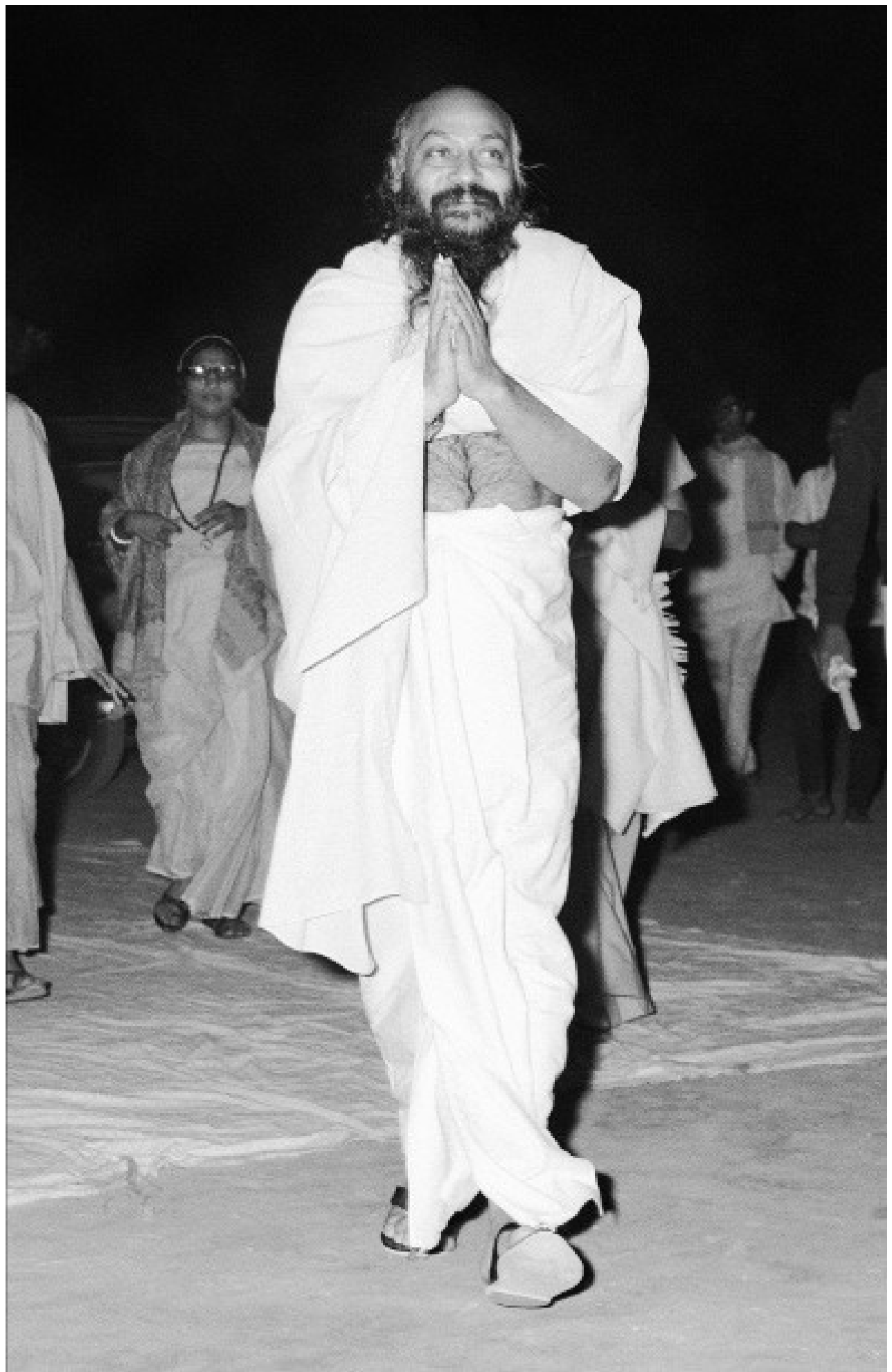




a lion's roar
you are that





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published in india by
osho dhyan leela foundation

