shadow of god  
then you are just a nobody  
then you are no more  
a nothingness  
and nothingness has tremendous purity

the moment one is nobody  
one has reached to the ultimate depth of being  
because that depth is anonymous  
it has no name, no form  
there is no sense of i in it

it is simply amness, pure existence  
then one functions as a shadow of god  
then one becomes just a hollow bamboo  
if god wants to sing a song  
the hollow bamboo functions as a flute  
if god does not want to sing a song  
the hollow bamboo rests in silence  
song or silence but it is of god  
and by god i mean the whole, the total, the cosmos

a sannyasin has to learn only one thing  
how not to be, how to disappear as an ego  
and remember, it is not a loss  
it is the ultimate gain  
by losing the ego you lose nothing  
and you gain all

life is full of miracles  
every moment  
on every step you encounter miracles  
but we are blind, we have lost the sense of wonder  
we have forgotten the art of feeling awe  
and that is the greatest religious quality  
the sense of feeling wonder

there are people who will go on their whole life  
and will never look at the beautiful sky  
or at the trees or at a sunset  
these people are blind

there are people who will never listen  
to the sound of running water  
or the wind passing through the pines  
or just the wind  
playing in the fall with dry leaves  
and the great music that it creates

there are people who never look at the flowers  
never look at each other's eyes  
at each other's faces

there are people whose hands are dead  
they cannot feel when they touch a tree  
they cannot feel the juice that is running in it  
the life that is flowing through it  
these are the really crippled people, really blind, deaf  
they are somehow living at the minimum

a sannyasin has to live at the maximum  
he has to live at one hundred degrees  
intensely, passionately  
each moment involved -- so utterly  
that nothing is left behind  
as if this moment is going to be the last  
and who knows? -- it may be the last  
one day one moment is going to be the last

live each moment as if this is the last moment  
put all at stake, risk all

and you will be immensely surprised  
that life becomes a tremendous miracle  
everything starts vibrating with life  
everything becomes a message  
every flower becomes a bible or a koran or a gita  
and every star becomes a proof  
enough proof that life is not just material  
every experience of beauty proves  
that life is more than matter  
every time you say aha! you are saying a prayer

my message is simple: live life as a miracle  
because it is a miracle  
experience it as magical -- it is magical  
there cannot be a more beautiful life  
and a more beautiful existence

religions in the past have taken life very seriously

because of this attitude towards life  
they prevented millions of people  
from being religious  
not only that -- they created a situation in which  
only the pathological, the ill, the sick  
will be attracted towards religion  
the intelligent, the healthy, the young  
those who are full of life  
will be repulsed by religion

seriousness is a kind of disease  
playfulness should be the foundation  
of a true religion  
so i teach be playful:  
the more playful you are  
the closer you are to existence  
the more serious you are  
the more egoist you become  
and the more serious you are the more closed  
then you are not open to the wind  
to the sun, to the rain  
you are not open to anything  
you are just closed within your so-called stupid  
theology, certain dogma, doctrine, certain cult  
you are no more vulnerable

one has to be vulnerable  
keep all the windows open  
allow existence to penetrate you  
and don't take things seriously

existence is not serious  
otherwise there would not be flowers  
existence is not serious  
otherwise there would not be the song of the birds  
existence is very very playful  
joyous youthful alive  
and to be in tune with it you have to be the same  
so become a song, become a celebration  
don't miss any opportunity to celebrate  
in fact don't bother whether it is the right moment  
to celebrate or not because that is seriousness  
use it as celebration  
don't wait till the right occasion comes  
then you will miss  
use any occasion, any excuse is a good excuse  
if you are celebrating

when i was a child  
my father made a beautiful house  
but he was a very simple man  
so the contractors --  
and you know indian contractors  
they deceived him and he never even conceived  
that they can deceive; they were also his friends  
the house was ready  
we were just going to move within eight days  
he had gone out for some business  
and the house collapsed  
so i sent him a telegram  
386 come back immediately, the house has collapsed

but he didn't come, he didn't reply either  
he came when he was expected to come  
and the first thing he said to me was  
there was no need to waste money on the telegram  
the house had already collapsed  
you should have celebrated  
i said for what?  
he said because if we had moved in

and then the house had collapsed  
we all would have been killed  
this is enough excuse for celebration  
he gave a feast for the whole town  
nobody could believe, he is mad  
but i could see his point, he was right

never miss an opportunity for celebrating  
for feasting, for singing, for dancing  
and then don't bother about religions  
you are religious

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## The Sound of One Hand Clapping

Chapter #16

Chapter title: None

**16 March 1981 pm in Chuang Tzu Auditorium**

Archive code: 8103165

ShortTitle: CLAPP16

Audio: No

Video: No

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love needs great courage  
for the simple reason that  
the basic requirement of love  
is to drop the ego  
and man is very afraid of dropping the ego  
it seems almost like committing suicide  
it only seems so because we don't know  
anything other than the ego  
ego has become our only identity  
and to drop it certainly means

you are dropping your individuality  
it is not true  
in fact just the opposite is the truth  
unless you drop the ego  
you cannot know your real individuality  
the ego is a pretender  
something false, pseudo, invented  
the moment it is dropped  
only then you can see the real  
otherwise the unreal hides the real  
the unreal hides the real like clouds hiding the sun

love requires a dropping of the ego  
hence love can become the door to the divine  
you may start loving a person  
but you will end up loving the impersonal  
the person becomes just like a window

open towards the infinite sky  
but one has to be absolutely clear  
that the ego will have to be sacrificed

people hanker for love  
but at the same time they cling to their ego  
hence love never becomes a reality  
they come and go without tasting the nectar of love  
and unless you experience love  
you have not experienced life at all  
you miss the point

love is sacred

in fact the only thing that can give you  
the feeling of the sacred is love  
love exists on the earth but is not part of the earth  
it is a ray from the beyond  
so those who can catch hold of the ray  
they can go on moving in the direction  
from which the ray is coming  
and ultimately can find the source of all love  
the religions have called that source god  
it is better to call it godliness  
so the idea of the person is dropped  
and only the idea of energy remains

love is sacred, divine, godly  
and also, love is a noble giver  
one can give but if there is an expectation  
of something to gain out of it  
then it is not noble, then it is just pure business  
it has no nobility about it  
one can give with certain conditions  
then it loses all nobility  
love is a noble giver  
because it gives for the sheer joy of giving  
there is no desire for any return --  
not that rewards don't come  
they come -- they come thousandfold  
but that is another matter  
that is not your expectation

you were not desiring it, you were not demanding it

you had no idea of any return  
in fact the lover is surprised when the gifts come  
what he had given was nothing  
and what comes is almost infinite, immeasurable

love is sacred, it is really sacred  
because it is the art of noble giving

give for the sheer joy of giving  
share for sharing's sake, for no other reason  
and you will be rewarded immeasurably  
you will come to the inexhaustible source  
just by giving you will become every time  
more and more rich -- that's the economics of love  
a totally different economics  
just the opposite of the ordinary economics  
if you give you will become poor  
in the ordinary economical world  
if you go on giving soon you will be a beggar  
but in the inner world the laws are just the reverse  
give and you become richer  
the more you give, the more you have  
the less you give, the less you have  
if you don't give you are poor, you are a beggar  
one has to learn it but the only way to learn  
is to give and see what happens  
to share and see what happens  
there is no other way to learn except experiencing it

life has only one centre which is eternal  
otherwise everything goes on moving and changing  
life is like a wheel  
but the wheel moves on something unmoving  
that unmoving centre of the wheel is love  
everything changes  
only love remains always the same  
love is the only phenomenon  
that remains unaffected by time  
that is beyond time  
those who have known love  
they have known that time is not all  
that there is something more than time  
the eternity

time moves from past to future  
present in fact does not exist in time  
ordinarily we think these are the three tenses of time  
past, present, future  
but in fact time consists only of past and future  
you can never get hold of the present  
the moment you get hold of it it is already past  
or if you try to get hold of it  
before it becomes past  
then it is in the future  
you cannot get hold of it in the present

and love is in the present, love is always now  
it abides here and now  
it has no past, no future, no birth, no death

it simply is, it is pure isness  
and the whole existence  
is made of the stuff called love  
the deeper you go into it the more you are surprised  
that existence is not made of matter  
matter is only illusory  
illusory in the sense that it appears there  
but if you go deeper into it it disappears

physicists say it is energy, not matter  
that is their way of saying it  
but the mystics say it is love, not matter  
in fact both have come very close  
the physicists and the mystics  
because love is pure energy  
of course the mystics way of saying it  
is far better, far more poetic  
than the physicists' way of saying it  
energy is a non-poetic expression, neutral  
love is a poetic expression  
it brings the energy closer to you  
it becomes your very heart  
the moment you say it is love  
it becomes something of immense value

to know the mystery of existence  
one has to know the mystery of love

to know the ultimate, the eternal  
one has to dive deep into love

my sannyasins are not in search of god or truth  
their whole search is to know love in its totality  
because knowing love in its totality is knowing all  
it is knowing truth, it is knowing god  
it is knowing freedom  
it is knowing all that is worth knowing

one has to surrender to love with totality  
not holding anything back

if you are holding something back  
you will not be able to experience love  
one has to be a gambler, not calculating  
but ready to risk all, on one stake  
everything that one has and in that very moment  
is the transformation

there is a a great misunderstanding  
it has existed in the whole past of humanity  
and because of that misunderstanding  
lovers have been quarrelling  
fighting with each other  
they think they have to surrender to each other  
that is nonsense  
they both have to surrender to love  
surrender has to be there, but it is not to each other  
that creates the conflict; then each tries  
the other should surrender to me  
and of course, the same is the desire of the other  
and then there is conflict, then there is quarrel  
now psychologists say lovers are intimate enemies  
and they are right -- it should not be so  
because enemies are after all enemies  
intimate or not intimate  
in fact intimate enemies are more dangerous  
because they are so close  
and if lovers are also intimate enemies  
then there are only two categories in the world  
the unintimate enemies  
and the intimate enemies

friendship disappears completely  
then there is no third category  
and the reason is a fallacy

once it is understood that both  
have to surrender to love, not to each other  
things become very easy

then there is no question of possessing each other  
no question of domination  
both are possessed by love  
love which is a totally different phenomenon  
from their egos, their personalities  
they melt into love not into each other  
of course indirectly they melt into each other also  
because they are melting into the same love  
but that is indirect, that happens automatically

love is the first experience  
of melting, merging, of losing one's boundaries  
hence it is the first spiritual experience  
and one should not stop at that  
one should go on and on  
finding more, deeper surrenders  
and one day one has to be ready  
to surrender all to the whole  
that is the ultimate goal of human consciousness

the moment one surrenders oneself to the whole  
one becomes holy

to me there is no other kind of holiness  
that is the only possibility  
of becoming a seer, a sage, a saint  
all other saints are just hocus-pocus  
deep down in their minds there are motives, desires  
maybe of the other world, of heaven, of paradise  
of being with god and all that kind of nonsense

the real seeker simply surrenders to the universe  
dissolves himself into the whole, disappears  
and in that very disappearance

one finds the ultimate core of one's being  
the deathless, the immortal, the eternal

let love be your meditation  
let love be your only law  
i have only one commandment  
because to me the whole religiousness  
is contained in this single word  
love  
all the bibles, all the gitas, all the korans  
if in any scripture there is something valuable  
then it is bound to be some aspect of love  
love has many aspects  
it is a multi-dimensional phenomenon  
the way to find it is meditation

meditation simply means becoming utterly silent  
so that your mind is no more an interference  
mind is full of desires, motives, goals, purposes

and love cannot be found by the mind  
because love has no motive, no purpose  
love has nothing to achieve, nothing to gain  
it is not a means to some end  
it is an end unto itself  
hence mind is incapable of even comprehending  
what love is  
mind has to be put aside

that putting aside of the mind  
is what meditation is all about  
when the mind is put aside  
you are in a state of meditation  
no-mind is meditation  
and in that state, love blossoms  
suddenly you explode into love  
your whole life becomes an overflowing love  
but without silence it is not possible

one has to attain to such a deep silence that  
not even a slight tremor of the mind remains in it  
not even a small ripple of thought, desire  
motive, greed, anger, no past, no future  
when mind has completely ceased

then one hears the music of silence  
the song of silence

the Sound  
of one hand  
Capping

and that is the moment when love explodes  
then your whole life becomes nothing but love

only the loving heart knows what peace is  
the unloving heart knows only war  
sometimes hot, sometimes cold  
but it is war all the same  
the unloving heart means a heart full of hatred  
and people are living in that ugly space  
of course they find beautiful rationalisations  
for their head trip

in fact they even pretend to love just to hate  
for example they will love christianity  
just to hate islam  
they will love islam just to hate hinduism  
they will love hinduism just to hate buddhism  
they will love buddhism just to hate communism  
and so on, so forth

if you look deep inside their being  
their love is nothing but an excuse to hate  
they will love their country to hate all other countries  
they will love their race, their colour  
to hate all other races and all other colours  
but their basic motive is hatred  
hence in the name of religion  
so much bloodshed has happened  
even christians who believe in jesus  
whose whole teaching is rooted in love  
they have killed thousands of people  
they have burned people alive  
in the name of jesus, in the name of love  
it is a very insane humanity  
we talk about love just to hide our hatred  
we smile just to hide our anger  
a sanniyasin has to be absolutely clear about it

one has to be absolutely naked before oneself  
no more rationalisation  
because that is the only way  
to be finished with hatred  
if you can see it is hatred  
that very seeing is enough  
then you cannot live it, then you have to drop it  
but if you think it is love  
then on the package it is love  
wrapped in beautiful packets  
but inside it is nothing but hatred  
so you can go on carrying those packets  
thinking that it is love

a sannyasin has to expose himself totally  
before himself he has to be clear  
what exactly is in his heart  
the moment you see hatred  
that is the death of hatred  
because nobody can allow it  
nobody is so stupid to allow it

if one knows, if one knows exactly the ugliness of it  
and it is ugly, hence i say  
the very seeing of it becomes its dropping  
and the moment hatred is no more there  
love blossoms and with love comes peace  
peace with the whole existence, a deep harmony  
then there is no enemy

jesus says love thy enemies -- i don't agree  
because even to think of them as enemies  
is not right  
once you think of them as enemies  
and then you try to love them  
you are getting into a contradiction  
you can at the most pretend  
because deep down you know they are enemies  
and through your pretension  
that you are loving your enemies  
you can get into an ego trip  
that you are a holy person, holier-than-thou  
look, i love even my enemies  
not only that, even my neighbours  
i love my neighbours

to me the man of love knows no enemy  
hence he loves all  
not that he loves his enemies  
he simply cannot see  
that there is anybody who is his enemy

jesus on the cross says  
father, forgive these people  
because they know not what they are doing  
it looks like a good gesture but in fact  
he is condemning them, he is saying  
they are fools, they don't know what they are doing  
they are doing wrong -- that much is certain  
otherwise why forgive them?  
the very idea forgive them  
shows that jesus knows they are doing wrong  
but according to his whole teaching  
love thy enemies as thyself  
he is acting his whole philosophy  
at the last moment also he says forgive

i will not agree to it  
because you have already condemned them

they are doing their thing  
and you are doing your thing  
what is there to be forgiven?  
neither they need to be forgiven  
nor you need to be forgiven  
you enjoyed doing your thing  
they are enjoying doing their thing  
if i am crucified i will know  
that this is what i have been doing  
i was driving those people to crucify me  
so what is there to ask god to forgive them for?  
why this holier-than-thou attitude?  
this is a great insult to the people

i will simply thank them  
you have done the thing  
that i was hoping you would do  
so goodbye, see you again  
and again i will do the same

and i hope that you will also do the same  
what else is there to say?

