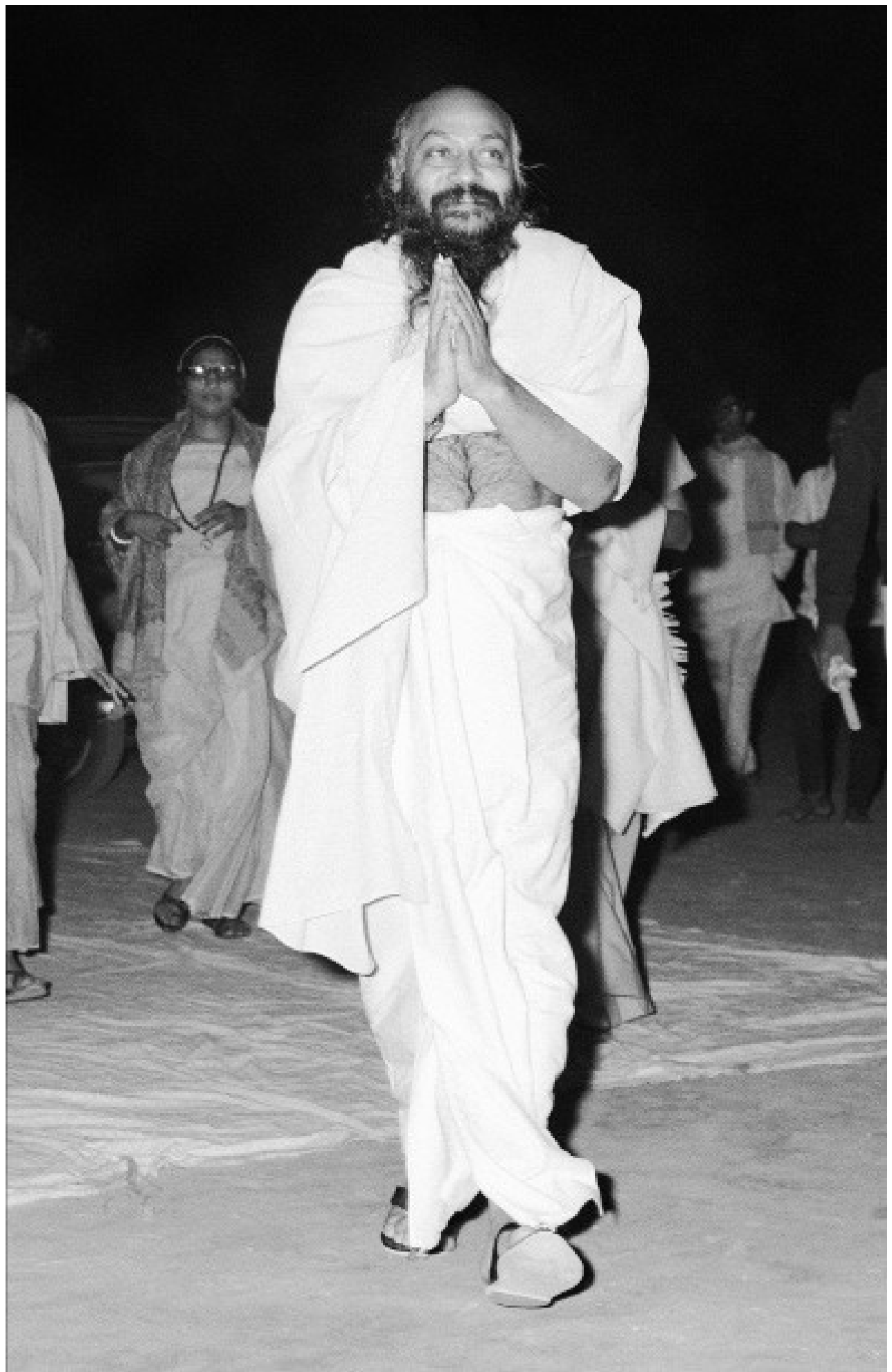




a lion's roar
you are that





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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. ☺ ☺ ☺