first edition
december 11, 2020

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ISBN
xxx-xx-xxxxxx-x-x

distribution
the word bookshop
899 boottee street, camp, pune 411 001
jaidev +91-9370678114 / manoj +91-9370678113
e-mail : thewordbookshop@gmail.com

printed at
thomson press (india) ltd. faridabad

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ABOUT THE BOOK

you are that is a compilation of dialogues that happened at the 4th 40-day meditation intensive from december 11, 2010 to January 19, 2011 at the osho mystery school.

it consists of 22 chapters of dialogues and question-answer sessions, where whosoever explains the intricacies of *spirituality, non-duality meditation and samadhi* in the simplest language possible, and offers practical solutions to queries by the participants.

the content of this book is not just filthy, it is purely healthy like raw honey that flows from his understanding which he attained through his whole journey of pursuing the path of spirituality since 1969.

the whole subject is dealt in such a simple and non-serious manner that anyone interested in the subject, will be thrilled reading it.

it is a dialogue between the listener and the speaker in the real sense of the word. whatever is spoken is addressed, it is not just for the pleasure of the speaker, but keeping in focus the listener... the audience.

the book presents a clear and concise expression of his understanding of the subject. no other spiritual title explains this complex subject with as much simplicity. in that sense, there is no competition to this book.

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it is a wholesome guide to the art of ably dealing with issues of the body, mind and consciousness – a valuable asset to any seeker on the path.

though the subject of the book, which is *spirituality, non-duality, meditation and samadhi*, is serious in its very nature and difficult to grasp, still the dialogues are filled with lots of humour and laughter that fills the reader's heart with joy and inspires him to go ahead...
to continue reading!

moreover, beyond one's imagination, the words are common, the language is simple... as if dancing with joy and flowing like a stream that makes the arduous subject juicy and nourishing.

the devises suggested to practise are not only powerful, but are practical also. question-answer gives special taste and makes the dialogues interesting. whatever the questions are asked, in the end, confusion is cleared, riddle is resolved, mist is dispelled... resulting in the azure blue sky to be perceived again.

the sum total of the dialogues points towards man's true nature... answering the real question "who am i, or what am i?" ...such is this book!

a suggestion : do you have some suggestion to read this book? when this question was asked to whosoever, he responded like this...

"it is better to read the whole book again and again – slowly and attentively... with all the pauses... as it is punctuated knowingly and intentionally, for they are words addressed to individuals.

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rather, read this book as if you are listening. don't become serious, remain light-hearted. don't even try to understand, read it with feeling. feel it more and more, and let the understanding sprout, pulsate, well up from within... from the very core of your being. then you will have true and real understanding.

do not read the book from the medium of intellect or mind. enjoy it as if you are eating your loved ice-cream. let it nourish and reach to every pore of your being. allow it to go deeper and deeper, the needful will happen by itself."

photographs: osho's photos published on page numbers 05, 08, 16, 26, 62, 82, 152, 168, 200, 232, 264, 286, 294, 319 are taken by the author himself as he was an official photographer of osho during 1969 to 1974.

these unusual unique self speaking and rarely seen photos with many others were exhibited for everyone interested under the title FORGOTTEN FACES OF OSHO during 1995 to 2000 at author's residence in pune.