love cannot even utter these words, forgive them  
love simply loves and knows peace  
peace with the whole existence

love can either be hot or cold or cool  
the cool love is a rare phenomenon  
the other two are well known  
the hot love is nothing but pure sexuality  
and the cold love is nothing but  
what happens between a wife and a husband --  
it is a pretension, it is hypocrisy  
it is a mannerism, etiquette  
love is dead when it is cold  
it is the coldness of a corpse  
you still call the corpse by the same name  
as when the person was alive  
hence it is called cold love but love is no more there  
it is just a corpse  
and you have to perfume it  
so it does not start stinking

that's what husbands and wives continuously do  
perfuming, managing somehow the pretension  
knowing perfectly well that all has disappeared  
but not courageous enough to say so  
there are so many involvements, investments  
children, business, money  
and a thousand and one things  
respectability, society  
and one has to think of all these things  
then it is cold love  
both are known, both are known  
because each hot love ends in cold love  
because how long can you keep anything hot?  
sooner or later it starts getting cold  
the honeymoon is enough  
the moment the honeymoon is over the heat is gone  
now it is a cold thing  
you can carry it your whole life

cool love is a very rare phenomenon -- it happens

only when there is deep meditation behind it  
meditation makes everything cool  
and the miracle of coolness is  
it is neither hot nor cold  
it is not a passion, lust, hence it is not hot  
and because it is never hot it never becomes cold  
it simply remains exactly in the middle  
but to attain to cool love  
one needs the basis of a deep, meditative silence

i am teaching my people to give roots to their love  
into the soil of meditation  
then you will have cool flowers  
and those cool flowers are eternal  
they never die  
because they are no more part of time

to know the dimension of cool love  
is to have found the real home  
the real shelter, the real security

love never grows old  
if it grows old it is not love  
it is something else pretending to be love  
love always remains young  
it is never childish either  
if it is childish it is something else  
it is not love  
so remember, neither childish nor senile  
it is always young  
youthfulness is its very flavour  
and it is always new, each moment  
it has the miracle of renewing itself  
rejuvenating itself  
the body becomes old  
but the heart remains always young

but people are not aware of their hearts  
they are not aware of anything in them  
which remains always fresh  
it has to be searched for  
one will have to dig into one's being  
because there is much rubbish accumulated  
the parents, the teachers, the priests

the politicians -- all kinds of stupid people  
go on stuffing every child with nonsense  
and by the time the child is capable  
of going into himself  
a great mountain of junk prevents him  
that junk has to be emptied out

that's exactly the whole work of a sannyasin  
to get rid of the junk  
that others have stuffed you with  
to clear yourself completely  
to clean yourself completely  
so that you can find your real being  
that you have brought with yourself

the moment you find your real being  
you have found also love, also truth, also freedom  
and that experience remains fresh  
and to live in that freshness is bliss, is benediction  
one can live in it, one can die in it  
it continues even after death  
one can enjoy life, one can enjoy death  
because now one is identified neither with life  
nor with death  
one knows something in oneself  
which is beyond all duality  
that is your freshness, your freedom

love can be either addressed to someone  
or it can be unaddressed  
not to somebody in particular  
when love is addressed to somebody  
it is narrow, tunnel-like  
and a tunnel can become an imprisonment  
love addressed to somebody means you have  
focussed  
your love energy on a single point  
and you have excluded the whole universe out of it  
just think that if love can give you so much joy  
in such a narrow, one-pointed way  
how much bliss is possible  
if love can be unaddressed  
not pointing in any direction  
but radiating into all directions

that is the meaning of anuragini  
love radiating into all directions  
not love to somebody in particular  
but just a quality inside you  
the quality of being love itself, the quality of loving  
so if you touch a rock there is love  
you see a flower and there is love  
even when you are sitting all alone  
love is radiating  
just as a lamp is burning in a room, all alone  
but still, the light is radiating  
this is the ultimate goal of love

and the moment one can allow oneself  
so much love-full-ness  
one knows the greatest ecstasy possible  
there is nothing beyond it  
there is nothing more to life  
being love means  
the mystery of existence has been contacted

you have become part of the miraculous  
the mysterious, the unknowable  
and to become part of it is the ecstasy  
without it one lives in misery  
in a dark night of the soul

love brings light, love brings life  
and not ordinary life  
but eternal life, abundant life

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## The Sound of One Hand Clapping

Chapter #17

Chapter title: None

**17 March 1981 pm in Chuang Tzu Auditorium**

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ShortTitle: CLAPP17

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Video: No

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one thing very significant to be remembered is  
that contentment does not mean satisfaction  
satisfaction is pseudo contentment  
deep down there is discontentment  
satisfaction is only a cover-up, it is a mind trick  
otherwise life would become impossible

if the wound of discontentment  
is continuously there  
one cannot live

so humanity has created a cover-up for it  
that is satisfaction  
it is a very thin layer hence scratch a little bit  
and the discontent starts oozing out like pus

contentment is a totally different phenomenon  
it is the healing of the wound  
contentment comes  
through understanding the nature of desire  
the nature of desire is unfulfillable  
there is no way to fulfil it  
whatsoever you do, the distance between you  
and your desire will remain the same  
the desire is just like the horizon  
it looks just a few miles ahead  
one feels that one can reach it, it is not so far away  
but as you move towards it, it goes on moving away

the distance remains constantly the same  
because the horizon in fact does not exist  
there is no place where the earth and the sky meet  
it is an optical illusion -- so is desire

if you desire something and you feel  
the moment you attain it there will be joy  
you can go on hoping till you attain it  
the moment you attain it you will see  
there is no joy in it  
the desire and the hope has moved again  
farther away  
the same illusion, the same hope

and one goes on living one's whole life  
running after shadows

to understand the nature of desire  
that it is basically unfulfillable  
is the foundation of contentment  
the moment you see that the desire is unfulfillable  
desiring as such disappears  
and when there is no desire in the heart  
then one is contented  
and certainly contentment is the greatest song  
there cannot be any song superior to contentment  
of course it is not a song  
which can be expressed through words  
it is a song that is only felt  
it is just like the heartbeat: one feels it  
it is so deep that it is beyond words, immeasurable  
but it certainly is a song, it has its own music  
but totally different from all the music  
that you have heard before  
we have a special word for it in the east  
we call it anahat nad

the Sound  
of one hand  
Clapping

you cannot make a sound by one hand clapping  
but that's actually what it is

because there is no other, only you are there

when all the desires have disappeared  
all others have also disappeared  
the others were nothing but your objects of desire  
when the desire is no more the others are no more  
the moment desire disappears  
the whole world disappears  
then there is absolute silence, absolute aloneness  
but it is not loneliness -- you are with yourself  
you are not lonely  
in fact for the first time you enjoy your very being  
it is silence but not the silence of a cemetery  
it is very alive, it is full of joy  
it is the silence of the opening of a flower  
there is fragrance in it, life in it, colour in it  
it is a dance, it is a celebration

the only glory possible in life  
is that of absolute contentment  
to desire is to remain a beggar  
even though one may be an emperor  
but because he desires he remains a beggar

there is a famous story of a sufi mystic, farid  
the great moghul emperor, akbar  
used to come to visit him  
he lived in a small village near delhi  
the people of the village once asked farid  
the emperor comes to see you

and we don't even have  
a small school for our children in the village  
you can just mention it and we can have the school  
do us a favour, you can tell the emperor  
it is impossible that he will not fulfil what you ask for

farid said i will do it but because i have to ask  
then i will have to go to the emperor  
he went to see the emperor  
one day in the early morning  
he was immediately received, welcomed, taken in  
the emperor was praying, his morning prayer  
mohammedans pray five times a day

he was doing his first prayer, farid stood behind  
listened to what the emperor was praying  
when he had finished the prayer  
the emperor raised his hands towards the sky  
and asked god, give me more power  
more wealth, greater kingdom  
listening to this farid laughed, turned back  
at his laughter, his turning back, the emperor looked  
he rushed over, fell at his feet and said  
why have you come?  
and why you are going back and why did you laugh?  
farid said, i used to think that you are an emperor  
but you are not, you are still a beggar  
and i am going back because i had come  
to ask for a school for my village children  
but to ask from a beggar does not look right  
so cannot ask

because to make a school in the village  
you will become a little bit poorer  
you are already poor  
and moreover if i have to ask  
then why should i ask you  
i can ask god himself  
why have a mediator between?

desire makes everybody a beggar  
hence there can be no glory  
when one is full of desires  
the moment desires are dropped  
and the contentment settles  
in the innermost core of your being  
there is immense glory  
it is the release of the hidden splendour

the experience of contentment  
is the only real spiritual experience

a contented heart  
is the right climate for meditation to grow  
hence meditation cannot be a desire  
you cannot desire it  
when all the desires are dropped  
only then meditation can start growing in you

meditation is not a means to any end it is the end  
itself, the end unto itself

hence the people who try to meditate  
for some purpose  
are missing the whole point of it

meditation is non-purposive  
even to desire god will hinder your meditation  
hence the religions  
that have really developed meditation  
have dropped the idea of god  
jainism and buddhism, two religions  
which have developed the art of meditation  
to its ultimate peak  
both have dropped the idea of god  
not that god does not exist  
but they have dropped the idea  
for the simple reason that  
if god is talked about then naturally one will desire  
to attain to god's experience

buddha dropped all ideas  
about heaven, paradise, moksha  
for the simple reason that if these ideas are there  
then you are giving objects for people's desire  
and meditation cannot grow  
in the climate of desiring  
its basic requirement is  
that there should be no desire in you  
the moment there is no desire  
mind can be easily put aside  
because mind is a mechanism

to fulfil your desires  
when you don't want to go anywhere  
you can put your car aside, there is no point  
you can give it to a friend, you can dispose of it  
its whole function is if you want to go somewhere  
mind's function is to help you fulfil your desires

mind is a mechanism, a device  
so that you can attain  
whatsoever you dream, desire, expect, hope

and meditation is a state of no-mind  
you can put the mind aside only  
when there is nothing to be desired  
when you don't want to go anywhere  
when you are utterly happy, now, here  
this very moment  
then meditation grows spontaneously, effortlessly  
then your silence goes on deepening  
and as your silence deepens  
you become more and more existential  
less and less an individual, separate from existence  
more and more universal, one with the existence  
and that oneness is really  
what religions have called god  
it is a name for an experience

god is not a person  
but the ultimate experience of oneness  
with the whole

knowledge is not wisdom  
knowledge is acquired  
so that you can fulfil your desires  
lord acton is right when he says  
knowledge is power

certainly knowledge gives you power  
power to attain your ambitions  
power to achieve your desires  
power to be somebody important  
but knowledge is all borrowed  
from the schools to the universities  
what goes on happening in the name of education  
is nothing but stuffing people's minds  
with borrowed knowledge  
the whole educational system exists  
as an agent of the past  
in the service of the vested interests  
so that you can become useful  
so that you can be productive  
so that you can be reduced into a commodity  
society uses knowledge to be powerful over you  
you use knowledge to be powerful over others

wisdom is a totally different dimension  
it has nothing to do with power  
it has nothing to do with achieving any ambition  
wisdom happens only when one has dropped  
the whole stupidity of ambitiousness  
it is stupidity

because even if you become alexander the great  
so what? -- he died in utter frustration  
he conquered almost the whole world  
at least the world that was known in his days  
and he was only thirty-three when he died  
he did a tremendous job of conquering the world  
he spent his whole energy, his whole life  
in conquering the world

and at the age of thirty-three he died  
the day he died he wanted to live one day more  
just one day more to see his mother  
because that was the distance he had to travel  
twenty-four hours were needed for him  
to reach back to his capital  
he was going back from india  
and he had promised his mother  
that when he had conquered the world  
he would come and offer the whole world to her  
only twenty-four hours he wanted  
he asked his physicians  
they said we cannot do anything  
you cannot live more than a few minutes  
he said i am ready to give everything  
you can take half of my kingdom  
they said even if you give your whole kingdom  
we cannot save you -- it is impossible

at that moment  
he understood the futility of his whole effort

with his whole kingdom  
he could not even buy twenty-four hours  
he had wasted thirty-three years  
for conquering something  
which was not even capable of

purchasing twenty-four hours  
thirty-three years wasted, his life spent  
in attaining something  
which is absolutely meaningless  
he died in utter frustration  
all ambitious people die in frustration  
they live in frustration, they die in frustration

contentment is simply the understanding  
that the ambitious attitude towards life is  
unintelligent  
and the moment you see the unintelligence of it  
desires simply evaporate from your life  
then you don't want to be somebody  
then you are perfectly happy in being nobody  
and in that state wisdom blossoms

wisdom does not come from the outside  
it is the explosion of your inner consciousness  
it is not knowledge, it is an insight  
into the innermost mysteries of existence  
and that insight makes you immensely ecstatic  
because that insight gives you  
an authentic glimpse of your own immortality  
you have been here before birth  
and you will be here after death  
birth and death are small episodes  
in the eternity of life  
and to know life eternal  
is to know god, another name for god

it is possible to be contented right now  
it need not wait for tomorrow  
desire has to wait for tomorrow  
because it will take time to arrange, manage, reach

desire needs future

without future desire has no way to exist  
in fact it is desire that creates future  
otherwise there is no future  
time consists only of now -- the past is no more  
the future is not yet -- they are both non-existential  
only the now is existential

then what is past?  
past is only memory  
and what is future~  
future is only desire  
they are dimensions of your mind  
not dimensions of time  
past is the dust that the mind has gathered  
and future is the hopes, the desires, the ambitions  
that the mind wants to reach some goals

contentment is possible  
in fact, is only possible right now  
you cannot postpone it  
if you postpone it you have turned it into a desire  
if somebody says i would like to be contented  
he is talking nonsense  
because he is talking in terms of desire, and desire  
is just the polar opposite of contentment

