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**IN**  
BHAGWAN  
SHREE RAJNEESH



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**IN**

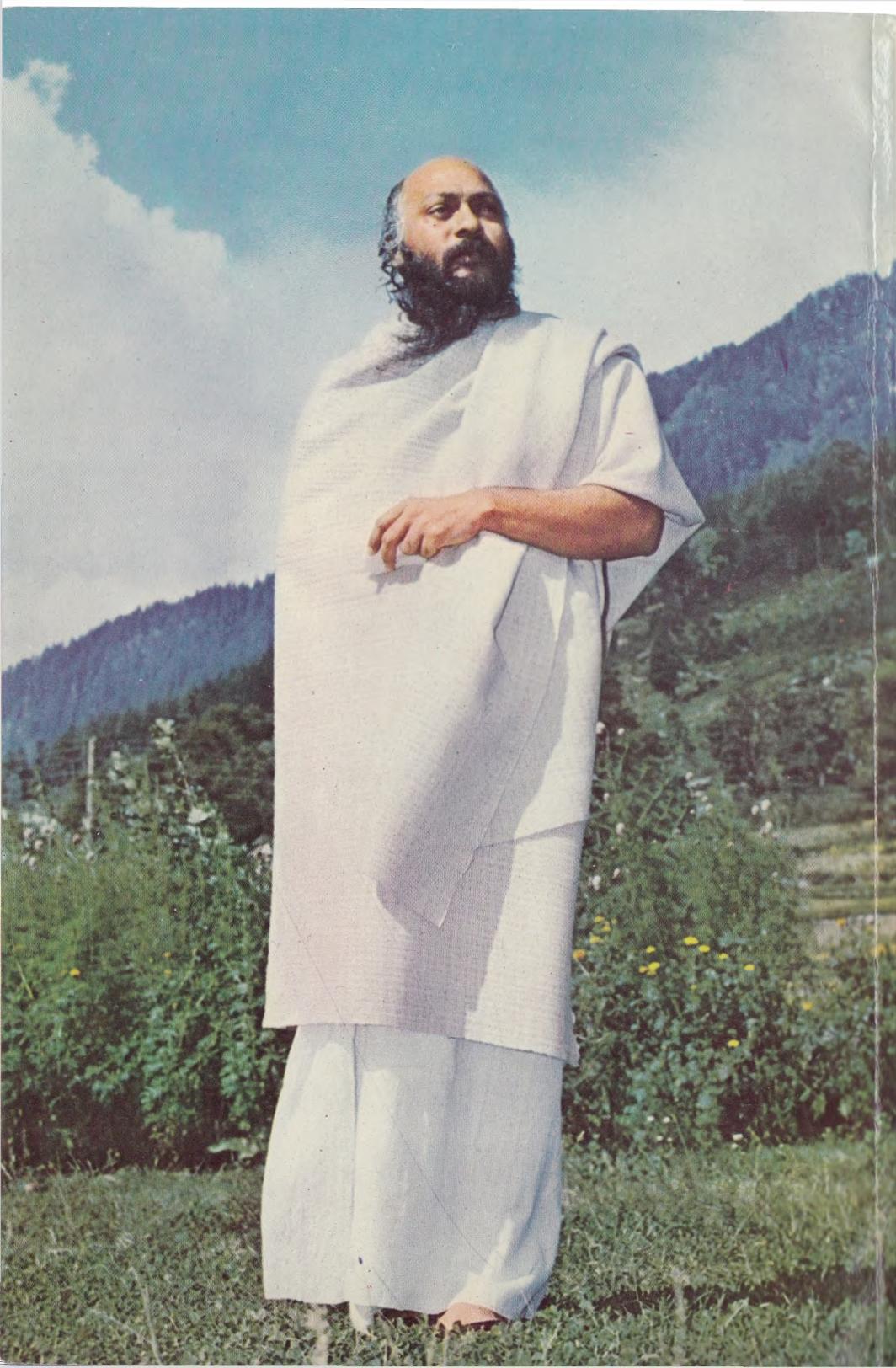
**TURNING IN**



**NEO-SANNYAS  
INTERNATIONAL**

*Paras Rajmash*  
*Meditation Center*

**P. O. BOX 22174  
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# TURNING IN

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## TURNING IN

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**A collection of thirty Immortal Letters written by Bhagwan Shree Rajneesh to H. H. Ma Yoga Mukta (Mrs. Catherine Venizelos), President, Neo-Sannyas International, for North America, Seville Avenue, Rye, New York, 10580, U.S.A.**

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beloved mukta,

Love. Only God Is — that is why it is so difficult to find Him.