ABOUT THE AUTHOR

whosoever is an indian mystic with a deep and comprehensive understanding of spirituality. an osho disciple since his late twenties, he was the only disciple who had been chosen by osho himself, to be the facilitator of meditation retreats across india and abroad on his master's behalf.

he has been conducting meditation retreats ever since, and is the only one who was courageous enough to start conducting 40-day meditation intensives in the history of retreats.

his dialogues on *body, mind, consciousness and samadhi* are matchless. his expounding clarity on non-duality is self-effulgent.

he does not throw disjointed abstract statements on the face of his listener... rather,

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tirelessly explains in detail the practical aspect of non-duality, so that the aspirant can do the needful. what he says, he has lived it... that is why not only he lights the path of the aspirants, but also invites to walk on and come to the destination.

his dialogues are like a feast, a feast of...
music dance and devotion, silence prayer
and meditation, love laughter and celebration...
an experience of lifetime... as if one is listening to
unknown, or like a new recipe of a delicious dish!

the awakening : in september 1990, after twenty-one years of constantly being in the presence and close proximity of osho, whosoever was stunned into silence by an unexpected event.

for months after, his appetite almost disappeared and sleep diminished to a few hours a week. and even when he did sleep, the inner space was wracked by a series of explosions.

when he does, reluctantly, talk about this experience, he says – it felt as if a huge building complex, with many floors, had been exploded with dynamite. i used to weep for hours and hours bathing in grace and divinity, tears of gratitude flowed day after day. it felt, as if a vast frozen inner world was melting and dissolving, washing away lifetimes of pain and suffering.

even as this continued, he was gripped by a new dilemma. throughout the day – especially whenever he walked, he found himself wordlessly wondering – who is this fellow who is walking... what am i?

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late one night, he came across a passage in a book, which said – *everything is just happening, there is no doer*. while reading this, he suddenly realized that there was no reader!

in that instant, where once whosoever had been, now there was an unbounded vastness, which had no centre... there was no person there at all! slowly-slowly there arose a feeling, which soon became constant, as if all opposites were absent – there was no friend, no enemy, no craving, no aversion, nothing to gain and nothing to lose.

everything became still and silent, as if time had stopped. everything was perfect as it was. another surprising realization was that all kinds of fears had simply vanished... and in the bonfire that was raging within, the entire heap of emotional and psychological memories had been burned. the entire past – including the memory of the event that had triggered the process – faded away, except as a factual yet dream-like record. the only thing that remained was an ongoing sense of presence.

it still took a long time to understand that this is what is traditionally called self-realization, awakening or enlightenment... that this is the same state which osho had been referring to... that this is the state which many desire, and are working so hard to achieve!

but surprisingly, this thought never occurred to me that i am enlightened – or that something special has happened to me! on the contrary, as days passed, life became more and more simple

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and spontaneous. since then, there is pure living, being, seeing, knowing... but without a knower.