one has simply to see that desire takes you  
into the non-existential future  
contentment is to live this moment  
in its totality, passionately  
without diverting your mind

anywhere else from the moment  
if one can live each moment with totality, intensity  
then contentment follows you like a shadow  
it is always with you  
and to be contented is the whole of religion  
one need not be a christian  
nor a hindu or a mohammedan  
one needs only to be contented to be religious

only a contented heart can love  
that's why you see in the world  
everybody wants to love and to be loved  
but it does not happen, it cannot happen  
because the basic requirement is missing

without a background of deep contentment  
one is not capable of sharing love  
love is the fragrance of the flower of contentment  
and if the flower is not there, you can pretend

at the most you can deceive others and yourself  
but it is not going to fulfil  
pretensions can't help, one remains frustrated

everybody is trying to give love  
but in fact what people give to each other  
is only misery, not love  
lovers become imprisonments to each other  
they don't become freedom

and love makes the other absolutely free  
but because love is not there  
the pseudo love simply tries to possess the other  
and the moment you possess the other  
you are insulting the other  
because you are trying  
to make a property of the other  
this is the greatest insult  
hence lovers continuously quarrel  
for the simple reason  
that both are trying to possess each other  
both are desiring the other  
both are trying to use the other  
as a means for their own ends  
this is not love  
this is something very unloving  
it may be even hatred masquerading as love  
it is violence -- but the label is beautiful  
but labels are labels  
when you taste the content then it is poison  
so the honeymoon is over  
the moment you have gone beyond the label  
when you have opened the container  
the honeymoon is over and the misery begins

all so-called love creates suffering in the world  
for the simple reason  
that we have not prepared the ground for it  
in my observation  
only a contented heart can share love

because he has so much joy to share  
he is not a beggar so he is not asking  
give me love

he simply gives because he has so much  
he is like a raincloud  
so full of rainwater he has to shower  
he does not make the other  
feel obliged to him either  
in fact he feels obliged  
that the other accepted his gift  
he could have rejected

when love comes out of your abundance  
not out of an empty heart  
which wants somehow to stuff itself with something  
when it comes as an overflowing joy  
then only it gives freedom  
then only it creates a paradise around itself  
wherever a man of contentment is, there is paradise

it has been said in the past  
that the contented people enter paradise  
i say that is not right  
the contented people don't enter paradise  
the contented people, wherever they are  
create paradise  
you can throw them in hell  
and they will create paradise there

one cannot desire truth, god, liberation, nirvana  
if you desire you have not understood at all  
desire is the barrier not the bridge  
desire is the wall that prevents you  
from the ultimate union with existence  
the moment you drop desiring  
immediately, instantly  
a melting, a merging starts happening  
it is desire that creates a boundary around you  
it makes a fence around you  
and keeps you separate

it makes you like an island  
and to be separated from existence  
is the only misery, the only anguish  
because we are waves in the ocean of the infinite  
we are not separate  
the very idea of being separate is false

but we can live in that false idea  
and to live in the false is to suffer  
to live in the real is to celebrate

we have to disappear into the ocean  
like a dewdrop slipping from the lotus leaf  
only a contented heart is capable  
of disappearing into the ocean of the whole  
but one does not lose anything, one gains  
of course one disappears as a dewdrop  
but one becomes the ocean  
it is not a loss, it is immense gain  
of course before you have entered the ocean  
there is fear that you will be losing your identity  
even the dewdrops must be trembling, afraid  
trying to cling to the lotus leaf  
and that is the fear of all human beings  
we are clinging to our egos  
we are clinging to our boundaries  
we are clinging even to our chains  
because we think they are our identity  
our name, our form, they are all invented things  
we come in the world without any name  
and no form is ours

just watch the whole process  
of a child growing in the mother's womb  
from the first moment  
to the time when the body is taken to the grave  
how many forms come and go  
no form is yours, millions of forms

the moment your mother became pregnant  
if that small, atomic cell is shown to you  
or a picture of it is shown to you  
you will not believe that this is me  
but this was your form one day  
in fact it will be so small  
you will not be able to see it with your bare eyes  
you will need a microscope  
you will need something to magnify it  
only then will you be able to see it  
and you will not recognise your face  
there will be no face, no hands, no legs  
nothing at all -- this is you? you cannot believe

a woman was showing her small child  
the album of their family  
and they came across a picture  
of a beautiful young man  
with long hair, black hair  
and the child was interested  
and he asked who is this, mum?  
and the mother said this is your papa  
and the child said this is my papa?

then who is this guy who lives with us?  
i was always thinking that he is our papa

forms go on changing continuously  
you don't have any form  
you don't bring any name with you  
to understand it, to see it, to realise it  
helps immensely  
then it is not very difficult  
to allow oneself the quantum leap  
from the individual to the whole  
to me, to become one with the whole  
is the only holiness there is

contentment is a beautiful flower  
of immense beauty, of great fragrance  
being with a contented man  
you can immediately feel  
a cool breeze, a fresh breeze  
if you have eyes you can even see  
if you have ears you can hear

the Sound  
of one hand  
Clapping

jesus says again and again to his disciples  
if you have eyes, see; if you have ears, hear

he is not talking to blind people or deaf people  
he is talking to people just like you who have eyes  
but their eyes are so clouded they cannot see

their noses are so blocked they cannot smell  
their ears at the most can hear but cannot listen

a psychotherapist  
was talking to a child whose mother  
had brought the child to the psychotherapist  
and the mother talked and talked for one hour  
the child was sitting there as if utterly deaf  
finally the psychotherapist asked the child  
do you have any trouble with hearing?  
the child said no, i have no trouble with hearing  
but i have trouble with listening

and the child  
is making an immensely beautiful distinction  
between hearing and listening  
and the psychotherapist could understand  
the mother is talking too much  
anybody would have difficulty in listening  
hearing is okay, hearing is a physiological thing  
just your eardrums have to be right and you will hear  
but listening means  
not only your ears are functioning  
but your ears are also joined with your attention  
you are paying attention  
you are fully aware of what is happening

when awareness joins with your ears  
then listening happens  
when awareness joins with your eyes  
then seeing happens  
when awareness joins with your hands  
then touching happens  
otherwise one can touch mechanically

contentment is something invisible  
the person who has it experiences it  
but a few others who are sensitive  
they can also feel it  
the very presence of it is almost tangible  
to the alert, to the attentive  
that's how for thousands of years  
disciples have been finding the masters  
there is no other way, no other criterion

it is not a question of logic  
not a question of intellect  
it is a question of feeling  
when the disciple feels the contentment  
when the disciple can smell  
the fragrance of contentment  
then he knows that he has come home  
that this is the place where he belongs  
that this is the man to be with  
that this is the light  
i have been seeking and searching  
no visible criterion is possible  
it is certainly invisible, a transmission beyond words

but if awareness is there  
then it is not something you have to imagine  
it is very tangible, you can touch it  
you can hold it in your hand  
your heart starts beating with a new rhythm  
in the east we have called it  
one-thousand-petalled lotus -- sahasrar  
when one becomes really contented  
then in the lake of one's consciousness  
a one-thousand-petalled lotus opens up  
that is the ultimate peak of life  
to die without knowing it is to have lived in vain  
and it is, remember, everybody's birthright  
just one has to claim it  
it is there as a potential, it can be actualised

only a commitment, an involvement, a decisiveness  
to make it a realisation is needed  
that's what sannyas is all about a commitment  
that i am going to work in every possible way  
i am going to put my whole energy  
into transforming my being into a beautiful flower  
and the very decisiveness  
and the flower starts opening

the moment your heart is totally involved with it  
a miracle happens  
something suddenly starts moving within your being  
a new energy which has remained dormant for long  
becomes dynamic

when one is contented within  
one becomes detached  
from a thousand and one things  
one remains in life, one does not escape from life  
but one lives in a totally new way  
in the world and yet not of the world  
that is detachment  
one is in the world but the world is not within oneself  
that is detachment

i am against all escapist attitudes  
i don't support the idea of people escaping  
to the mountains, to the deserts, to the caves  
to the monasteries  
no, not at all  
it is because of this escapist attitude in the past  
that humanity has suffered much

religion should be a way of life  
not a way of renouncing life  
it should be the art of living life  
it should not be cowardly  
in fact all the religions in the past  
have been teaching cowardliness  
all their monks and nuns were nothing but hippies  
i mean literally  
they had shown their hips to the world  
they were real hippies, they escaped from the world

my sannyasins have to live in the world

but live in a totally new way  
to live in the world  
as a lotus flower lives in the lake  
the lotus flower is the symbol of sannyas  
the lotus flower has a tremendous quality about it  
it lives in the water but untouched by the water  
it is so velvety that the water cannot touch it  
even in the early morning  
when dewdrops gather on its leaves and on its petals  
it remains dry, it does not become wet  
those dewdrops are there but they are not touching  
the lotus leaf or the lotus petals

that's how a sannyasin should live  
utterly contented, utterly silent  
in the world and yet not of the world

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## The Sound of One Hand Clapping

Chapter #18

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the moment one becomes blissful  
one becomes simultaneously  
a beloved of the whole existence

the miserable remains separate from the whole  
misery creates a kind of boundary  
it creates a prison  
blissfulness is nothing but melting, merging  
disappearing in the whole  
misery is centered in the ego, bliss is egolessness

and the ego can never be the beloved of existence  
because it is a false entity  
the existence does not give any recognition  
to false entities  
hence the egoist suffers, he lives in hell  
only egolessness brings paradise to you

to be initiated into sannyas  
means basically, essentially  
initiation into egolessness  
bliss comes naturally  
and one becomes the beloved of the whole  
without any effort  
it is our birthright  
but we have to drop the false  
to be in tune with the real

the experience of bliss  
needs as a basic requirement courageousness  
and nothing else

the miserable is always a coward  
for the simple reason  
that he cannot drop even the false  
he clings to the false -- the ego  
not only that, he clings even to his misery  
he cannot even renounce his misery

remember a basic law: misery does not cling to you  
it has no interest in you --  
it is your investment in misery  
it is your clinging with misery  
that keeps you imprisoned, keeps you in hell  
courage simply means  
dropping all that is ugly, all that is false  
and that creates unnecessary suffering  
yes, there is some necessary suffering also  
but that is a totally different phenomenon  
necessary suffering  
is that which one has to pass through  
if one wants to reach to the heights  
then one has to go uphill  
that is necessary suffering  
but it is worth it, it is a joy, in fact

people are clinging to unnecessary misery  
which is absolutely not needed at all  
it does not help your growth -- it hinders  
but courage is needed to drop it  
why is courage needed to drop it?  
because we have some investment in it  
the miserable person is getting  
attention through his misery  
sympathy through his misery  
compassion through his misery  
the more he gets people's sympathy  
attention, kindness, compassion  
the more he becomes clinging to his misery

he knows it is because of misery

that he is the centre of everybody else's attention  
this is fulfilling his ego  
but on the other hand it is nursing his misery  
it is keeping his wound alive  
it does not allow the wound to heal

a simple courage is needed to drop all this  
because sympathy is not love  
compassion is not love  
getting attention for wrong reasons  
you cannot really be contented  
and what can attention give to you?  
it can simply give you a bigger ego  
which will be more heavy to carry -- that's all  
you will be burdened with it  
crushed under its weight

gather courage to drop all this  
and the moment you drop it  
immediately there is bliss  
because bliss is our nature  
it has not to be created, it is already there  
we just have to remove the hindrances

that's the whole art of sannyas  
removing the hindrances  
eliminating the obstructions  
the moment those rocks are no more there  
the river of bliss starts flowing

it starts moving towards the ocean  
towards the ultimate bliss of merging with the whole

bliss is always young, always fresh, always green  
as far as bliss is concerned it is always spring  
the fall never comes, the death never comes  
bliss is eternal life  
hence the longing of everyone  
is to search and seek bliss, to find it

everybody is trying in his own ways to find it  
of course, out of a hundred ways  
ninety-nine are wrong

hence very few people attain it  
but this is the way life functions  
this is the way life gives you an opportunity  
to be intelligent, to be aware, to experiment  
to make mistakes and errors  
because that is the only way to learn  
you have to knock on ninety-nine doors  
before you can find the right door  
even those ninety-nine doors are helpful  
don't think of them as enemies  
because they help you to find the hundredth door  
they are all pointing towards the hundredth door

life is a trial and error experiment  
that's the only way to grow

to sharpen one's intelligence  
if there was only one door  
then there would be no difference  
between the stupid and the intelligent  
both would enter from the same door

the stupid is one who gets stuck in a wrong door  
the intelligent also knocks on the wrong door  
but never gets stuck there -- he goes on moving  
he goes on searching until he finds the right door  
it is a beautiful exploration  
a tremendously thrilling adventure

enjoy the search, rejoice in the seeking  
and the person who can enjoy  
the very search, the very pilgrimage  
is not far away from the right door  
he is bound to find it

pleasure gives you the appearance of bliss  
but it is not bliss -- it tricks you, it tickles you  
for a moment it befools you, but only for a moment  
and again you are back to the same state of despair

happiness also is another hallucination  
pleasure is physiological, happiness is psychological  
for example, a person taking some drug like lsd

feels a certain happiness but it is not bliss

even a man like aldous huxley was deceived  
a very intelligent man but he believed  
that he had attained through Lsd  
the same experience  
as the buddha, as jesus christ, as lao tzu  
it is not possible through chemicals  
chemicals can only create a dreamworld  
and when their effect is lost you are back  
on the same earth, in the same state  
even in fact far more miserable than before  
because now you have seen a dream  
beautiful dream  
and you will miss it  
but this is not new  
not only aldous huxley is deceived  
it has been one of the most ancient things  
from the ancientmost scripture of the world, rigveda  
up to now, people have been deceived by drugs

in rigveda it is called soma  
but it is exactly something like  
marijuana, Lsd, psilocybin  
one can feel a dreamworld,  
a beautiful dreamworld but it does not last  
and the definition of bliss  
is that it begins but it never ends  
if it ends then it is either pleasure or happiness  
either physiological or psychological  
but it has nothing to do with the spiritual  
the spiritual is the dimension of eternity

bliss is homeless  
hence it is ever green, always young, always fresh  
the only way to attain it is meditation  
the body cannot give it to you  
the mind cannot give it to you  
only the state of no-mind  
that's what meditation is: a state of no-mind  
the moment you enter into the state of no-mind  
in that immense silence, that profound virgin silence  
you have entered into bliss, into the world of bliss

samo is a word that means balance, stillness, silence  
it simply means coming to an inner space within you  
where there is no disturbance at all, no distraction  
where past is no more hovering over you  
where future is no more pulling you  
where only the present exists  
where only this moment is all  
in that silence, in that stillness, one hears

the Sound  
of one hand  
Clapping

the eternal music of existence  
and that's what bliss is  
to become part of that eternal silence  
which is also an eternal song, but a song of silence

