

## RESPONSE

### what is wrong with me?

beloved poojā!

here's your e-mail of 09.02.11; you write...

i have been thinking of writing you since a long time;

but, like always, i first wanted to find the solution within.

recently, i have been observing lots of confusion within myself  
and cannot determine, what is the right course of action.

poojā! at the level of mind,

the problems of the mind, cannot be understood and solved.

it is exactly like: trying to lift oneself by pulling up the laces  
of one's own shoe; you are occupied in an impossible effort.

hence the confusion and helplessness.

i try to talk to my friends and family members,

and i find that all the answers are bookish...

without an understanding of my feelings or reality.

those who are unconscious of their own feelings or reality,

how can they understand others' feelings or reality?

but that's what is happening all the time.

blind ones take guidance from other blind ones,

and blind are occupied in guiding other blind!

do you understand... what do i mean by blind?

the blind is one, who does not know anything,

yet never loses a chance, to pretend to know everything

and starts answering, which is going to be bookish.

i feel lots of pain, lots of hurt within me.

i know that one should forgive the person, who has hurt you;

you should forgive yourself too etc. etc.

but i am confused, as to what forgiveness means.

if you really know, then lots of pain, lots of hurt within you,

will not arise – no, you don't know.

you are consoling yourself, by having the wrong belief –

of forgiving who has hurt you, and forgiving yourself too.

it is a consolation of the blind one, consoling oneself.

hence the confusion; and the result is lots of pain and hurt.

## WHAT IS WRONG WITH ME

i certainly don't feel any hatred or anger,  
or resentment towards the person, who hurt me;  
no, that is not true.  
you are suppressing hatred, anger and resentment.

i always wish them good only.  
wow! so that you can maintain and protect your self-image, that  
you are a nice person – very loving, compassionate and forgiving.

but still i think, i don't understand,  
this is very true... that you don't understand.  
remember well, always keep in mind: that you don't understand.  
never pretend, just become aware of all kind of pretensions.  
and from here, the real journey starts towards understanding;  
one starts seeing and accepting things as they are.

beloved poojā, nobody understands.  
you are not the only one; but nobody accepts this fact.

why it happened to me!  
it does not happen to you only; don't think that you  
are somebody special; it is happening to everyone.  
you don't see it, because you are occupied with your  
own stuff all the time.

does it mean, i am not able to forgive myself?  
where is the question of forgiving?  
you are hurt poojā, because *you* are very much there.  
*disappear*...and nobody will be able to hurt you.  
and the question of forgiving will also disappear.

until *you* are, you *are* going to be hurt;  
and the question of forgiving yourself or others will remain.

i go about my life very well, very courageously,  
very dynamic... and most of the time very happy too.  
that's what you believe... and continue to believe.  
this is a sleepy, imaginary, dreamy and consoling state of mind;  
it has no connection with the reality.

## WHAT IS WRONG WITH ME

but sometimes, when i am alone, i cry a lot – not knowing  
what is wrong with me; that the people i trust the most, hurt me.

yes, this is your actual reality.

your trust in people is full of expectations.

when expectations are not fulfilled, one is at a loss and feels hurt.

and when you are alone – not occupied, the hurt surfaces.

hence, the anxiety and the depression are experienced.

but it is very beautiful... that you cry a lot;

that gives you some relief.

but it is not enough at all.

it will continue... unless you become fully conscious

of the whole process of your hidden and dark psyche.

i am loved by many people, because of my happy nature;

but i still feel so disconnected with everyone.

that is on the periphery... what about deep down?

deep down the worms of hurts,

wounds, expectations and failure keep crawling.

*perfuming oneself on the outside,*

*does not stop the inner stinking.*

hence you feel disconnected with everyone.

when i love someone dearly, they eventually leave me.

what do you mean by *i love someone dearly*?

does it not mean that you need someone to love you?

when love is not unconditional,

one becomes dependent on the other;

one starts behaving like a beggar, and nobody likes beggars.

poojā! the kind of love we know,

is nothing more than begging.

the so-called lovers are beggars in disguise,

because both demand from each other;

but nobody has anything to give.

hence, it never works.

eventually, they are compelled to leave each other.

so they *are* going to leave you,

because you become dependent on them.

when one starts possessing, arguing, demanding, begging,

## WHAT IS WRONG WITH ME

the other is left with no option;  
one becomes so suffocated... that one has to leave.

i feel, that i need to understand, what is my learning in it...  
as i am getting hurt again and again.  
but i don't understand, what it is.  
i hope, now you understand what is happening.  
now it is up to you, what you understand.

poojā, understanding does not come so fast;  
it comes after making many mistakes; it is a great learning.  
one has to learn the *art of dying* first –  
not physically but psychologically.  
sri sri ravishankar teaches the *art of living*.  
there is no such thing as the art-of-living;  
there is only the art-of-dying.  
in the absence of expectations, demands and possessiveness,  
living becomes spontaneous... an *art* in itself.

my beloved one, the root cause of all suffering is  
ignorance – ignorance of oneself, forgetfulness of oneself.  
and self-remembering is the answer to one's all problems.  
therefore, forgetting everything else and occupying oneself  
in self-remembrance, is the real and the only way out.

therefore, the attention should be brought back from the known to  
the knower, from the seen to the seer, from the experienced to the  
experiencer, from the observed to the observer... because, all the  
mystery, all the answers are contained in the seer; or call it –  
the knower, the experiencer, the observer... whatever you like.

so, can you help me understand, what i need to know here?  
yes, i can.

but for that you need proper and personalized guidance,  
proper education, proper knowledge and proper understanding.  
and for this kind of education, there are no schools anywhere in  
the whole world except one; which is osho mystery school.

**with his blessing - whosoever**

## LETTER & RESPONSE

a small letter from bodhi, from east coast, u.s.a... who participated for the very first time in the recent 40-day osho meditation intensive, which happened from december 11, 2010 till january 19, 2011 at osho devlok.

thank you beloved!  
the heart is bursting with tears of gratitude.  
bodhi can't explain it, or doesn't care, if it makes sense or not.  
all bodhi wants to do is: to be at your feet...  
and bathe in your presence, bodhi.

### allow yourself to be gratitude

beloved bodhi, received your e-mail yesterday.  
you write...

the heart is bursting with tears of gratitude.  
let your heart burst with tears... totally and completely.  
so that tears disappear and only gratitude remains.  
then identify yourself with gratitude only.  
then you are nothing but gratitude itself... blessing itself.  
only then you are the blessed one.  
allow yourself to be gratitude; let bodhi disappear forever and ever, and you have arrived – not as a person, but as a blessing.

*nadiyā nā piye kabhi apnā jal, vriksha nā khāye kabhi apne phal*  
means: river drinks not its own water, tree eats not its own fruit.

bodhi can't explain it, or doesn't care, if it makes sense or not.  
there is no need to explain. yes, it makes sense – to me, at least.

all bodhi wants to do is:  
to be at your feet... and bathe in your presence, bodhi.  
you are already in the heart, bodhi!  
and continually, constantly bathing.  
if you mean, in whosoever's physical presence,  
then also you are most welcome anytime.

**with his blessings - whosoever.**