



# The Sound of One Hand Clapping

**T**he sound of one hand clapping, *anahad nad*, unstruck music... All other music is struck music; you have to strike the strings of the instrument. It is only by striking the strings that the music arises. It is violence -- playing on a guitar or on a sitar, you are being somewhat violent. It is a kind of coercion; you are forcing the instrument to release the music. It is a kind of fight. And there is duality: the musician and the musical instrument in conflict, fighting. It can't be great music, it can't be eternal music. Once the musician stops fighting the music will disappear. It is caused, so it cannot be eternal. But when you turn in, there is light and there is music -- music which is eternal. It is simply there, it is not a created phenomenon. *anahad ghanta baje mridanga, tan sukh lehi pyar men. anahad ghanta baje mridanga...* ... Something strange is happening, Kabir says. Some bells are ringing, and nobody is ringing them. Some music, some melody, is there, but I can't see anybody creating it.

## The Song of Birds

This music is known by the Christian mystics as 'the Word', logos. Nanak calls it Nam, Lao Tzu calls it Tao, Buddha calls it *dhamma*. But to call it music is the best, to call it nad is the best, because it is a tremendous orchestra. All the planes of existence are involved in it. It is not only that the soul is full of music: once you have heard the inner music, your mind is full of it, your heart is full of it, your body is full of it, all your layers of being are full of it. Once known, not only inside do you

hear it, it is outside too. In the song of birds you will hear it, and in the wind passing through the trees you will hear it, and in the waves striking on the rocks you will hear it. In sound you will hear, in silence you will hear. In fact, the greatest music in the world is nothing but an echo of the inner music. Whenever a musician comes closer to that music, great music is born. Only very few have reached close to it: a Tansen, a Baiju Bawara, a Beethoven, a Mozart, a Wagner. Only very few have come close to it, but whenever some music comes close to it, resembles it, it has something great in it.

## The modern trends in music

The modern trends in music are far away from it: they are more noisy, less musical. Jazz and other music is more sexual, less spiritual. They are loud. They keep your mind occupied, certainly; they are so loud that you have to remain occupied. People go on listening to the radio, to the television, at full volume, as loud as possible, blaring, so that they need not think, so that they need not be worried, so that they remain occupied. The noise is so great, you cannot think -- and they are tired of thinking, tired of worrying. People are glued to their chairs for hours listening to just stupid noise; it is not music at all. Music, to be worthy of being called music, has to be meditative. If it brings meditation to you, if it brings silence; if it fills you with silence, if it reminds you of the soundless sound inside you, then only is it real music. Otherwise it is a false coin.

-Osho, *The Guest*

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# Laughter

Why wait for reasons to laugh? Life as it is should be reason enough to laugh. It is so absurd, it is so ridiculous. It is so beautiful, so wonderful! It is all sorts of things together. It is a great cosmic joke.

Laughter is the easiest thing in the world if you allow it, but it has become hard. People laugh very rarely, and even when they laugh it is not true. People laugh as if they are obliging somebody, as if they are fulfilling a certain duty. Laughter is fun. You are not obliging anybody!

You Should not laugh to make somebody else happy, because if you are not happy, you cannot make anybody else happy. You should simply laugh of your own accord, without waiting for reasons to laugh. If you start looking into things, you will not be able to stop laughing. Everything is simply perfect for laughter--nothing is lacking--but we won't allow it. We are very miserly... miserly about laughter, about love, about life. Once you know that miserliness can be dropped, you move into a different dimension. Laughter is the real religion. Everything else is just metaphysics.

- Osho

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