unuttered, unexpressed  
a dance at the innermost shrine of your being  
with no movement

it is one of the most mysterious experiences  
a song without any words  
a dance without any movement  
a music which cannot be heard  
but can only be tasted, experienced

the ordinary science  
is concerned with everything except bliss  
it is concerned with the whole existence  
except the consciousness of the scientist itself  
it is a very strange phenomenon that the scientist  
is interested in all kinds of things  
except in his own consciousness -- who he is  
that is not his problem at all, that is not his quest  
the knower remains unknown to him  
and he goes on accumulating knowledge  
about everything else

vigyan means a special science  
special in the sense that it is concerned with

the knowing of the knower itself  
its only concern is to know the knower  
who am i? is its only quest

and the moment you know who you are  
simultaneously you know bliss too  
because you are made of the stuff called bliss  
you consist of only one thing -- that is bliss

gautam the buddha used to say  
if you taste sea water from any place  
it is always salty  
if you taste your consciousness  
from any door, from any method, from any path  
you will always taste bliss

bliss takes you beyond time  
without bliss you remain a slave of time

time is continuously changing  
hence to remain in time  
means constantly being uprooted  
from one place to another place  
you cannot grow, it is impossible to grow in time  
it is just continuously replanting  
there is no opportunity to grow roots  
to be centered, to be grounded  
time is fleeting so fast  
and you have to keep pace with time  
you have to go on running  
you have to go on being more and more speedy  
to keep your pace with time  
otherwise you will be left behind

to live in time means  
to live a life of continuous change, movement  
you cannot find even a moment's rest  
even in your sleep you are dreaming  
that means even in your sleep you are running

bliss is beyond time, hence instead of a slave  
it makes you a god, a god of time  
time starts serving you

ordinarily people serve time  
and time ultimately takes you to death  
it cannot take you anywhere else  
the grave is the goal  
it makes you run faster and faster and faster  
till you fall in your own grave  
then only it leaves you  
it goes on pushing you towards the grave

in sanskrit we have one word for both  
time and death -- kal  
for the simple reason that time means death  
kalesh means god of time  
and the moment you become a master of time  
you also become a master of death  
then time serves you, death serves you  
both become your servants  
but the whole secret lies in transcending time  
and it is possible, the key is there within us  
the key is to get out of the mind

mind is within the grip of time and death  
the moment you slip out of the mind  
you are outside time and death  
and to slip out of the mind  
takes you into the world of bliss  
then there is only rejoicing and eternal life

bliss is multi-dimensional  
it has many aspects to it  
one of its aspects is it is a flame, a light  
once the flame is lit within you  
all darkness disappears  
the darkness cannot exist with the flame  
and when there is no darkness within you  
your whole life is transformed  
because your whole life was dominated by darkness  
now it is dominated by light

darkness within  
whatsoever you do is going to be wrong  
even the right, with all good intentions  
is going to be wrong -- that is inevitable  
and one can experience it

parents want to do everything right for their child  
of course they think they love the child  
but they only think  
deep down they are so full of darkness

love is not possible  
and with all the good intentions  
they start crippling the child, paralysing, poisoning  
with all their superstitions and stupidities  
they go on burdening the child  
they are trying to make the child live  
exactly the same life as they have lived  
and they have never tasted bliss  
yet they want the child  
to be just a carbon copy of themselves  
it is absolutely unconscious  
with all good intentions  
they are creating hell for the child  
their parents created hell for them  
and now they are doing the same to their children  
and the children will go on doing the same  
to their children  
that's how from generation to generation  
man is being poisoned from the very source  
the teachers are trying to do something good  
but all that they manage to do  
is stuff your mind with borrowed knowledge  
they themselves are not wise  
how can they help you to be wise?  
the priests are doing everything good for you  
and they are the greatest mischievous people  
in the world, not knowing at all  
they have destroyed the whole human past  
in the name of religion  
all kinds of crimes have been committed

murders, people have been burnt alive  
and not one or two, millions of people  
in the name of god, in the name of christianity  
in the name of islam, in the name of hinduism  
beautiful names but the reason is simple  
unless you have your inner light  
whatsoever you do is going to be wrong  
hence my emphasis is not to do right  
my emphasis is to be right  
then whatsoever you do is going to be right

that is secondary  
then there is no need to be worried about it  
and to be right means to be full of light

bliss is a light, misery is darkness  
and that light is not far away  
you are not to travel to a star to find it  
you have just to go within -- it is just so close to you  
just a little turning, a hundred-eighty-degree turning  
just changing your focus from the outside  
and looking in is enough

once you start looking in  
you are bound to find the flame  
it is already there -- neglected, ignored  
once you pay attention to it, it starts burning bright  
your attention becomes its food  
its nourishment, its fuel  
hence meditation is nothing but the art  
of becoming attentive, aware, alert

our whole education is rooted in a false notion  
of creating the ego in the child  
even the psychologists go on emphasising  
that the ego has to be strengthened  
these psychologists also don't know  
the experience of egolessness  
they are as unaware as anybody else  
as unenlightened as anybody else  
and in their ignorance  
they think unless you have a very strong ego  
you will not be able to compete in life  
and it is a tough competition  
you have to be strong to give a good fight  
it is a struggle, the survival of the fittest  
so you have to be fit to survive

that's what our education is  
it is in fact miseducation  
because its whole foundation is wrong  
it is rooted in the idea of the ego

real education will help you to dissolve the ego  
to drop the very idea of conflict

struggle, fight, war  
in fact one has to be in a deep communion  
with the whole -- relaxed, restful, at home  
to me that is religiousness  
and the reward is bliss  
and there cannot be any greater reward

dissolve the ego, let it evaporate  
and only then will you find a tremendous explosion  
of such joy  
that you could not have even dreamt of it before  
when it happens for the first time  
it is absolutely unbelievable, it is so vast  
it is so infinite that one cannot believe  
that one is capable of it  
one tries  
perhaps i am dreaming, perhaps i am imagining  
but the miracle is such that once it happens  
it goes on deepening

sooner or later you have to trust it  
sooner or later you have to come to understand  
that this is what you were missing  
this is what  
you were always seeking and searching  
unconsciously

ego is the only barrier  
and egolessness is the only bridge to god

one has to become a nobody, a nothingness  
only then bliss happens  
because only then there is a space enough  
for the infinite to become a guest in your being  
otherwise we are so much cluttered  
with all kinds of rubbish, junk, crap  
that the infinite cannot be a guest  
we cannot be a host to the divine  
and bliss is divine, another name for god

one can invite bliss  
only if one has prepared one's being  
and the preparation means  
if one has emptied oneself out completely

all the ideologies have to be thrown out  
all the scriptures have to be burned  
not literally, not the scriptures on the outside  
they have nothing to do with you

but nothing inside should remain  
no ideology, no religion, no theology

one should become utterly empty of all ideas  
and then the miracle is bound to happen  
exactly at the moment you are totally empty  
it happens  
and it does not happen  
as if something is coming from the outside  
it happens exactly at the centre of your being  
as if something has suddenly blossomed in you  
it was always there as a potential; it becomes actual

we have only to create space  
and any limited space won't do  
it has to be unlimited  
hence i say one has to become a zero  
the moment the zero is there  
perfection happens on its own accord

bliss and wisdom are two sides of the same coin  
only a blissful person is wise  
and only a wise person is blissful  
they happen together

the fool cannot be blissful  
howsoever scholarly he is

howsoever knowledgeable he is  
he cannot be blissful  
and the blissful person  
howsoever uneducated he is, uninformed  
cannot be other than wise  
he cannot be otherwise

jesus is not a knowledgeable person  
neither is mohammed nor is kabir

all the three are uneducated, absolutely uneducated  
not great scholars or philosophers  
not knowledgeable in any way  
just innocent people  
but immensely wise, absolutely wise  
their wisdom knows no bounds  
their wisdom is as vast as the whole sky  
their wisdom is infinite  
hence wisdom has to be understood  
what actually it is  
it is knowing your own being  
it is an experience of your own innermost core  
it is entering into your own centre  
the moment you enter your very centre  
the innermost shrine of your being  
a miracle happens  
you are innocent and yet  
you have such tremendous insight into everything  
it is not knowledge, it is insight  
your life is lived now in a wise way  
your each step is full of wisdom

your each word contains scriptures  
even your silence is a sermon

and the miracle of this blissfulness, this wisdom  
happens through a simple art  
of watching your mind

mind is knowledge  
if you can watch your mind in all its functions  
if you can watch all its knowledge  
you become separate from it  
the watcher becomes separate from the watched  
and that very separation  
is the beginning of bliss and wisdom  
when you are totally aware that you are not the mind  
you have prepared yourself  
for the miracle to happen  
it inevitably happens  
just we have to be ready for it

sannyas is a preparation for wisdom, for bliss  
for freedom, for love -- for all that is really valuable

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## The Sound of One Hand Clapping

Chapter #19

Chapter title: None

**19 March 1981 pm in Chuang Tzu Auditorium**

Archive code: 8103195

ShortTitle: CLAPP19

Audio: No

Video: No

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all power is divine  
we are only vehicles, passages  
we are like a hollow bamboo flute  
our function is to allow god to flow through us  
the song is divine  
the song does not belong to the flute  
all that the flute can do is not to disturb it  
not to block it, not to hinder it, but to allow it  
the function of the flute is in a way negative  
just not to obstruct

and then the song goes on flowing  
that's where our ego creates trouble  
the ego is a block  
it fills the hollow bamboo flute  
and stops the song from flowing through it  
then life becomes obviously a misery, an anguish  
it misses the song -- that song is our very life

god is our very life  
god is not some person somewhere  
but our very heartbeat, our very existence  
and the ego is our enemy but very cunning  
it pretends to be our friend, our greatest friend

sannyas simply means  
seeing the destructiveness of the ego  
and dropping it... in a single blow, not gradually

it cannot be dropped gradually  
either one sees the point and drops it  
or one goes on carrying it  
hoping some day to drop it  
but that very hope is illusory

when your house is on fire  
you don't wait for tomorrow  
you rush out of it  
you don't even think to get out in a proper way  
from the main gate, from the main door  
you even jump out of a window  
and if you are taking a bath naked

you jump naked out of the window  
you don't even wait to wrap around a towel  
when the house is on fire  
one cannot postpone even for a single moment

and the house is on fire  
everybody is suffering, everybody is burning in hell  
everybody is living in such misery, anguish  
there is no joy, no song, no dance  
for the simple reason  
because these things belong to god, not to us

they can belong to us only if we disappear  
if we are not in the way, if we allow god  
to flow through us  
in that absolute let-go  
in that surrender is sannyas

sannyas is not surrender to me  
it is not surrender to anybody in particular  
it is simply surrender to the whole  
to this vast, infinite existence  
and the moment you dissolve yourself in it  
life becomes a sheer joy

man without the experience of the divine  
is nothing but a darkness, an unending darkness

a dark night of the soul  
and all hope for the dawn is futile  
it is not going to come  
unless we invite the divine the dawn cannot come  
we have to become hosts to the divine  
that's what meditation is all about  
creating a receptivity for the divine to come in  
and the divine certainly comes like a flame

the moment the flame enters you  
you become aflame  
your whole life is transformed into light

the sun does not rise on the outside, it rises within  
and once there is light within  
your whole life has a luminosity  
each act has a tremendous beauty to it, a grace  
a totality, a passionate intensity  
each moment  
becomes so tremendously deep and profound  
that it starts containing the whole eternity in it  
all that is needed on our part  
is to be totally vulnerable, available, open  
the guest is always knocking on the door  
but our doors are closed  
the flame wants to enter in but we don't allow  
it we live in fear and for thousands of years  
religions have been teaching people to live in fear  
in fact they call a religious person  
a god-fearing person

that is sheer nonsense  
god is nothing to be afraid of

a religious person  
is a god-loving person not god-fearing  
why should he fear?  
and if you are even afraid of god  
whom are you going to love? -- because god is all

my sannyasins have to change the whole gestalt  
that has been implanted within you by the society  
i teach love not fear

and only love can be open  
only love can be inviting, only love can trust  
and the moment you trust  
you can open the doors of your heart  
and immediately, instantly, the miracle happens

the word ecstasy is of immense significance  
literally it means to stand outside yourself  
that's the actual meaning of ecstasy  
standing outside of yourself, standing out of the ego  
and the moment you are out of the ego  
you are in god  
to be in the ego  
is to be millions of miles away from god  
and to be out of the ego  
is to be at the very heart of the divine

and if one understands, if one tries to see the point  
it is not difficult  
because the ego  
has never brought any joy to anybody  
it only brings agony  
it brings more and more pain  
more and more suffering  
ego is like a wound  
that continuously hurts and is very touchy  
to come out of the ego is to be healed  
is to be whole, is to be holy  
and to come out of the ego nothing else is needed  
only one thing  
a deep insight into the very phenomenon of the ego  
what it has brought  
it promises much but it never delivers the goods  
in the whole history of humanity not a single person  
has been able to say ego has given me bliss  
and all the persons who have lived blissfully  
have said, without any exception  
that bliss has happened  
only when they dropped the ego

the mathematics is very simple  
it is one of the most absolute laws of life  
without any exception  
it is the very science of religion  
get out of the ego and suddenly the spring comes

and thousands of flowers start blossoming in you

sannyas is a divine revolution  
it is not a modification, a reformation  
it is revolution  
it is dropping the past absolutely  
and entering into a totally new dimension  
only then one can taste what godliness is

if you carry your past with you, you remain old  
and every day you go on becoming older  
because the past becomes bigger and bigger  
and heavier and heavier  
if you drop the whole past and start afresh  
you are again young  
and only the young consciousness  
can have a contact with the divine  
because there is nothing in between  
if you are carrying the past  
then the past functions as a barrier, as a wall  
it is a china wall, very thick  
and it goes on growing thicker every moment  
because every moment the past is becoming bigger  
something is added to the past

sannyas begins when you drop the past  
and suddenly  
you feel a weightlessness, as if you can fly  
and then one has to remember  
not to accumulate the past again  
then one has to die every moment to the past  
so that one is reborn every moment to the present

that's the only true way to live  
dying to the past  
living in the present  
that contains my whole religion

man is capable of melting and merging  
into his own innermost core  
and that is the space where absolute silence reigns  
where no noise has ever penetrated  
it is against nature and the law of nature  
no noise can ever enter into your innermost shrine

the silence is virgin  
but it is not a dead silence  
it is very alive, it is full of music  
it has a song of its own

the Sound  
of one hand  
Clapping

it has a dance of its own  
but it is impossible to express it in language

language is made to express the noise of the mind  
beyond the mind is your silence  
hence there is no way to express it  
but it can be experienced  
and that's the only thing that matters: experience