And, God is everywhere — that is why He seems to be nowhere.

And, the seeker is the sought — that is why all seeking is so futile.

**STOP AND SEE.**

But the mind is running constantly.

**DO NOT BE AND SEE.**

But the mind is trying **TO BE** continuously.

Says Auden :

“For the garden is the only place there is, but you will not find it.

Until you have looked for it everywhere and found nowhere that is not a desert;

The miracle is the only thing that happens, but to you it will not be apparent,

Until all events have been studied and nothing happens that you cannot explain;

And, life is the destiny you are bound to refuse until you have consented to die.”

**STOP AND SEE.**

**DO NOT BE AND SEE.**

A large, expressive red ink scribble consisting of several overlapping, somewhat chaotic lines and loops, resembling a signature or a stylized drawing. Below the scribble, the date '20-4-1971.' is written in red ink.

20-4-1971.

## 2/ Act Upon Understanding

beloved mukta,

Love. Never to have seen the truth is better than to have seen it and not to have acted upon it.



## 3/Man is Only a Bridge

beloved mukta.

Love. Man is not the end.  
But only the means.  
Man is not really a being — but only a tension — between two planes of being.  
Man is a bridge only.  
That is why man cannot remain satisfied with himself.  
His heart is nothing but a continent of discontent.  
And his very being is anguish.  
And, **religion is the wish to pass beyond himself as he now is.**  
That is why I say: 'Man can never be irreligious.'  
That is impossible.  
He can pretend but he cannot be.  
Religion is not something accidental or circumstantial.  
It is in the very nature of man.  
Man is a religious animal.  
Because, **man is nothing if man is not a desire to transcend himself.**  
He can go below himself or he can go above but he cannot remain himself.  
He cannot rest.  
That is why the restlessness.



#### 4/ The Whole Life is a Longing

beloved mukta,

Love. Yes, there is a WAY.  
But in many the Will is lacking to find it.  
And, it is not far away.  
It is just by the corner — so to say.  
Knowingly or unknowingly all men long for it.  
Really the whole life is a longing for it.  
Because without it there is no reaching — no flowering —  
no fulfilment.  
But few men seek it.  
And still few seek it rightly.  
And still few find it.  
And all of them who find it, do not enter.  
Only few enter.  
And still fewer progressively follow it.  
But those who follow it with their total being realize that  
the WAY is the GOAL itself!



#### 5/ Live Totally

beloved mukta,

Love. Life does not need comfort, when it can be offered  
meaning, nor pleasure when it can be shown purpose.  
Because, in the total intensity of intentional living is the  
fruition of the seed of consciousness.  
And, CONSCIOUSNESS without the self is the goal.  
Consciousness without the centre, and you have reached.  
Consciousness without ego is NIRVANA.  
Or, you may call it GOD or whatsoever you like.  
And, know that everyone is seeking this state of being.  
But unless the seeker is lost, this state cannot be found.  
And, the seeker can only be lost in the fire of total intensity  
of living.  
So live totally.  
And live in the moment.  
And moment to moment.  
Because there is no other way to live totally.  
And no other way to dissolve the centre — the self —  
the ego.



## 6/ Freedom from the Self

beloved mukta,

Love. The self can never be free.  
Because, the self itself is the bondage.

This is the meaning of the penetrating saying of Jesus:  
“He that saveth his life shall lose it, and he that loseth his life shall keep it unto life eternal.”

Or, that of Lao Tzu in Tao-Teh-King: “He who humbles himself shall be saved; he who bends shall be made straight; and he who empties himself shall be filled.”

One is not to make the self free; rather on the contrary, **one has to be free from the self.**

The self is nothing but the husk of the seed.

