

# OSHO ON MEDITATION

Meditation is not a technique but an understanding. It cannot be taught; it can only be indicated.  
(From *The Psychology of the Esoteric*, 1971)

All techniques can be helpful but they are not exactly meditation, they are just a groping in the dark. Suddenly one day, doing something, you will become a witness. Doing a meditation like the dynamic, or kundalini or whirling, suddenly one day the meditation will go on but you will not be identified. You will sit silently behind, you will watch it -- that day meditation has happened; that day technique is no more a hindrance, no more a help. You can enjoy it if you like, like an exercise, it gives a certain vitality, but there is no need now -- the real meditation has happened. Meditation is witnessing. To meditate means to become a witness. Meditation is not a technique at all. This will be very confusing to you because I go on giving you techniques. In the ultimate sense meditation is not a technique; meditation is an understanding, awareness. But you need techniques because that final understanding is very far away from you; deep hidden in you, but still very far away from you. Right this moment you can attain it, but you will not attain it, because your moment goes on, your mind goes on. THIS very moment it is possible and yet impossible. Techniques will bridge the gap, they are just to bridge the gap. So in the beginning techniques are meditations; in the end you will laugh, techniques are not meditation. Meditation is a totally different quality of being, it has nothing to do with anything. But it will happen only in the end; don't think it has happened in the beginning, otherwise the gap will not be bridged.

(From *Tantra: The Supreme Understanding*, 1975)

Meditation is not a technique really. Because you cannot understand anything other than technique, I have to talk in terms of technique. Otherwise, meditation is not a technique at all. Meditation is nothing that you do. Meditation is something that you fall into, just like love. Meditation is something in which you can **be**, but you cannot **do** it. Doing ceases.

(From *The Path of Love*, 1976, emphasis added)

I am not saying to do anything. Meditation is not a doing at all, it is pure awareness. But a miracle happens, the greatest miracle in life. If you go on watching, tremendous and incredible things start happening. Your body becomes graceful, your body is no more restless, tense; your body starts becoming light, unburdened; you can see great weights, mountainous weights, falling from your body. Your body starts becoming pure of all kinds of toxins and poisons. You will see your mind is no more as active as before; its activity starts becoming less and less and gaps arise, gaps in which there are no thoughts. Those gaps are the most beautiful experiences because through those gaps you start seeing things as they are without any interference of the mind.

(From *"The Miracle"*, 1980)

Meditation has to spread all over your life. Whatsoever you do, do meditatively. Walk meditatively, eat meditatively. If you are making love, make love meditatively. Meditation has to become your life twenty-four hours a day; then only the transformation.

(From *"The Dhammapada: The Way of the Buddha"*, 1980)

Meditation is not something that you do, and then go for other things. Meditation is something like breathing: whatever you are doing is separate, but the breathing continues.

(From *The Messiah*, 1987)

Slowly slowly, meditation becomes your very life, your very heartbeat. That day is the most blessed day when you don't have to meditate -- you are meditation. Your very being, whatever you are doing or not doing, is silent, peaceful, loving, alert and aware of its eternity.

(From *"The Zen Manifesto"*, 1989)