and its experience transforms you  
then your whole life becomes a celebration  
a subtle undercurrent of joy permeates you  
pervades you  
you live in the world  
you live in the whole noise of the world  
but now it doesn't matter  
because now  
it cannot distract you from your inner centre

to know that inner space  
is to know the centre of the cyclone  
and then the cyclone too is beautiful  
you remain centred in all kinds of situations  
success or failure, poverty or richness, life or death  
the inner centering remains the same

to attain it is the goal of sannyas

the knowledgeable person  
has no way to know the divine  
because his knowledgeability gives him great ego  
knowledge  
is the most ego-nourishing phenomenon

far more than money, political power, etcetera  
because political power can be taken away  
money can be lost, your bank can go bankrupt  
it is easy to lose it  
but knowledge is something  
which nobody can take away from you  
hence it gives the ego the most stable ground

the knowledgeable person has never known god  
hence jesus says be like a small child  
again and again he repeats it  
unless you are like a small child  
you will not enter into my kingdom of god  
to nicodemus he says unless you are born again

it is not possible to experience the divine  
the whole insistence is on innocence  
the same innocence as the child has

drop all your knowledge  
it is rubbish, it has no inner value  
in fact it is a disvalue it is not a qualification  
for the inner world but a disqualification  
unburden yourself from knowledge  
and then innocence will be discovered  
and that is really treasure

once you have tasted your own innocence  
you have tasted god -- it is the same  
call it innocence, call it godliness  
these are different names for the same experience

silence has three gates to pass  
one is the most peripheral: speaking  
speak only telegraphically  
speak the essential and you will be surprised  
that almost ninety per cent of your talking is useless  
only ten per cent will do  
and you will also be surprised  
that ten per cent will become more effective  
because that ninety per cent  
that unnecessary burden  
is no more there

words become more pregnant  
when you don't go round-about  
when you go directly  
and if one has to be telegraphic  
one has to go directly  
that's why you can write a long letter  
but it doesn't have that effect  
a small telegram is more effective

in india this is a common practice  
people will write long letters  
and in the end they will write  
think of it as a telegram  
but how to think after such a long letter?  
a telegram has to be telegraphic

all the great scriptures of the world are telegraphic  
that is the meaning of the sanskrit word sutra  
just a hint has been given but very pregnant  
this is the first step  
be telegraphic, speak the essential  
and drop the non-essential  
and then the second step  
think only the essential  
and you will be surprised  
ninety-nine per cent is unessential  
only one percent maybe is essential  
that too i say maybe, perhaps  
otherwise it is all holy cow dung

so drop thinking unnecessarily  
about unnecessary things

and people are thinking about all kinds of things  
relevant, irrelevant  
i receive such questions  
why do dogs bark at the moon?  
now the person who is thinking this question  
is really a great thinker  
he is neither a dog, nor is he a moon  
what is his concern about it? Let the dogs bark  
it is something between the dog and the moon  
you are unnecessarily poking your nose in it

but just curiosity  
and people go on thinking about useless things

so drop useless thinking  
and you will be saving so much energy  
that the third step can be taken  
the third step is the most subtle  
feel only the essential  
and if you come to the essential  
then there is only love  
anger, greed, lust  
all these things are non-essential  
they are parasites, they are exploiting you  
when you come to the essential only love remains  
and when your heart is only full of love  
you can enter into the very centre of silence

these three things have to be passed  
the outer part of the mind -- talking  
the inner part of the mind -- thinking  
and the innermost part of the mind -- feeling  
and when you have passed all these three  
then there is silence  
and that silence is the door to the divine

freedom is one of the most fundamental things  
and we are living in all kinds of bondages  
the bondage of a certain church  
the bondage of a certain race  
the bondage of a certain nationality  
and so on and so forth  
these are all imprisonments, prisons within prisons  
and if one really wants to know the truth  
one has to get out of all this stupidity  
that humanity has been carrying  
for thousands of years  
one has just to be a consciousness  
a pure consciousness  
that is freedom  
neither hindu nor mohammedan nor christian  
neither atheist nor theist, neither black nor white  
these are non-essential things  
one should not get lost  
in the jungle of the non-essential

the essential thing is your consciousness  
and consciousness  
is neither hindu nor mohammedan  
nor christian nor jew  
it is not even masculine or feminine  
it is neither black nor white  
it is neither young nor old  
no category is applicable to it  
it is beyond all categories  
hence it has immense freedom

freedom is divine  
because it allows you to know the truth  
freedom means freedom from all prejudices  
from all a priori conclusions

a child met the priest of the town in the garden  
he said good morning, father  
the priest looked at the child, a beautiful child  
and the way he greeted him  
he asked him, but i never see you in the church  
the child said, that's true  
because i don't belong to your abomination

these denominations are really abominations  
these churches, these temples, these mosques  
are nothing but beautiful ways of creating prisoners

be free so that you can be yourself

initiation into sannyas is initiation into freedom  
into being yourself  
i don't give you any creed, any dogma  
any abomination  
i simply want you to be utterly yourself  
and then god is not far away  
he is just by the corner

we have not lost anything, we have just forgotten

god is still there, truth is still there

love is still there, bliss is still there  
nothing has been lost but we have forgotten it

we are living in a kind of sleep  
we need a certain awakening  
and that's the function of a master  
to hit the disciple  
in such a way that he has to wake up  
and certainly the master has to be merciless  
out of compassion he has to be merciless  
he has to hit hard on the head  
just a good hit on the head and one wakes up

all the methods of meditation  
are nothing but certain ways of hitting  
the very source of your sleepiness  
once you start awakening, just a little wakefulness  
is enough to remind you of what you have forgotten  
and then there is no problem  
then you can start working on your own  
searching inside, where you have put things  
and how you forgot

sati is a beautiful word  
it contains the essential core of all spiritual methods  
remembering  
so one need not be worried because nothing is lost  
one should rejoice that even if we have forgotten  
it is still there  
so just a little effort is needed to wake up

just a little effort to come out of your dreams  
and anything can be of help  
sometimes even accidents can help  
just for a moment you lose your sleepiness  
and suddenly all is remembered  
this remembrance happens always in a sudden way  
hence my way is the way of sudden enlightenment

one goes on hitting one's head against many things  
because one never knows which hit  
from what source, is going to help  
it may be the same pillow that you hit  
or the same pillar again and again

one never knows  
it may be the ninety-ninth number or the hundredth  
but there comes a point  
when remembrance happens  
sometimes it can happen even in the first hit  
it depends how thick is the sleepiness, how dense  
people have different layers  
it depends on their conditioning  
how they have been conditioned

every child has been conditioned  
so every child will need a certain hit

to be with a master  
is possible only if you love immensely  
because the master is going to hit you  
unless you trust you won't allow anybody to hit you

it is going to be a surgical operation  
you have to trust the surgeon  
because you will be on the table, under chloroform  
and who knows what the surgeon is going to do?

i have heard about a jew  
who was going to be operated upon  
he said wait  
he took out his purse  
and started counting his money  
the doctor said  
there is no need to pay right now  
you can pay later on  
he said who is going to pay?  
i am simply counting my money  
because when i am under chloroform, who knows?  
i don't trust you  
he is trusting him for the operation  
but he cannot trust for the money  
money seems to be more valuable to people  
than their life itself

but to be with a master one has to understand it  
that love is more valuable than life itself  
the relationship between a master and a disciple  
is a love affair

it is the highest peak of trust  
because it is the greatest operation  
there is no other operation bigger than this  
your whole life has to be transformed

it is possible -- one just has to allow it

one has to open one's heart  
so that one is always ready  
to welcome the unknown, the unknowable

we live in the known  
and we are afraid of the unknown  
so we keep our doors closed to the unknown  
what to say about the unknowable?  
to allow the unknown to enter  
we are not even ready  
but to live in the known means to live in a rut  
it is boring  
that's why the whole humanity seems so bored  
utterly bored, bored with everything  
unless one opens doors to the unknown  
life never becomes a joy, a deep adventure  
the moment you open the doors for the unknown  
the moment you welcome the unknown  
you are allowing new, fresh winds to come in  
the rain, the sun, the stars  
the fragrance of the flowers  
and with all these, slowly slowly comes the divine  
first you have to be open to the unknown  
and when you have started enjoying  
then you can risk one step more  
you can go a little deeper  
you can become open to the unknowable

the world of the unknown  
is the world of poetry, music, dance  
the world of aesthetics  
and the world of the unknowable  
is the world of religion  
and the world of the known is the world of business  
marketplace, ordinary existence  
day-to-day existence

a sannyasin first has to be open to the unknown  
and then finally to the unknowable  
that is the meaning of swagat: a welcoming heart  
and then the impossible becomes possible

there are two ways to approach the divine  
one is of meditation, awareness  
the other is of love  
both are valid ways, their starting point is different

but their ultimate goal is the same  
they meet when you have reached  
and not only that they meet at one point in the end  
if you have followed the way of meditation  
then love comes as a shadow to it, as a by-product  
if you have followed the way of love  
then meditation comes as a shadow of it  
as a consequence of it  
they happen together finally  
but the starting point can be different

for you my suggestion is  
love will be the best way to follow  
love the whole existence, love as much as you can  
because the more you love  
the more capable of love you will become  
this is the law of love  
the more you love the more love you have  
the less you love the less love you have  
when you love infinitely  
you start having an inexhaustible love within you  
some sources that have remained always hidden  
suddenly open up  
some springs which have never been flowing  
start flowing  
but one has to be unconditional: love  
but don't ask anything in return  
love for the sheer joy of love  
and then wait for the miracle  
it happens, it happens inevitably  
just one has to love and wait  
sow the seeds of love and wait  
and the moment certainly comes  
when those seeds start sprouting

they start becoming plants, leaves start growing  
foliage comes, then buds  
then flowers and the fragrance  
that fragrance is godliness

love is the beginning, godliness is the end

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## The Sound of One Hand Clapping

Chapter #20

Chapter title: None

**20 March 1981 pm in Chuang Tzu Auditorium**

Archive code: 8103205

ShortTitle: CLAPP20

Audio: No

Video: No

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the phenomenon of awareness is paradoxical  
half of it, the first half, is human effort  
the other half, the second half, is a divine gift  
one has to do the utmost one can do to attain it  
but it is not attained only by that  
it is not attained without it either  
the human effort prepares you to receive the gift  
if you are unprepared and the gift comes  
you will not even be able to recognise it  
there is no question of receiving it, welcoming it  
so the first part is absolutely necessary

but one should not get the idea  
that one attains it through effort  
the effort only removes the barriers  
it is negative  
the moment the barriers are removed  
the door is open, the heart is available  
the gift comes, it is a happening, it is not a doing  
hence one should not get egoistic  
about one's efforts  
because ultimately it happens effortlessly  
it simply showers on you  
and the moment it showers  
one comes to know that whatsoever i have done  
has nothing to do with-it  
i was simply removing the stones  
the rocks on the way  
the guest was always ready to come

i was only opening the door  
the guest is not my creation  
the guest was already there  
just waiting at the door  
all that i have done is open the door  
which is not much  
but without opening the door  
the guest cannot enter either  
hence it is called the effortless effort

one has to be really diligent

it is an uphill task, you have to move upwards  
when you are coming down the hill there is no effort  
when you are going up the hill  
immense effort is needed  
the higher the altitude the more effort is needed  
but when you reach the peak what you see there  
has nothing to do with your effort  
of course your effort has got you to the peak  
but the vision, the vast sky  
and the immensely beautiful valleys all around  
the stars  
they are not your creation  
but you would have missed them  
if you had not come to the peak

hence one has to continuously balance  
between effort and no-effort  
something has to be done  
and something has not to be done  
they appear contradictory  
they are not -- they are complementary  
you have to do your part  
the moment your part is fulfilled  
existence does its own part  
but if you have been half-heartedly doing  
then existence will not do its part  
you have to be in your effort totally  
without holding anything back  
when you risk all, existence comes  
with immense blessings, benedictions  
existence loves and respects a person  
who has put everything to the stake  
and awareness is something that can happen only

when you are totally devoted to it  
sannyas is nothing but an initiation  
first into effort  
and then into effortless receptivity

existence is basically made of awareness  
science may never be able to discover it  
because science's very methodology prevents it  
but still science has come very close to it

just thirty years ago

science was absolutely certain  
that existence consists of matter  
now it is no more so  
matter is dead, matter has evaporated  
matter exists not  
now science says we were deceived  
because of our limited instruments  
existence does not consist of matter  
but of pure energy  
but the energy is revolving with such speed  
that it creates the illusion of matter  
it is just like an electric fan  
going with great speed  
and you cannot see its three blades  
it looks like a wheel  
that wheel is only illusory  
if it really goes with the speed of light  
you can sit on it  
and you will not feel those blades moving  
the speed will be so much  
one hundred eighty-six thousand miles per second  
that you can sit on it  
and you will not feel that anything is moving  
it will be absolutely static for you  
that's actually what is happening  
when you see the wall  
it seems to be so solid -- nothing is solid  
just the speed is so fast  
otherwise you can walk through it  
it is just the speed

if it can be lowered a little bit

you can walk through the wall  
through the mountain  
there is no problem because it is pure energy  
there is nothing solid any more  
this is a great advance that science has to concede  
reluctantly they conceded  
because to say that existence consists of energy  
is to come very close to the mystics  
they have always been saying existence is energy  
they say something more too  
they say that energy is awareness  
science may never be able to know that  
for the simple reason  
it has no way to experience awareness  
it can be experienced only through meditation  
and the moment you experience awareness  
the whole existence  
is immediately revealed to you as awareness  
not only that, it starts converging on you  
immediately, instantly you become the centre of it  
you become the beloved of the whole  
and to be beloved of the whole  
is to be blissful, is to be ecstatic  
because that is the only love that can be eternal

the more aware you become, the more loving  
the less aware, the less loving

the unconscious person  
is absolutely incapable of love  
neither can he give nor can he receive  
and everybody is hankering  
longing to love and to be loved  
but everybody is unconscious  
it is not possible  
it is like a blind person trying to see the light  
and trying to see the colour of the flowers  
and trying to see the stars  
because people talk so much of their beauty  
but how can the blind man see  
the colours of the flowers  
and the rainbow and the stars and the moon?  
it is impossible  
what is needed is not any effort to come  
to come to the flower, to look at the sky  
because those blind eyes

even if turned towards the sky  
will not see the stars  
the blind person needs his eyes to be cured  
he needs a physician, he does not need to be led  
by poets, by philosophers  
he needs a physician

and a true master is a physician not a philosopher  
he tries to give you something  
that is already in you but unopened  
he gives you a third eye, that is awareness  
he helps you to become aware

and as you start becoming aware you are surprised  
love starts happening of its own accord  
and you have always been longing for it  
and now it is coming of its own accord  
one simply becomes pure love  
when awareness has blossomed  
when the flower of awareness is there  
there is the fragrance of love  
it is inevitable