Do not cling to it.

Sings Wu Ming Fu:

“The seed that is to grow must lose itself as seed; And they that creep may graduate through chrysalis to wings. Wilt thou then, O mortal, cling to husks, which falsely seem to you the self?”



27-4-1971.

## 7/ Meditation is the Art of Unlearning

beloved mukta,

Love. The secret of meditation is the art of unlearning.  
Mind is learning.

Meditation is unlearning.

That is — die constantly to your experience.

Let it not imprison you.

Experience becomes a dead weight on the living and flowing  
— riverlike consciousness.

Live in the moment unburdened by the past.

Flow in the moment unblocked by the mind.

And, you will be in meditation.

And know well that it is **innocence that is full and experience that is empty** — although the surface appearance is quite the contrary.

It is innocence that knows and experience that knows not — though innocence never claims, and experience is nothing but claims and claims and claims!

And that is why I say: **“Innocence is meditation because it opens the doors of the unknown.”**

So learn how to unlearn.

So learn how to be beyond the mind.

Do not cling to the known and the master-key will be in your hands.

Be open and vulnerable.

Living and flowing, always, into the unknown.

And, you will be in meditation — you will be meditation.



28-4-1971.

## 8/ Decide to Transform — and Transcend

beloved mukta,

Love. Man is free to decide — but not free, not to decide.  
Because, not to decide is to decide.

To waver is to decide.

To postpone and evade decision is to decide.

**There is no escape.**

One must say yes or no.

And there are thousand ways of saying 'no'; only one way  
of saying 'yes'; and no way of saying anything at all.

This is the human situation.

And, the seeker of truth must be aware of it.

Otherwise life is wasted unnecessarily.

And a single moment lost cannot be regained.

And, **we have wasted so many lives.**

So decide to decide.

And decide to transform and transcend.

With the decision is crystallization.

And then one is ready to take the jump into the unknown.



## 9/ Total Acceptability is Religion

beloved mukta,

Love. To be religious is to be a yea-sayer.

Yes to everything.

Yes to life and yes to death.

Yes to light and yes to darkness.

**Total acceptability is religion.**

Says Nicolas De Cusa : "Yes God! Yes God! Yes, yes and  
always yes."

Say : YES — and feel it and you have entered the temple  
of the Divine.

Say : No — and you yourself have closed the doors — or  
closed yourself to the Divine.

'No' is suicidal.

'No' is poisonous.

Know this and be a yea-sayer.

**Let your heart say YES with every beat.**

Breathe YES in and out — and you will feel the Divine all  
around you — within and without.

He is always present but he cannot enter a no-sign.

He cannot trespass you.

**With a 'No' — you are an EGO.**

But with a YES — you are just egolessness.

And Ego is a Leibneizian monad — without any doors or  
windows.

And egolessness is the GATE.

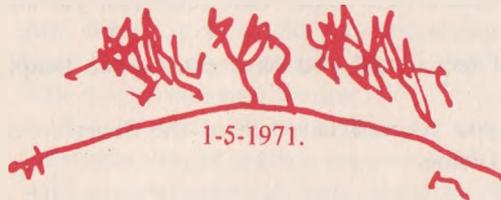
**Be a GATE. The Divine is waiting to enter you from  
eternity.**



## 10/ In Emptiness Enters the Divine

beloved mukta,

Love. **Everything belongs to the man who wants nothing.**  
Having nothing, he possesses all things in life.  
Renouncing all, he becomes the master of all.  
But why?  
Because in his emptiness enters the Divine.



## 11/ Let the Centre — the Self Relax and Die

beloved mukta,

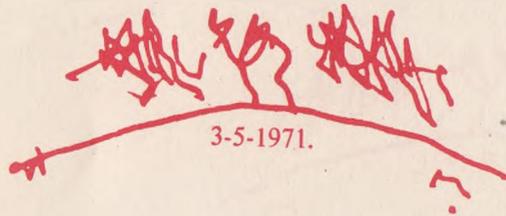
Love. Be free at the centre.  
Let the centre relax and die.  
Be a circumference only.  
And, this is the only renunciation I know.  
No man is free until he is free at the centre.  
When he lets go, then he is free indeed.  
And then life is not anguish.  
And then life is not agony.  
Because no hell can exist without the self — the centre.