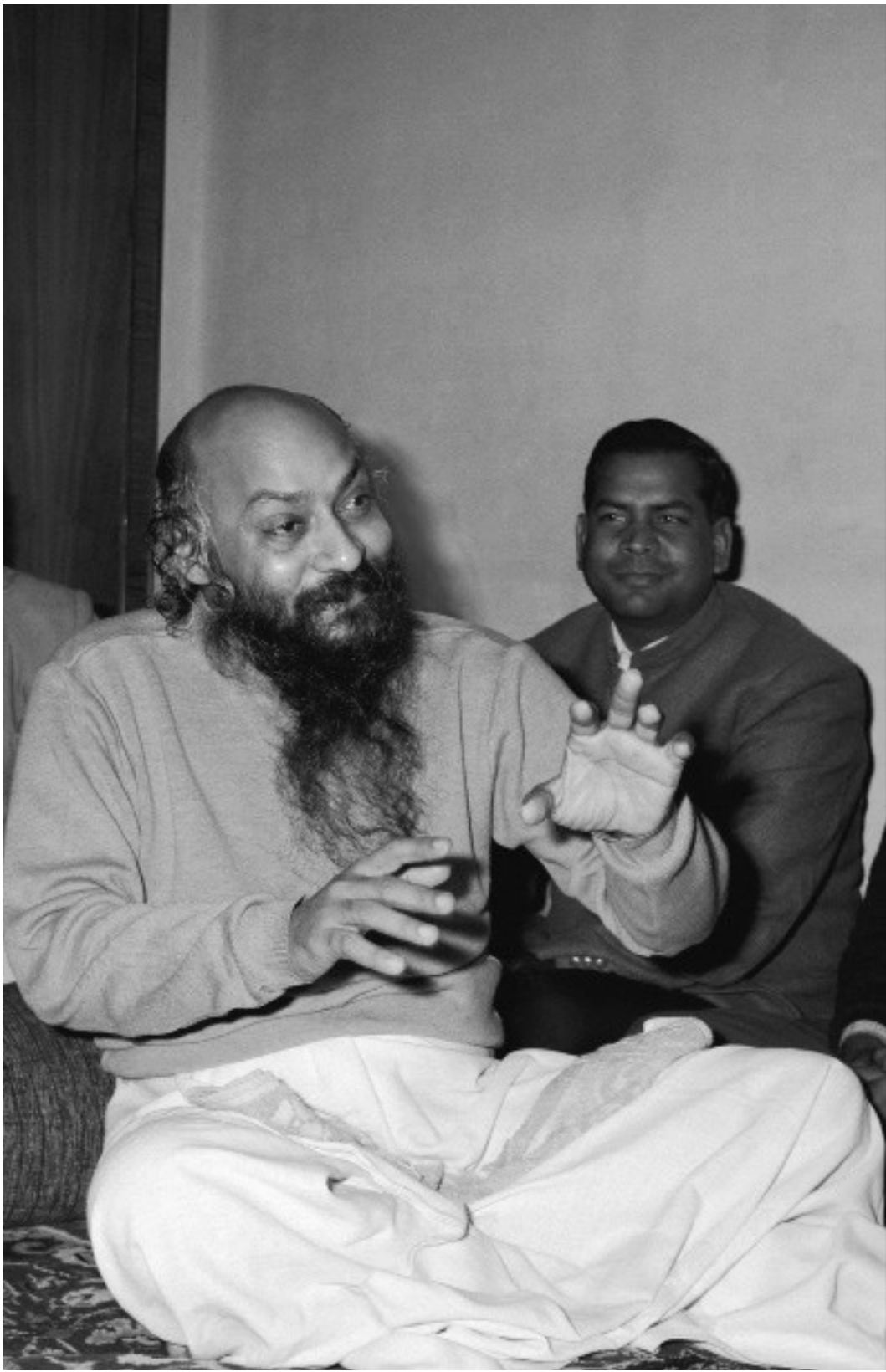
i disappeared, *me* and *mine* became empty words... remaining only as reference points for communicating or relating. apart from that, they had no meaning at all.

listening to all this, you may feel that this is a very high state, that this is what enlightenment is. but to me, it is just a natural state – most ordinary in one way, but most extraordinary in another. it is why, when somebody asks – are you enlightened? ...no response arises from within. i can neither say that i am enlightened, nor that i am un-enlightened. at the most i can say – *i am what i am!*

though many names have been given to this state, for me, it is one's simple and natural state.

and don't forget that all experience... even a so-called enlightenment experience, is part of *māyā*... the dream from which one has to wake up. to consider oneself enlightened is as illusory as it is to believe oneself un-enlightened. that is why i hesitate to talk about this experience.

in the years that have followed, whosoever has transformed many lives by sharing his love, laughter and meditation. his meditation retreats have become a mecca for many sincere seekers from around the world. and although many consider him their master, he insists that he is just a friend. ☺ ☺ ☺



1

YOU ARE THAT

my beloved ones! are you ready to be shocked and shattered to confront the reality? everyone – *yes, master!*

along with the confirmation letter

a welcome letter was also sent to you, in which it was suggested that before coming to this 40-day meditation intensive, you should meditate on these questions. and the questions were...