awareness is the seed -- it is there  
it just needs the right soil  
the right climate, a right gardener  
and soon the day will come  
when the seed will dissolve into the soil  
and the hidden will become real  
the heart of the seed will start growing  
then flowers are not far away  
the first leaves herald the coming of the flowers  
sannyas is only a climate, a soil  
the master is a gardener  
you have all that you need  
but it is in the potential, it has to be actualised  
there is no real difficulty in its realisation  
one just has to dissolve one's ego in the soil  
that ego is just like the hard shell  
that surrounds the seed  
it is protective -- that is its function

but if that hard shell surrounding the seed  
rejects dissolving into the soil

then it is no more protective, it is destructive

the ego is a necessity in the world  
otherwise you will not be able to survive  
there are so many egos all around  
they will crush you  
they will use you as a stepping stone  
you will be destroyed by all those egos  
your own ego gives you a certain protection  
a certain safety  
it creates a hard barrier between you and the others  
they cannot penetrate you  
it is not easy to go deep into you and hurt you  
ego helps you not to be hurt by others  
as far as the world is concerned it is okay  
the moment you start moving inwards  
the ego has to dissolve  
otherwise it won't allow your reality to blossom

that's what sannyas is  
a readiness on the part of the disciple  
to dissolve the ego  
and once the ego is dissolved  
miracles start happening  
it is a miracle  
those first two leaves coming out of the ground  
one could not have imagined  
that the seed contains these two green leaves

and then the tree goes on  
becoming bigger, gathering greater foliage  
it can become a big tree  
almost whispering with the clouds  
it can blossom, it can become flowers, fruits  
and only then one is fulfilled

that is the state of buddhahood  
the awakened state of consciousness

awareness is a method  
a means to attain consciousness  
one has to become aware of the outer world

when you are watching something  
be alert  
don't just behave like a zombie  
that's how people are behaving  
they are looking at a thing and not looking at all  
because their mind is somewhere else  
their eyes are empty, there is no attention  
they are hearing something  
but they are not listening  
their awareness is not there behind their ears  
so this is the first thing to be done  
become aware of the outside world

this noise of the train

or an aeroplane passing by or the traffic  
never think of these things as distractions  
they are not  
use them as objects for becoming alert and aware  
and you will be surprised  
everything can be used  
and then there is no distraction  
then the whole life is helping you to become aware  
nothing can distract you  
you can go into the marketplace  
and you can use every noise  
every nuisance that is going on  
as an object for becoming more alert  
in fact it is easier to be aware in a marketplace  
than in a monastery  
the second thing to be aware of  
is your own body and its acts, what you are doing  
just becoming more aware of each movement  
each gesture  
and that will release an even greater awareness  
than the outside world  
then become aware of your thoughts  
and you are coming closer to home  
and the closer you come  
more and more release of awareness will be there  
then watch your emotions, your moods  
and you have come very close  
for the explosion of consciousness

when you are capable of watching the outside world

the physiological activities  
the activities of the mechanism of the mind  
and the mechanism of the heart  
you are ready for the quantum leap  
then you can simply jump into yourself  
you will suddenly find yourself centred, grounded  
rooted in your own being  
and that is the flowering of consciousness  
that's the ultimate goal of all religions

there is no other truth  
truth is not something outside you  
it is the very innermost core of your being  
it is the explosion of consciousness  
awareness, watchfulness  
the moment your inner being explodes  
all becomes light  
then life is lived in a totally different way  
of course one lives in the same ordinary life  
but with such extraordinary delight  
with such extraordinary intensity, love, joy  
that one cannot imagine it  
it is not comprehensible by the mind  
mind is always wishy-washy  
it cannot conceive the total intensity  
of the state of no-mind  
and awareness is the state of no-mind  
it is pure silence, profound silence  
depthless, bottomless, abysmal silence

the Sound  
of one hand  
Clapping

that's our truth; that's the truth  
philosophy is incapable of finding it  
because it only goes on thinking about it  
it has to be found in a state of no-thought, no-mind  
in a state of absolute clarity  
consciousness, transparency

no other beauty can be compared with it  
because it is not one of the beauties amongst others  
it is the very source  
of the experience of the beautiful  
the moment one is aware  
the whole existence becomes beautiful  
to look at it with awareness is a transformation  
not only the person  
is transformed through awareness  
but the whole universe

it remains the same universe  
but because you are no more the same  
your perspective is no more the same  
your attitude is no more the same  
your understanding is no more the same  
then in a sense it is the same universe  
but in another sense  
it is a totally different universe  
you have never known it before  
then everything  
starts having a tremendous beauty  
a luminous quality  
then everything  
is surrounded by a beautiful aura  
then everything  
has a tremendously graceful vibe about it  
one starts living in the mysterious, the miraculous  
then the whole life is poetry  
the whole existence is a song

the whole universe  
is nothing but dance and celebration

knowledge needs no awareness  
you can remain as unconscious as you like  
still you can go on accumulating knowledge  
because it is borrowed, it needs no awareness  
you are simply functioning like a computer  
you are using your mind as a machine  
a memory machine  
and it has the capacity to carry imprints  
to contain memory  
it has immense capacity, almost infinite

they say that a single brain system  
can contain all the libraries of the world  
and one need not be aware

in soviet russia  
they have developed a system of education  
so that children can be taught  
even while they are asleep  
they will just have earphones  
while they are sleeping  
and in a very silent way  
almost in a whisper  
they will be fed knowledge  
and their minds will record it  
and they will be asleep

they will not know what is being recorded  
but in the morning if you ask them  
they will be able to answer your questions  
they will be themselves surprised  
because they had never learned as far as they know  
but they learned during their sleep  
if it is possible during sleep  
then there is no problem  
people can be unconscious  
that's what they are  
and they can go on gathering knowledge  
but wisdom is a totally different phenomenon

the first  
the most basic requirement  
is to be aware  
because wisdom means  
experiencing the truth of your being  
it cannot be experienced while you are asleep  
unaware, unconscious  
all knowledge is borrowed, hence ugly, a burden  
wisdom has beauty because it is your own  
knowledge is a bondage, wisdom is a freedom  
and because it comes through awareness  
it makes you more and more full of light  
at the ultimate peak of wisdom  
one and one's wisdom are not two separate things  
one is simply wise  
there is no wisdom separate

one's very existence is wise

then whatsoever one does is right  
then one need not follow any commandment  
any morality, any ethics  
one can drop all these burdens  
one's wisdom is enough to give him every moment  
the right response  
the right approach  
the right vision

a wise man lives unburdened  
because he need not depend  
on any ready-made answers  
he is capable of responding to any challenge  
he is just like a mirror  
reflecting every situation  
and acting accordingly  
that's how a sannyasin has slowly slowly to grow  
into wisdom

awareness is the way, wisdom is the goal

christ is not a christian  
he had never heard the word even  
he never belonged to the church  
there was no church to belong to  
he was a man of awareness  
that is true religion  
buddha had never heard of buddhism either  
but he lived the true religion  
the religion of awareness  
and that is true about all  
the really authentic religious people of the world  
others are only phony: the polack pope  
and ayatollah khomaniac  
and the shankaracharyas  
these are all phony people  
they have not tasted from the well of awareness  
they have not gone in  
they are simply repeating like parrots  
the scriptures that have been handed over to them  
by tradition  
i don't give any doctrine to my sannyasins

any dogma, any cult, any creed -- i have none  
i only insist on one thing  
be aware, be alert in whatsoever you are doing  
just do it watchfully, consciously  
and that is enough  
because consciously  
one can never do anything wrong  
consciousness is bound to result in right actions  
and unconsciously one cannot do anything right  
one can try to do right  
but the total result will always be wrong  
so there is no need to bother about your small acts  
it is better to come to the very source  
and that is awareness  
discover it and live out of it  
and then your life  
will be just a festival of lights

friendliness is the highest peak of love  
sex is the lowest  
love is just in the middle  
friendliness is the peak  
in sex only two bodies meet  
in love two hearts  
in friendliness two spirits  
the first is animal  
the second is human  
the third is divine  
but the third can happen only through awareness  
in fact the whole transformation from sex to love  
from love to friendliness  
happens through the ladder of awareness  
if you bring your awareness  
if you focus it on your sexuality  
you will start transcending sexuality  
awareness is always a transcendence  
no other effort is needed  
just watching your sexuality  
just understanding it, observing it  
is enough  
and you can see its animality  
you can see the biological bondage  
you can see that you are being used by nature  
for its own purposes -- and this very seeing  
takes you to a new altitude  
to love  
love is not natural

hence animals don't know about it

it is a transcendence of nature  
it is going a little above nature  
it is supranatural  
but something of sex still remains in it  
as a hangover, as a shadow of the past  
if you watch your love  
if you become aware of your love  
then the third thing happens  
friendliness  
i don't call it even friendship  
because friendship reminds one of relationship  
love is a relationship  
but friendliness is free of all kinds of bindings  
friendliness is just like fragrance  
absolutely free  
to go with the wind, to rise towards the sky  
it has no confinement

love is a little bit possessive, jealous  
friendliness is beyond possessiveness  
beyond jealousy  
one can be friendly to many people, to millions  
one can be friendly to the whole existence  
it is awareness  
that brings you to that ultimate peak  
and once your sex is transformed into love  
and your love is transformed into friendliness  
you have come home  
then one can relax  
the journey is over

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## The Sound of One Hand Clapping

Chapter #21

Chapter title: None

**21 March 1981 pm in Chuang Tzu Auditorium**

Archive code: 8103215

ShortTitle: CLAPP21

Audio: No

Video: No

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*Tonight there is an Enlightenment Day Celebration in Bhagwan's silent presence.  
This chapter in the book comprises quotes on celebration and several photos.*

rejoice! sing! dance!  
and dance so totally that your egos  
melt and disappear  
dance so totally  
that the dancer is no more there  
but only the dance remains  
then you will find me wherever you are

wherever my sannyasin celebrate  
my message is realized  
because celebration is my message

my sannyasins celebrate everything  
celebration is the only thing  
we can offer god

this i call prayer, this i call being religious  
celebrating one's being it is a gift from god  
just to be is more than you can ask for  
just to be is the greatest miracle

hallelujah  
hallelujah  
hallelujah

we are made of the stuff called celebration

rejoice, rejoice  
i say unto you rejoice  
again and again!

oh what wondrous life!

i rejoice in the waves of your love  
i rejoice in the starts above  
i rejoice in the rolling thunder  
of your song

we are on the threshold  
of something new that is going to  
happen to humanity

we have to fill the whole earth with buddhafiels!

so wherever you go  
wherever you are,  
never forget for a moment  
that you are not far away from me

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## The Sound of One Hand Clapping

Chapter #22

Chapter title: None

**22 March 1981 pm in Chuang Tzu Auditorium**

Archive code: 8103225

ShortTitle: CLAPP22

Audio: No

Video: No

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awareness is the seed and blissfulness is the flower  
and the whole pilgrimage  
is between these two points  
awareness and blissfulness

we are living in unawareness  
hence bliss cannot blossom  
in awareness bliss, in unawareness misery  
there are the natural by-products  
everybody wants to be blissful

but just by wanting it you cannot attain it  
you will have to follow the right procedure  
you will have to follow the law of nature

one has to begin with awareness  
and then bliss comes of its own accord  
you need not worry about it  
you need not even desire it, it comes inevitably  
but the whole work consists  
of becoming more aware  
slowly slowly getting rid  
of unawareness unalertness, unconsciousness  
it is possible, it has happened to many people  
it can happen to everyone  
one just has to work a little  
one has to put a little energy into it  
it is almost ignored

and when people try to get the flowers  
without sowing the seeds  
naturally they end up with plastic flowers  
and that is a very ugly and frustrating situation  
hence millions of people live a pseudo kind of life  
and when you live a pseudo kind of life  
you also die in a pseudo way  
you have never lived authentically  
you cannot die even authentically  
your whole life  
has been artificial, plastic, synthetic  
but once you start working on awareness  
you are on the right track

then go on moving deeper into it  
and one day suddenly, the blossoming  
suddenly one hears

the Sound  
of one hand  
Clapping

and the music of it is tremendous  
and the beauty of it is indescribable  
and the poetry of it is wordless but it overwhelms  
its fragrance starts spreading to others too  
whosoever is available and open will be able to feel it

the experience of bliss and the experience of light  
are simultaneous  
in fact they are not two separate things  
they are two sides of the same coin

the moment the flower of bliss opens in you  
suddenly you become aware  
of immense light surrounding it  
a light which needs no fuel  
and because it needs no fuel it is eternal  
it cannot be exhausted  
and to come to know the eternal life  
is another way of saying that one has realised god  
or one is liberated  
liberated from darkness  
liberated from the hell that darkness creates

liberated from all the agony  
the anguish that is bound to be part  
of one's darkness, unconsciousness, unawareness

one is not only liberated  
from darkness and its by-products  
one is also liberated from one's own self, the ego  
the idea of i and it separate from existence  
liberation is not of the self  
liberation is from the self  
and the moment you are liberated from the self  
all the benediction of the whole existence is yours

the first thing is to grow towards bliss  
wisdom does not come by knowledge  
it comes through blissfulness  
it has nothing to do with the mind  
it has nothing to do even with the heart  
it has something to do  
with the innermost core of your being  
the centre of your existence

there are three concentric circles  
around your centre  
the first is body  
the body has its own kind of knowledge  
it is inbuilt, you are born with it  
it is already programmed in your very life cells  
you are not needed in it  
it goes on working on its own  
from the cradle to the grave  
it is a long journey, but the body goes on working  
it is doing a thousand and one things  
it is a miracle  
in such a small space  
the body is doing so much work  
that if we want to do all these things  
we would need a vast factory  
covering hundreds of acres  
and it is doing it so noiselessly  
you become aware only when you are ill  
when something goes wrong

otherwise everything goes smoothly

that is the wisdom of the body, it is biological

then there is the mind, the second concentric circle  
it lives on borrowed knowledge  
the body lives with a natural, biological programme  
and the mind lives with social programming  
and that's what the schools, colleges  
and universities are for: to programme your mind  
so that you can be servile to the society  
a good servant, a civil servant  
efficient, usable, a commodity, a machine  
then there is the third concentric circle  
of the heart  
it has its own way of knowing  
the poet, the musician, the painter, the dancer  
they live from that point; they don't think logically  
hence they don't use the mind  
they use feelings not thoughts  
they use love not logic  
hence the philosopher can never agree with the poet

one of the greatest greek philosophers, plato  
has visualised his utopia -- he calls it the republic  
in the republic he does not debar thieves  
prostitutes, gamblers, drunkards -- no  
but he debars only one kind of people, the poets  
the poets will not be allowed to live in his republic  
for the simple reason that they are illogical people

