

Ultimate RELATIONSHIP With Yourself!

We have always lived with others. From the moment the child leaves the mother's womb, he is never alone -- he is with the mother, with the family, with friends, with people. The circle of acquaintances, friendships, relationships, continues to become bigger and bigger, and a crowd gathers around him. That's what we call life. And the more people there are in your life, the more you think you have a rich life.

When you start moving inwards, all those faces fade away, all that crowd disperses. You have to say goodbye to everybody: even to your closest friend, your lover, you have to say goodbye. A moment comes where even your lover cannot be with you. That is the moment when you are entering the same space again as you were in the womb of the mother. But then you were not acquainted with the crowd, so you never felt alone. The child was perfectly happy in the mother's womb, because there was no comparison, all was joy. Because he never knew the other, he could not feel lonely or alone -- he had no idea. That was the only reality that he knew.

But now you have known the crowd, relationships, the joys and miseries of relationship, and both are there. Moving again inwards the world starts disappearing, becomes like an echo, and soon even the echo disappears and one is utterly lost. But this is just an interpretation. If you can go on a little further, suddenly you will find yourself -- and for the first time





No Need to Cling

One cannot live in clinging, and one cannot live in loneliness. But don't be afraid, because there is a way in which you can relate to the other but you don't cling, in which you remain yourself. That's the whole art of love. These are easy alternatives that you have chosen -- and everybody chooses them.

The way out is to remain alone but available to relations. Be in a relationship but never be clinging -- then for the first time one starts living. Clingingness brings misery, and loneliness brings misery, because if you are not relating, you shrink.

It is as if you have decided not to breathe because the air is polluted -- but then you will die. The air is polluted but you have to find ways to continue breathing. If you are simply afraid because the air is polluted, you will die. So you have to find ways to breathe pure air, but breathing has to be continued. Love is like breathing. If you stop it, something in you starts dying. Your warmth will disappear. You will become like a closed house, and you will become afraid of opening the windows because someone may come in, and the clinging will start.

So there is no need to cling -- that you have understood. There is no need to cling to the other, there is no need to cling to oneself.

Now understand the second step also. Breathe well, remain available, but from the very beginning remain alert that relationships are beautiful, but only up to the point where you can go on feeling your aloneness. You remain alone. You relate, but you remain alone. This becomes a rhythm -- relating and aloneness in breathing, out breathing.

Every relationship is beautiful if clinging doesn't start. If you don't start clinging, you won't help the other to cling to you. These things go together. So relax, and don't shrink -- remain available. And if somebody knocks at the door, don't hide.

-Osho, Nothing to Lose But your Head



you will find yourself. Then you will be surprised: you were lost in the crowd; now you are not lost. You were lost in that jungle of relationship and now you have come home. Then again you can come back into the world, but you will be a totally different person.

You will relate but you will not depend; you will love but your love will not be a need. You will love but you will not possess; you will love but you will not be jealous. And when love is without jealousy, without possessiveness, it is divine. You will be with people. In fact only then can you be with people because you are; now you can be with people. First you were not, so the whole idea of being with people was just illusory, a kind of dream.

Unless you are, how can you relate? Unless you are, how can you be with the other? It is just a fiction that we create; it is a delusion.

Unless you are centred, unless you know who you are, you cannot really relate. All the relationship that goes on without self-knowledge is just an illusion. The other thinks he is relating to you, you think you are relating to him; neither do you know yourself nor does he know himself. So who is relating to whom? There is nobody! Just two shadows playing a game. And both are shadows so there is no substance in the relationship. That's what I observe continuously: people relate but there is nothing substantial. They relate because they are afraid that if they don't relate they will fall into loneliness and feel lost, so they jump again and start relating. Any kind of relationship is better than no relationship; even if it is enmity it is okay; at least one feels occupied. Your so-called love is nothing but a kind of enmity, a polite way of fighting, struggling, dominating, a civilised way of torturing each other, nagging.

So you have to go into this space. Gather courage and go into it. Even if it feels very sad and very lonely, nothing to be worried about; we have to pay this price. And once you have reached your source the whole thing will change completely, and you will come out of it as an individual. That is the difference I make between an individual and a person: a person is a false phenomenon, an individual is a reality. Persons, personalities, are masks, shadows; individuality is substance, it is reality. And only individuals can relate, can love -- people can only play games.

-Osho, God's Got a Thing About You

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