

# WAKING UP

A NEWCOMER'S GUIDE TO OSHO MEDITATION

GUIDE 4 OF 5

## Osho's Voice

*Hear the Voice*

*The teachings below are paraphrased from Osho's own words — rendered in the spirit of his voice, not quoted directly. Each is drawn from a specific book listed on the following page. Nothing here is meant to be believed. It is offered to be tasted.*

### Six Teachings

#### 1 The Mind as Trickster

Here is the good news first: you are not the mind. When the mind stops — even for a single moment — you do not disappear. On the contrary, you overflow with aliveness. Osho pointed to this again and again: the mind is not your nature. It is a social by-product — the accumulated conditioning of childhood, culture, and religion layered over your original being. It is not your fault. And it is not permanent. Simply knowing this begins to loosen its grip.

The trap is easy to see once named: the mind perpetuates itself. Ask it to meditate and it will meditate on meditation. Ask it to be silent and it will think about silence. The solution is not to fight this — fighting the mind only makes it stronger. The solution is simply to watch. Watch the mind the way you watch clouds moving across the sky. You are not the clouds. You are the sky.

That watching — effortless, relaxed, without strain — is already meditation. Old habits will return — thoughts, distractions, reactions. This is natural: your habits are ancient and your awareness is fresh and new. But when an old habit arises and you simply watch it without getting involved, it dissolves on its own — like a snowflake landing on a red-hot stove. One genuine moment of awareness without effort — just one — and you are on the right track. You will never be quite the same again.

From: **Meditation: The First and Last Freedom** · also: *The Psychology of the Esoteric*

**Jerry** reading this late one evening after his third session — He laughed out loud — not from despair but from recognition. Every retreat, every book, every understanding that had left him unchanged. The mind had been running the show the whole time. And the solution was simply to watch it. He had been trying to stop the mind. He only needed to see it.

## 2 The Witness — the One Who Watches

There is something in you that has never been disturbed. Not the one who thinks — the one who watches thinking. Not the one who feels — the one who notices feeling. Osho called this the *sakshi*, the witness. It is not created by meditation — it is already there.

Every time you notice your mind chattering rather than being lost in the chatter, that noticing is the witness. The active techniques are not designed to produce it. They exhaust everything that obscures it. When the body has moved through its stored energy, when the mind has burned through its restlessness, what remains — that quiet watching — is what you already are. It was never absent. It was only covered.

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From: **Meditation: The Art of Ecstasy**

**John** after Dynamic Meditation, stage four — *He had read nothing about this. He stood frozen mid-movement and noticed — for one clear moment — that something in him was watching. Not thinking, not planning. Simply watching. He could not explain it on the drive home. He came back the following week to find it again.*

## 3 The Body as Sacred Ground

Every tradition that has rejected the body has, Osho said, rejected the temple itself. The body is not an obstacle to meditation — it is the ground of it. The breath happens here. The sensation happens here. Energy moves in the body long before the mind knows anything about it.

Tantra understood this: the body is not something to be transcended but to be inhabited — fully, consciously, without apology. When you shake in Kundalini, breathe in Dynamic, hum in Nadabrahma — you are not preparing the body for meditation. The body is already meditating. Your only work is to stop interfering with what it already knows.

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From: **Tantra: The Supreme Understanding**

**Maria** reading this on a Sunday morning — *She had spent thirty years inside other people's bodies as a nurse — tending, healing, monitoring. She had never thought of her own body as sacred. She read this and sat very still. Something shifted in how she inhabited herself. As if she had finally been given permission to be in her own skin.*

## 4 Aloneness as Wholeness

Loneliness is the pain of being cut off. Aloneness is entirely different — it is the joy of being complete in yourself, needing nothing added. Most people flee aloneness the moment it appears: into their phones, busyness, relationships, noise.

Osho said the capacity to be joyfully alone is the most fundamental spiritual quality. Not as isolation. Not as indifference. As a fullness that does not need to be filled from outside. Love that comes from this place is not need — it is a gift. The meditation practice is not teaching you to be alone. It is teaching you to discover that you are already whole.

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From: **Love, Freedom, Aloneness** · *The Koan of Relationship*

**John** on the train, Thursday evening — *He had always thought the numbness on the commute was the problem. He read this and wondered if those two hours — when no one needed anything from him — were the most honest part of his day. The aloneness he had been fleeing was the very thing the teaching pointed at. He looked out the window differently.*

## 5 The Ordinary Moment as Doorway

The Book of Secrets contains 112 techniques — one hundred and twelve doors into the same room. What is remarkable is that every single one points at this moment. This breath. This sensation. This already-happening aliveness.