he cannot trust love  
he trusts logic, calculation, mathematics

these are the three places  
where people are hanging somewhere  
a few live in the body and follow its programme  
they are almost like animals  
a few live in the mind  
they follow the social programme  
they are prisoners of the society  
a particular society in which they are born  
a few live in the heart  
they are better than the first two  
but they are also dominated by something  
they don't know what it is

they are possessed people  
they do things but it is very unconscious  
even sometimes they rise to very beautiful heights  
but the whole rise is unconscious  
hence they have to fall again and again  
the poet only once in a while has a glimpse  
and then again he is back  
into his dark night of the soul

the real wisdom happens only  
when you have transcended all three  
and you have entered your innermost shrine  
it is absolute silence  
it is non-physical  
it is non-mental

it is beyond the heart  
it is not action, not thought, not feeling  
it is just pure silence, virgin silence  
and with this virgin silence both things explode  
first blissfulness  
and following it comes wisdom  
a great insight into things  
a tremendous perception  
into the mystery of existence  
that is revelation, revelation of the divine  
of the godly, of the ultimate

a man without bliss  
is a tree without flowers  
a sky without stars  
a man without bliss lives somehow  
carrying a great load of meaningless things  
he drags, he cannot dance; he has nothing to dance  
he has not experienced any splendour  
any joy, any meaning

only the person who comes to know bliss  
comes to know the splendour  
the immense splendour of existence  
then life is lived as a dance, then there is beauty  
then one is not an outsider, one becomes an insider  
a partner in the great play of existence  
then one is part of the flowers and the clouds

and the mountains and the stars  
then one is not alienated  
but this can happen only through blissfulness  
and bliss happens through meditation

this is the whole science

meditation means silence  
and silence brings bliss

and bliss releases the hidden splendour in you  
and the moment you have seen your splendour  
you become capable of seeing  
the splendour of the whole  
then life is a sheer celebration  
each moment of it is an eternity of joy

failure comes or success, it makes no difference  
neither does failure bring misery  
nor does success bring any excitement  
one remains calm and cool  
one can see the enemy and the friend  
in the same way  
because one knows  
that the enemy can become the friend  
the friend can become the enemy  
they are convertible  
in fact the man who is enemy was a friend one day  
there is no way to make an enemy

without making a friend first  
and if a friend can become an enemy  
the enemy can become a friend  
so they are not so separate as people think

all dualities are complementaries  
they are not opposites  
love and hate are not contraries  
they belong to the same energy  
two extremes of the same energy, like hot and cold  
but measurable by the same thermometer  
that thermometer shows they are one energy

it can measure both

blissfulness brings this insight  
this tranquillity, this equilibrium, this vision  
that there is nothing contradictory in existence  
that there are no opposites  
hence there is no need to be anxious, worried  
life and death mean the same

and the moment life and death are the same  
your cool becomes undisturbed  
nothing can distract, nothing can disturb  
but this immense possibility opens up only  
with blissfulness, never before it  
a miserable person cannot think  
there is no question of seeing  
he cannot even think, he cannot even conceptualise  
that misery and bliss belong to the same spectrum

it is impossible for him to think  
he only knows the bitter taste of misery  
he has not known bliss at all  
it is only by knowing the bliss  
that you suddenly realise that it is the same energy  
that was being felt as misery  
it is not a different energy  
then what has made it possible to become bliss?  
there has been a bridge  
and that bridge i call meditation

meditation is the alchemy  
of transforming the baser metal into gold

scientists say that the ingredients of a coal piece  
are the same as the ingredients of a diamond  
they are not chemically different  
any piece of coal under a certain heat pressure  
will become diamond  
just that heat pressure is needed  
that's why now there are false diamonds available  
the only way to judge a false diamond  
from the real diamond  
is in a very strange way  
the only way is: the false diamond has no flaws

while the real diamond has a few flaws  
man has improved upon nature

the same is true about misery and bliss  
about hate and love  
about birth and death  
it is the same energy  
it just has to pass through the alchemy of meditation  
it has to pass through silence  
and silence functions as fire  
it burns all that is ugly, unnecessary  
and out comes the purest gold  
that purest gold can only be described as  
absolute coolness -- that is the flavour of sannyas

the essential core of the existence is bliss  
existence is made of the stuff called bliss  
if we are not blissful  
the simple reason is we have forgotten  
the way to our own essential core  
just forgotten -- it is there  
and we are searching everywhere, except within  
meditation changes this course  
meditation means  
a one-hundred-and-eighty degree turn  
from without to within  
and the moment you face yourself  
you start laughing  
laughing at the whole ridiculousness of your search  
you were searching for something  
that was already within you  
and the moment you know your own inner core  
and its blissfulness  
the whole existence becomes blissful instantly

it looks miserable because you are miserable  
it simply reflects you, it is a mirror, it echoes you  
if you are blissful the whole existence is blissful

then all the trees join in dance with you  
and all the birds join in songs with you  
all the rainbows have your colours  
then the stars are not without, they are within too  
then the distinction between

without and within disappears  
there comes a melting  
one becomes an intrinsic part of the whole  
that is the ultimate goal

gautam the buddha has said that the taste of bliss  
is the taste of the purest sweetness

misery is bitter, very bitter  
because it is part of your unconscious life  
it is as if a blind man is trying to find a way  
he stumbles, hurts himself  
breaks his leg or gets a fracture  
again starts groping  
hits his head against a wall  
and there is no one to ask  
because all others are blind too  
they are constantly running into each other  
hitting each other  
a few cunning ones start becoming political leaders  
gathering blind people  
giving them beautiful names  
giving them a flag and a slogan  
and then gangs fight -- gangs of blind people  
christians, hindus, mohammedans  
or communists, fascists, socialists  
it may be politics or religion  
but the crowd consists of blind people  
and the leaders are far more blind than the followers  
only then can they lead  
they are more perfectly blind  
just think of the polack pope or ayatollah khomaniac  
now he has brought the islamic revolution to iran  
thousands of people have been killed  
the whole country is being destroyed  
because of this maniac  
he is not only blind but mad too  
but that is perfection  
ayatollah khomaniac is a perfect man  
blindness plus madness is a rare combination  
once in a while it creates an adolf hitler, a mussolini  
joseph stalin, mao tse tung -- monsters not men

in darkness, in blindness, nothing else is possible  
one has to attain to a little awareness

awareness gives you insight, vision  
and the moment you have awareness  
you start tasting bliss and its sweetness  
life becomes a totally different phenomenon  
luminous, fragrant

bliss is the everest  
there is nothing higher than that  
and unless you reach the everest of bliss  
you have not fulfilled your mission in life  
your destiny in life  
hence one feels always as if something is missing  
one cannot pinpoint exactly what it is  
because how to pinpoint?  
you have never known it  
but you can see the gap  
you can see something empty inside you  
something is certainly missing  
you are not whole -- that much is certain  
and that which is missing keeps you in agony  
in despair, in depression, in a pessimistic attitude  
because you are unfulfilled  
because you have not blossomed  
you are missing your opportunity in life  
and death is coming closer every day  
so as death comes closer  
one becomes more and more miserable

don't be angry at old men: feel compassion for them  
because they have missed their life  
and that's why they are continuously irritated  
for small things they throw a tantrum  
the basic reason is something else  
they find any excuse  
they go on trying to find faults with everybody  
the real thing is they know they have missed

and even to recognise it is too painful, so they go on  
finding other excuses for their being miserable  
but the real thing is they are miserable  
because they could have been blissful  
but they never travelled to the peak, to the everest  
which was always possible  
just a decisiveness was needed

sannyas is a decision, a commitment  
not to me but to yourself  
that from now onwards  
you will put more and more energy  
towards becoming aware, blissful, silent  
because that is the only way you will be able  
to reach to the goal of your life  
and when it is reached  
suddenly the whole jigsaw puzzle of life disappears  
all fits so perfectly  
that one starts dancing  
one has arrived home

bliss is a strange wine  
strange, because on the one hand  
it makes you fully aware  
and on the other hand it makes you fully intoxicated  
intoxicated with the divine  
fully aware in your being  
but the moment you are fully aware in your being

the divine wine starts showering on you  
and it is one of the most miraculous events  
when awareness becomes intoxicated  
it still remains aware  
that is the mystery in it  
it is absolute intoxication and absolute awareness  
and both are together, both are one  
hence the word mystic

the mystic is called a mystic  
because he lives the greatest mystery of life  
incalculable, immeasurable  
incomprehensible through the mind  
but mind is not all  
mind is the most superficial thing  
it is good for the marketplace  
the marketplace is not a mystery  
it is good for mathematical calculations  
it is a good biocomputer  
but it knows nothing of the mystery  
it cannot know by its very nature  
hence one has to drop out of the mind  
and to drop out of the mind is the only way

to drop out of the stupidity of society  
by dropping out of the society  
you cannot drop out of the mind  
but by dropping out of the mind  
you naturally drop out of the society  
and all the great people of the world are drop-outs  
jesus, socrates, lao tzu, zarathustra, buddha

all are drop-outs  
but not drop-outs like hippies, real drop-outs  
dropping out of the mind  
is only the superficial part of their dropping  
then they drop in  
dropping out is only the first step  
then they drop in  
and that dropping in brings bliss  
and bliss brings the mysterious, the miraculous  
awareness and intoxication both together

blissfulness is our birthright  
we just have to claim it  
and meditation is our claim

meditation is simply preparing  
your home for the guest  
the guest is already waiting on the door  
but your inner side is so cluttered  
that there is no space for the guest to come in  
and the guest is no ordinary guest  
it is the whole infinity  
all the stars and the whole sky  
and the infinite universe  
is waiting as a guest to come in  
so you will need immense space  
you will need bigger space than the whole universe  
only then the universe can be accommodated

and meditation does that magic  
it throws out all rubbish, all junk  
and in fact it is all junk, it has no value at all  
it has not given you anything, it has been destructive  
it has been simply occupying the space  
for no reason at all  
and because it is occupying the space

nothing else can come in

the cup has to be emptied, totally emptied  
meditation is the process of emptying yourself  
slowly slowly throwing thoughts  
desires, memories, fantasies, out  
then feelings, moods  
the moment you are totally a zero  
that very moment the guest comes in  
without even knocking on the door  
without even declaring that i am here  
may i come in -- that much time is not lost  
once you are empty  
here you are empty and there the guest appears  
and that guest is blissfulness

so we have to prepare only one thing  
an empty mind, a no-mind  
that's what i call meditation: a no-mind  
and the no-mind is the purest state of our being  
it is virgin consciousness  
and only in a virgin consciousness is god possible

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## The Sound of One Hand Clapping

Chapter #23

Chapter title: None

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the bible begins with a very strange statement  
in the beginning was the word  
and god was with the word  
and god was the word  
this beginning of the bible  
has led the whole western mind in a wrong direction

the word can never be the beginning  
because before the word can even exist

the sound is needed  
to transform the sound into the word  
a mind is needed  
the word can never be the beginning

the sound of running water  
is not a word  
the sound of wind passing through the pine trees  
is not a word  
word came much later on  
word came with man, not with existence  
word is a mind product  
it is giving meaning to sound  
sound is there, then comes the mind  
then mind interprets the sound and makes the word  
the word is a human creation

if i was to write the bible again i would say  
in the beginning was

the Sound  
of one hand  
Clapping

a soundless sound, the sound of silence itself  
and i can say it authentically  
because if one goes within oneself  
one comes to the beginning of everything  
because you contain both  
the beginning and the end, the seed and the flower

first you have to drop the words  
the moment you drop the words  
the mind becomes useless  
because its whole function is  
to interpret sounds into words  
to create words out of sound  
hence there are so many languages in the world  
thousands of languages  
because the interpretation of a certain sound  
is our interpretation  
we can make any interpretation out of it  
different people, different tribes, different races  
have all heard the same sounds  
but they all have interpreted differently

once interpretation is dropped  
once you are no more interested in the words  
but you become interested in the sound  
the whole function of the mind is taken away  
the very earth below the mind is withdrawn  
the mind flowers  
and the death of the mind  
is the beginning of meditation  
then you are falling into sound first  
then as you go deeper into sound  
it becomes more and more silence  
of course that silence  
has a certain rhythm and music to it  
but it is pure silence

no word, no mind, no interpretation  
and this is the beginning  
and remember, this is also the end  
the source is always the goal  
only then is life complete  
it becomes a perfect circle  
when the source is reached again  
you have come home

the scriptures  
have been dominating humanity for centuries  
rotten scriptures, out of date scriptures  
very primitive, juvenile, childish  
and one can understand why they are so  
because they were created by very primitive people  
those people were not yet aware  
of their own selves, of the vast universe  
of the centre of it all -- the consciousness

those scriptures  
are basically father and mother oriented  
that's enough proof that they were created  
by childish psychology  
the child is dependent, helpless  
he knows he cannot survive  
without the father and the mother  
even though he becomes a grown-up  
this idea goes on like a hangover  
when he becomes independent  
then too he needs a father-figure  
that is the basic need of the helpless child  
and the hangover of a helpless childhood  
hence two kinds of religions  
and two kinds of scriptures are in existence  
the societies which were matriarchal  
have created god the mother  
more societies turned into patriarchal societies  
the woman was ignored, subjugated  
and man became dominant  
hence the religions claim god as the father

god is neither a he nor a she but an it  
in fact he is not a person at all but only a presence  
a presence that overwhelms the whole existence

you are part of that presence  
but unless one drops these scriptures  
unless one really burns them inside one's being  
one cannot find true religion  
one remains immature, ungrown-up

people only grow old, they don't grow up  
and my whole effort here is to help you to grow up  
to become mature, to become grounded, centred  
to know yourself, because that knowing  
becomes the key of knowing the whole  
but the walls of the scriptures  
hindus, christians, mohammedans, jews  
they have all created their walls  
those walls have to be completely demolished  
mercilessly demolished  
unless we drop our hangovers of a primitive past  
we cannot live in the present, sincerely, totally  
and a sannyasin is to live totally, sincerely  
now, here

mind is capable of creating systems of thought  
but they are like making houses out of playing cards  
I just a little breeze and the whole house topples down  
and all the systems that mind creates  
are basically without any foundation  
so if you look into any system created by the mind  
and all systems are created by the mind  
all philosophies, all theologies, all ideologies  
if you go penetrating, digging deep  
you will be surprised -- the structure is vast  
you can be lost in the structure  
but if you look for the basic premises  
you will find they are missing  
there is no foundation at all  
their basic assumptions are only guesswork

they begin with a priori ideas  
if you question their a priori ideas  
they are absolutely incapable of answering them  
hence no philosophy has satisfied man  
it satisfies only the person who creates it  
and deep down he also knows, he must know  
so he has to go on creating

