

Joy To you

THE SPEAKING TREE



CONTEMPLATE

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If things are going right, and you are moving in the right direction, each moment will bring more joy — as if you are going towards a beautiful garden. The closer you get, the fresher, cooler, more fragrant the air. That will be the indication that you are moving in the right direction. If the air becomes less fresh, less cool, less fragrant, then you are moving in the opposite direction.

Existence is made out of joy. So, whenever you are moving towards becoming more existential, you will be becoming more and more full of joy, delight, for no reason at all. If you are moving into detachment, love will grow, joy will grow, only attachments will drop, because attachments bring misery, bondage, and destroy your freedom.

Whenever something goes wrong, there are indications in your being. Sadness is an indicator, depression is an indicator; joy, celebration are also indicators. More songs will happen to you if you are moving towards detachment. You will be dancing more and you will become more loving. Remember, love is not attachment, love knows no attachment, and that which knows attachment is not love. That is possessiveness, domination, clinging, fear, greed — it may be a thousand and one things, but it is not love. In the name of love other things are parading, hiding behind, but on the container, the label 'love' is stuck. Inside you will find many things, but not love at all.



The soul can grow only in freedom. Love gives freedom. And when you give freedom, you



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Let happiness be your criterion when it comes to making choices, says OSHO

are free, that's detachment. If you enforce bondage on the other, you will be in imprisonment on your own accord. If you bind the other, the other will bind you. That's how couples go on fighting for domination for their whole life. Control is not love. Only in freedom, does your soul grow, and you will feel very happy.

The world has become a very unhappy place. Not because the world is an unhappy thing, but because we have done something wrong to it. The same world can become a celebration.

If you are feeling happy with whatsoever is growing, more centred,

more grounded, more alive than before, then go headlong into it. Then there is no fear. Let happiness be the touchstone, the criterion. Whatsoever the scriptures say is not a criterion unless your heart is throbbing with happiness.

The moment you were born, a subtle indicator is placed within you. It is part of life that you can always know what is happening, you can always feel whether you are happy or

unhappy; it is an intrinsic value. You know it, you are born knowing it, so let that intrinsic indication be used and it will never falsify your life.

But, if you look in the scriptures there is danger, because for the person who wrote a certain book, it may have been a growth, but it may not be a growth for you. He felt happy, Mahavira felt very happy with fasting, the Buddha never felt so happy with fasting. So what to do? Whom to listen to? Both are perfect beings. If you listen to the Buddha, there is a possibility that you will start distorting your own feelings; if you listen to Mahavira, there is the same possibility. Krishna was a totally different man,



perfectly happy. He was always singing and dancing. He had his own feeling — maybe his feeling suits you or not. So, never try

OSHO SPEAK

- 1 If things are going right, and you are moving in the right direction, each moment will bring more joy
- 2 Whenever something goes wrong, there are indications in your being, like sadness and depression
- 3 Never try the outside criterion for your inside; you might falsify your inner mechanism

the outside criterion for your inside, otherwise there is a danger you may falsify your inner mechanism, the intrinsic mechanism. Listen to your heart.

Become aware of your own criterion, of your own intrinsic awareness. Feel — and it is so clear that nothing else is needed to help it. Abridged from Zen: Dang Dang Doko Dang, courtesy: Osho International Foundation, www.osho.com



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