The sacred is not elsewhere. It has never been elsewhere. Every technique is simply a way of stopping the habit of looking away from what is already here. Washing dishes. Stepping onto a platform. Taking the first sip of morning tea before the day begins. The mystic and the ordinary person stand in the same moment. The difference is not what they experience — it is whether they are present to it.

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From: **The Book of Secrets** · 112 Meditations on the Tantra of Shiva

**Susan** driving home after the session — She had spent the session trying to relax. She drove home and pulled into her parking space. Something made her stay — engine off, city noise all around, the steering wheel still warm under her hands. She did not try to make it meaningful. It already was. She sat there for twenty minutes before she thought to check her phone.

## 6 Celebration — Not Renunciation

Every spiritual tradition before Osho asked something to be given up — a desire, a pleasure, the body, the world. Osho turned this completely around. His teaching is not renunciation but rejoicing. Celebrate all the beauties, all the joys, all that life offers — because this whole existence is a dance of life. Nothing is mundane. Nothing needs to be escaped. Everything can be inhabited more fully, more consciously, more joyfully.

Joy, he said, is different from happiness. Happiness comes from outside — a good meal, a kind word, a moment of success. It arrives and it passes, and you are dependent on conditions you cannot control. Joy arises from within, for no reason at all. It is the spontaneous overflow of your own energy when it is no longer blocked by resistance, worry, or the endless running of the mind.

The meditator sitting silently doing nothing is simply joyful — not because something good has happened, but because the obstacles to joy have been gently removed. When you celebrate, Osho said, the whole existence participates with you. That is his work — to transform your life from a sad affair into a celebration.

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From: **Meditation: The Art of Ecstasy** · also: [osho.com/celebration](http://osho.com/celebration)

**All four** three months in — Jerry discovered that philosophy cannot produce joy — only his body moving totally in Nataraj could. John found something on the commute that was not numbness. He was not sure what to call it but it felt like enough. Maria placed her hand on her heart during Nadabrahma and felt, for the first time, that she herself was worth celebrating. Susan laughed during Gibberish and kept laughing after the music stopped. She did not try to explain it.

### Where to Go Deeper — Eight Books

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These eight books form the complete starting library. The paraphrases in this guide are drawn from them — the originals are richer, stranger, and more alive than any summary. A full reading guide with descriptions of each book is available separately.

**1. My Way: The Way of the White Clouds** — The most beautiful introduction to Osho — poetic, flowing, free. Read this first to experience the atmosphere of his teaching before beginning any technique.

**2. Meditation: The Art of Ecstasy** — Why modern people struggle with traditional methods — and why active, cathartic meditation comes first. Inspiring and immediately practical.

**3. Awareness: The Key to Living in Balance** — Witnessing thoughts, emotions and daily life without judgment. The bridge between mindfulness and deeper meditation — especially for busy people.

**4. Meditation: The First and Last Freedom** — The complete technique manual. Step-by-step instructions for Dynamic, Kundalini, Nadabrahma, Gourishankar and more — alongside Osho's explanations of why each one works.

**5. Love, Freedom, Aloneness** — On love, dependency, and the difference between loneliness and aloneness. Psychologically transformative for anyone in modern relationships.

**6. Tantra: The Supreme Understanding** — Osho's discourses on Saraha, the great Tantric mystic. The body as sacred, acceptance as the path, the ordinary as the extraordinary.

**7. The Tantra Vision** — Continuation of the Saraha discourses. Tantra as awareness and totality — the integration of body, consciousness, and everyday life.

**8. The Book of Secrets** — One hundred and twelve techniques from the Vigyan Bhairav Tantra — vast and browsable. A lifelong companion. Open it anywhere.

**Suggested reading sequence:**

White Clouds → Art of Ecstasy → Awareness → First and Last Freedom → Love Freedom Aloneness → Tantra: The Supreme Understanding → The Tantra Vision → The Book of Secrets

## What Stayed

*Three months later. None of them have become enlightened. All of them have become a little more honest.*

**Jerry** picked up *Meditation: The Art of Ecstasy* after his fourth session. The same words he had read before now meant something completely different. The body had unlocked what the mind alone could not.

**John** looks out the window on the train now. Sometimes nothing happens. Sometimes something does.

**Maria** bought a copy of *Tantra: The Supreme Understanding*. She has read the first chapter four times.

**Susan** sat in her parked car for twenty minutes last week without checking her phone. She is counting this as progress.

Now that you have heard the voice —

*Guide 5 — Who Is Osho? — introduces the teacher behind the voice. Not a biography. Not a religion. A mystic in the lineage of the awakened.*

*Celebration is the foundation of my way of living — not renunciation but rejoicing. This whole existence is a dance of life.*

— Osho

Offered in the spirit of Osho's teaching by an international collaboration of Osho meditation centres

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