a bigger and bigger structure  
so vast, so complicated, so intricate  
that people are lost in theories  
and never come to the basic assumption  
hence every philosophy  
has been criticised by its opponents  
and profoundly criticised  
but they make the same mistake  
it is bound to be so  
it is the mistake of the thinking process itself  
it is like a blind man thinking about light  
what can he do? from where will he begin?  
he will begin with an a priori idea, a guess  
he has never experienced

and my emphasis here is experiential  
so i am not giving you any ideology, any religion  
any cult, any creed, any dogma  
i am destroying all these things  
my work consists ninety-nine point nine per cent  
in being destructive

when all that is nonsense in you is destroyed  
the sense that you have brought with your nature  
asserts itself  
when all that has been forced upon you  
is taken away  
then your spontaneity  
then your natural being blossoms  
and that's what god is all about  
the blossoming of your spontaneity

mind is very clever in conceptualising  
give it anything and it will turn it into a concept  
and once it has succeeded  
in turning it into a concept  
it looks so logical -- only looks, remember  
it looks so rational -- but only looks  
remember again, it is not rational, it is not logical  
but it gives a beautiful facade of logic, reason  
and the people who are not acquainted  
with the ways of logic and reason  
fall victims to it  
they become imprisoned in concepts

they become christians, buddhists, hindus  
communists, atheists, theists, and what not  
this is not the way to search the truth

the most fundamental thing  
about the search for truth  
is to withdraw all your concepts about it  
one should go utterly naked before the truth  
with no ideas about it  
because your idea will disfigure, your idea will distort  
your idea will choose only that part of the truth  
which fits with it and it will deny that part  
which does not fit  
and remember: a half-truth, a partial truth  
is more dangerous than an absolute lie  
for the simple reason that if the lie is absolute  
you are sooner or later bound to find it  
but if there is something which is a lie  
and yet carries some flavour of truth in it  
that truth may prevent you  
from finding that it is a lie  
that truth may give you enough consolation  
and you may cling, because of the truth  
to the lie  
a man who wants to know the truth  
should go with open eyes  
with no concepts, with no specs  
just naked, bare eyes -- to see what it is

when you don't have any idea you don't project  
when you don't project you don't choose  
when you don't choose  
the whole truth enters your being  
and jesus is right when he says truth liberates  
lies create bondages, truth liberates

all the religions  
have been contaminating humanity with beliefs  
they say unless you believe you will never know  
just the opposite is the truth  
if you believe you will never know  
because belief means without knowing  
you have already accepted a certain prejudice  
without enquiring into it, without making any effort

to be acquainted with the truth  
you have already believed  
now there is no question of enquiry  
because enquiry arises only when there is doubt  
if you doubt you don't believe  
if you believe you cannot doubt  
all beliefs are superstructures to repress doubt  
but if doubt is repressed enquiry is destroyed  
and that's how people have been living  
imprisoned in churches, temples, mosques  
gurudwaras, synagogues  
imprisoned in the bibles, the vedas  
the korans, the gitas  
imprisoned in a thousand ways  
but the imprisonment is so subtle

that unless one is really intelligent  
it is very difficult to find it  
but all these imprisonments  
are rooted in the single thing  
the belief

mv sannyasins have to learn not to believe  
but to enquire, to explore, to go on the journey  
the adventure of the unknown, empty-handed  
without any idea what it is going to be  
just innocent  
in innocence the truth is known, not in belief  
the innocence becomes the door to the divine

we are all full of prejudices for the simple reason  
that from the very beginning as the child is born  
the parents start poisoning him  
with their own beliefs  
they are afraid that if he becomes mature enough  
to ask questions, to enquire  
then there is no way to transfer the beliefs  
that have been transferred to them for centuries  
they think it is a valuable treasure -- they only think  
they themselves have lived a life of misery  
they know their parents have lived a life of misery  
they know in fact that the whole humanity  
is living a life of hell, but still  
every parent has an ego-number in him  
their children should represent them

they should be as miserable as they are  
if more, then that is better, some improvement  
they are afraid to leave their children in freedom  
hence they go on piling up prejudices  
the children have to be taken to the church  
they have to be baptised  
they have to be given religious education  
and this all has to happen  
before their sexual maturity  
before the age of fourteen  
hence a strange fact has now become well-known  
that people's mental age  
is somewhere between twelve and fourteen  
because that is the time  
when they start becoming sexually mature  
now they cannot be conditioned any more

sexual maturity means  
nature has completed its process  
the person is individual as far as nature is concerned  
he may not be adult  
according to the political ideas  
prevalent in a country  
in some countries eighteen  
is the time when he is capable of voting  
in some countries, twenty-one  
but in fact nature has given him  
all the right to be a parent  
what to say about voting?  
by the time a child is fourteen or thirteen

the girls become mature one year earlier  
the child is capable of reproducing children  
what more responsibility can there be?  
hence now no more conditioning is possible  
but whatsoever conditioning has happened  
has retarded his mind  
now he will live  
according to that conditioning for his whole life  
he will never grow beyond that mental age  
he may become eighty, ninety  
or he even may live for a century, but he will remain  
as far as psychology is concerned  
only somewhere between twelve and fourteen  
and this disparity  
between the age of fourteen

and the age of a hundred  
is the root cause of all misery  
the body goes on growing  
and the mind remains stuck  
and the gap becomes unbridgeable

the mind should grow each moment  
with each breath  
the learning should never stop -- it cannot stop  
it is life's most valuable phenomenon  
the learning should continue to the last breath  
a person should die learning, still learning  
learning about death

life he has seen

he has learned so much through life  
he should not miss  
this ultimate opportunity of learning  
this is the pinnacle of life  
death is not the end  
it appears the end  
only to those whose minds are retarded

to socrates it is not the end -- another beginning  
to the buddha it is not the end  
but a tremendous beginning, a freedom  
freedom from the confinement of the body  
of the mind  
death is opening a vaster dimension  
than one has ever known before  
but that needs intelligence  
that does not need a retarded mind  
it needs a constantly growing mind  
that's what i mean when i say  
transcend all prejudices  
because those prejudices are holding you back  
life goes ahead  
and you are holding somewhere back  
a part of you remains in the past  
a part of you has to live in the present  
only a partial life -- and a partial life  
is never fulfilled, it remains discontented

drop all prejudices, drop all conditionings  
so that you are reborn

that's what sannyas is all about a rebirth  
the beginning of enquiry, the beginning of seeking  
the beginning of searching -- on your own  
the dropping of the borrowed knowledge  
and learning  
so that you can have some insight of your own  
only your own insight is going to give you  
freedom, love, blessing, benediction

contemplation has been proclaimed as the panacea  
it is not -- it is the best that the mind can do  
but whatsoever the mind can do  
is going to be a barrier  
yes, contemplation is the finest work of art  
as far as mind is capable of  
it is as if it has created  
a very transparent glass wall around you  
you cannot see the wall  
and you can see beyond the wall  
hence you can think that there is no wall  
you are free  
you can see the flowers in the garden  
the birds on the wing, the sun rising, the starry night  
everything gives you the idea that you are free  
but if you take a few steps to reach the flowers  
then you will come to know that you are not free  
a very transparent glass wall prevents you

contemplation is a glass wall  
the most beautiful that mind can do  
but as far as the soul is concerned  
it is the most dangerous thing  
because one can easily see a brick wall, a stone wall  
and when you see yourself behind a stone wall  
you don't like it, you want to get out of it  
you start finding methods how to destroy it  
but when you are living behind a glass wall  
then even the desire to get out rarely arises

because it gives you a false sense of freedom

one has to transcend contemplation

these are the three things to be remembered  
one is concentration -- that is what creates science  
it deals with the objective reality  
it is a mind process  
the second is contemplation -- it creates literature  
poetry, painting  
the whole dimension of aesthetics  
it is beautiful  
but it creates a new kind of bondage  
far more subtle

and the third thing is meditation  
meditation is not of the mind  
but going out of the mind  
transcending the mind

the moment you transcend the mind  
you enter into the world of no-mind  
and that is the world of real freedom  
now you are no longer surrounded by prison walls  
the whole existence is yours  
and the joy that it contains and the beauty  
and the splendour and the ecstasy

man is man only because he has a mind

of course there are animals and trees and rocks  
which don't have this same type of mind  
as man has  
hence mind has been praised, immensely praised  
from the schools to the college to the university  
we are cultivating mind -- to create human beings  
the more you are sophisticated in your mind  
the more powerful you will be in the human society  
you will become a scientist  
a physicist, a nuclear physicist  
you may become a politician  
you may become a great famous poet or a painter  
you will be powerful in some way  
your ego will be immensely satisfied  
but the satisfaction of the ego

is not real contentment

to be famous means nothing when you are famous  
it means only something when you are not famous  
once you are famous you can see  
that it was all sheer nonsense  
what does it matter  
how many people know about you?  
two hundred or two million or two hundred million  
what does it matter? -- it is not true life  
name and fame don't stand as foundations  
for a real, authentic life which has joy in it  
which lives in a dance, in a song, in a celebration

if you look backwards

man is really on the top of the ladder  
as far as animals are concerned  
but if you look upwards  
there are still a few more rungs  
you have not yet come to the ultimate  
you are still on the way, on the bridge  
you have to transcend a few things more

friedrich nietzsche  
has a few immensely significant insights  
one of his insights is, he says  
that day will be the gloomiest in history  
when man will stop surpassing himself  
i absolutely agree with this man  
of course he was not a buddha  
not an awakened person  
just at the last moment he went wrong  
one can go wrong at any moment in the journey  
even from the last rung of the ladder one can fall  
it is a game of snakes and ladders  
one can fall from the number ninety-nine  
because there is also one snake waiting for you

nietzsche fell from the last point  
and became a madman  
when you fall from such a height  
what else can you expect?  
one is going to go berserk

he died a madman  
but he was very close to buddhahood  
that is the risk of all those people  
who want to reach to the highest peak  
if you want to reach the highest peak  
you have to be courageous  
and you have to be careful  
and you have to know that the higher you rise  
the more cautious you become  
because the path becomes narrow  
and the height becomes bigger and if you slip  
just a single wrong step  
and you will fall into the abyss

but he had reached very close  
the only thing that was missing was meditation  
otherwise he would have blossomed as a buddha  
he had all the capacity  
i agree with him  
that unless man surpasses himself he remains stuck  
it is not the end of evolution, there is much more yet  
and that much more can only be lived  
by transcending the mind  
because mind is what makes you a man  
no-mind will be what will make you a superman  
that was the idea of friedrich nietzsche  
he tried hard to be a superman but he was not aware  
that one thing very essential was missing  
meditation was missing

my sannyasins can reach to the highest top  
without any fear of falling  
because from the very beginning  
they have to be meditative  
from the very beginning  
they have to learn the art of being a no-mind  
and that releases awareness  
by the time they reach to the heights  
they are so full of awareness  
there is no possibility of slipping  
or committing a mistake  
they can surpass humanity  
and that is the greatest experience in life  
when you surpass the mind  
and all that mind consists of  
when you suddenly start flying

because there is no burden left

mind is a weight that keeps you down  
that keeps you gravitating towards the earth  
the moment the paperweight is removed . . .  
mind is just a paperweight  
and a very heavy paperweight  
you can call it the soulweight  
once it is removed the soul is free  
it is on its wings already

and that is what ecstasy is  
to be on the wing in the infinite sky  
soaring towards the stars

the society consists of many things  
of religion, of nationality, of race  
of blood, of colour -- and all that crap  
and everybody is drowning in the crap  
and if you try to get out of it  
the others who are drowning become very angry  
they start pulling you back, they won't allow you

a politician had gone for a morning walk  
and he saw a small boy catching crabs  
and putting them into an open bucket  
and many of them were trying to get out  
the politician looked and he said, my son  
you are making so much effort  
to catch these people  
but they will get out  
why don't you cover up your bucket?  
the boy said, you don't be worried, sir  
they are all politicians  
when one starts getting out  
others pull him down, no cover is needed  
i am perfectly experienced with these politicians

the society is a political unit  
if you want to get out of it  
first they will pull you in every possible way  
they will threaten you  
they will call you all kinds of names  
dropouts, escapist

and i don't think there is anything wrong

if you are dropping out of a pit full of crap  
there is nothing wrong in escaping from it  
any intelligent person will do that  
only fools can live in it, only utterly stupid

a sannyasin has to live his life intelligently  
not being a part of the crowd psychology  
the mobocracy  
he has to be an individual  
he has to be a rebel  
he has to assert himself  
he has to deny all efforts of being manipulated  
he has to cut himself off from all kinds of slaveries  
only then there is a possibility of seeing the light  
only then there is a possibility  
of realising your potential  
only then will you enter into the kingdom of god  
which is within you

the only anxiety in man's life is that of death  
other anxieties are just shadows of it  
by-products of it  
howsoever far removed from it  
but if you go seeking and searching  
for the root cause  
you will always see death

people are afraid of losing money  
for the simple reason that they know  
that if money is there, there is some safety  
against death, illness, disease, old age  
people cling to the family for the simple reason  
that who is going to take care of me if i am old  
disease is there, i become crippled, paralysed  
then who is going to take care of me?  
so it is better to suffer in the family  
rather than becoming free of it

people live in all kinds of societies  
and sacrifice all kinds of things  
which are of immense value, for the simple reason  
that the society provides security, safety

but deep down it is always death  
that is the source from where anxiety arises  
and the only way to go beyond anxiety  
is to know that your innermost core is deathless

even if you want to die you cannot die  
the people who commit suicide  
only destroy their body  
not their souls  
they cannot, it is indestructible  
and this is the most precious gift  
that comes through meditation  
you become aware of something eternal in you  
which was there before your birth  
which will be there even after your death  
your body is part of the earth  
it will dissolve into the earth

something will go to the water  
something will go to the fire  
something will go to the earth  
something will go to the air  
something will go to the sky  
all the constituents of the body  
will be dispersed back to their original sources  
and mind will simply evaporate  
it is a by-product of all the body constituents  
once they disintegrate the mind disintegrates

mind is not an entity hence mind is going to die  
and we are too much attached with the mind  
so we live under the fear of death

meditation means  
becoming detached from the mind  
becoming a witness of the mind  
looking at the mind as separate from you  
that's what actually it is

you can see thoughts passing by  
you can see desires passing by  
you can see the whole traffic  
that goes on in the mind  
the memories, the fantasies, the past, the future

all kinds of things are passing  
you can just stand by the side of the road  
and you can see the whole traffic -- you are not it

you are the watcher, you are the witness  
and the witness is beyond

the seer is never the seen  
the observer is never the observed  
this very experience is transcendence  
and once you know that you are not the mind  
the fear of death simply disappears  
as if it has never been there in the first place  
suddenly you are in the world  
of the deathless, the eternal  
there is no anxiety any more  
one is at ease with existence  
in a deep let-go  
a tremendous relaxation  
that relaxation is the ultimate goal of sannyas  
to know it is to know all  
to miss it is to miss all