1. am i ready to be shocked and shattered to confront the reality?
2. am i really in search of the real?
3. do i really exist?
4. how do i know that i am... that i exist?
5. when did i first know that i am... that i exist?
6. what am i... what am i not?
7. how do i know that i am not deluding myself? and the last question was...
8. why do i want to attend this 40-day highly advanced meditation intensive?

these were the questions around which we were going to explore this 40-day meditation intensive.

now if you allow me, first i would like to ask another question. please respond to it and oblige me! *big laughter* my question is – how do you know that you are a male or a female?

when you were born, someone – maybe your mother – told you that you are a baby boy...

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or a baby girl... and you accepted! and after that, whatever was told to you by your parents, your family, society, teachers, well-wishers... or even told to you by priests and politicians! you accepted and believed without having any doubt, without questioning. someone told you – you are a hindu, or a muslim, or a christian... and you meekly accepted! someone told you – you are an indian, a european or an american... and you innocently accepted!

whatever information you have about yourself has been given to you... and you silently accepted! whatever information you have about yourself comes from others – maybe from parents, from family, from teachers, from well-wishers, or even from priests and politicians! ...isn't it?

whatever you have learnt, gained, accumulated, its source is the *other*... all your knowledge about yourself comes from others! is it not all second-hand knowledge? what direct information do you have about yourself – which is not second-hand? please tell me!

whatever answer you may have to my question is going to be borrowed, is going to be second-hand, isn't it? don't you realize that your response to my question is going to be totally false, an absolute make-believe, a sheer lie!

did all this not begin, when for the first time you were informed that you were born and you were told that you are a boy or a girl? was it not the first lie told to you by your parents or by your family... and then a chain of other lies followed?

you are that 19

and now... you are a bunch of beliefs and lies
and nothing else! ...layers of lies upon lies! are you
not living in a world of lies created by your own
accepted beliefs! shall i assume that you people
are with me? everyone nods

please forgive me for being so blunt! but i am
also helpless because it is happening! much to your
surprise, maybe i am knocking on the door to new
understanding about what one actually is.

whosoever points to a participant sitting just before him please
tell me, from where are you? he answers – *from malaysia.*
if you are from malaysia, then *ho jāye!* *laughter*

but now you are in srirangapatnā, not in
malaysia! not even in srirangapatnā, you are in
devlok! not even in devlok, in this meditation hall!
but are you not inside your body and your body
is resting on the floor of the meditation hall?

and, by the way, where is the meditation hall?
can you show me where the meditation hall is?
whosoever points to various items in the meditation hall if you
say this! ...or that! ...or even that! ...you believe
these are the right answers? this is a table, that
is the fan, that is the sound system... do these
altogether make up the meditation hall?

you see, how we are convinced and hypnotized
by our own thought-images, by our own under-
standing, by our own beliefs... first accepted
and then believed lies?

always, all the time, we have set patterns of
thinking and seeing things as they are not. we are
used to see and believe in a conditioned manner.

20 you are that

i am a malaysian, i am an indian, or a european is a utilitarian belief. such beliefs are okay and required for the sake of functioning. but they are just functioning tools and not a reality – not an actuality, not the truth! actually, this is all a mind-fuck! *big laughter* if one remains seduced by all this stuff, i can give it in writing – *one can never become enlightened!*

all this conceptual system should be thoroughly and totally erased from one's psyche for ever and ever... that i am an american, i am an indian, that i was born and i am going to die, that i am a father, a son, an uncle... and all that stuff!

when you become totally free of all this... which is a tremendous load of garbage... and empty your mind from all kinds of unknowingly, unintentionally acquired and accumulated ideas, beliefs and concepts, then what is left is the *real* you, the *actual* you! and i will happily declare you an enlightened one! *laughter with clapping*

the essential *you* by its very nature is formless and nameless too! the real you is un-created, unborn and deathless too! the actual you is beyond time and beyond space too! your true nature is unthinkable, inconceivable, unimaginable and beyond description, beyond expression too!

i am not expecting that you start believing whatever i am saying to you people. whatever i am asserting is a new perspective to be explored. and that is what we are going to do constantly in the coming days. but if you start believing me or in what i am stating, or what i am pointing at – as