## 12/ Be Alive, Fluid and Flowing

beloved mukta,

Love. Detach yourself from all fixed ideas.  
They are the killers of all **livingness and innocence.**  
**Which is a must for illumination.**  
Beware of the trap of preconceptions.  
They make a stagnant pool of your consciousness.  
And to meet the ocean you need a dynamic one.  
Be alive and fluid and flowing.  
Then the goal is not far off.



## 13/ Transcendence of Frustrations

beloved mukta,

Love. Ask for nothing and you will never be frustrated.  
And anticipate darkness with light, and sorrow with  
happiness; because such is the nature of things.  
Then you will never be frustrated.  
Say to life : "What can you do to me ? I want nothing !"  
And say to death : "What can you do to me ? I have already  
died !"  
And then you will be truly free.  
Because, unless one is free of life, one can never be free of  
death!  
And when one is free of both, one knows that life which  
is eternity itself.



## 14/ Turn In — and Meditate

beloved mukta,

Love. You possess only that which will not be lost in death.  
All else is illusion.  
Even the possessor.  
Because that too will not be able to stand the final shipwreck.  
And, then, find out what is left?  
Turn in and meditate.  
Discard all that is vulnerable to death.  
Say: Not this, Not that, and go deep to the point where  
nothing remains to be discarded more.  
And the ILLUMINATION.



## 15/ Man is Unaware of Himself

beloved mukta,

Love. Man is unaware of himself.  
He does not know what is happening to him.  
Nor does he know the state of his being.

A man cut down a tree one day.

A Sufi who saw this taking place said: "Look at this fresh branch which is full of sap and happy because it does not know yet that it has been cut off."

But his companion said: "Yes, ignorant of the damage which it has suffered, it may be — but it will know in due time."

Hearing this the Sufi laughed and said: "Meanwhile you cannot reason with it."

This reverence is the state of man.

This ignorance is the state of man.

And, meanwhile, you cannot reason with him!

Or, can you?

But that is irrelevant.

If you can reason with yourself that is more than enough!



## 16/ Divine is Beyond the Intellect

beloved mukta,

Love. It is impossible to conceive the Divine intellectually.  
And that is why the intellect denies it.

Or, fabricates fictitious systems about it, which is even more dangerous than plain denial.

The mind works only into the circle of the known.

It cannot transcend the world of the known.

For the mind the unknown is NOT.

Says Attar: "You know nothing of your real self here and in this state. You are like the wax in the honeycomb: What does it know of fire or guttering? But when it gets to the stage of the waxen candle and WHEN LIGHT IS EMITTED, THEN IT KNOWS."



## 17/ Knowing — Beyond Intellect and Emotion

beloved mukta,

Love. There are three forms of knowledge.

The first is **intellectual knowledge**, which **is**, in fact, **not knowledge** but information only and the collection of facts and the use of these to arrive at further intellectual concepts.

The second is **emotional knowledge**, which **is, also**, really **not knowledge**, but feeling of the mental states, in which man feels that he has known something but there is no transformation or mutation of his being.

The first is objective, and out of it science is born.

And, the second is subjective and is the source of all art.

The third is neither.

It is **beyond both**.

And, this third is the real.

It is achieved through meditation.

Because, meditation does not use thinking and feeling as doors of perception.

Really, they are not doors of perception but forces of projection.

Through them pure knowing is impossible.

Whatsoever comes through them is changed and coloured by them.

So **unless one is free from all projections, one cannot know That-Which-Is.**

When there are no ripples of thought and emotion in the consciousness — then and only then dawns the third form of knowledge.

And, the third is the only real knowledge.

Out of this religion is born.

And, out of it is total transformation.



## 18/ Truth is Self - Evident

beloved mukta,

Love. Truth is aristocratic.  
It cannot be decided by votes or numbers.  
Because truth is enough in itself.  
It needs no help or support.  
It needs no proof even.  
Because truth is self-evident.

A certain man was believed to have died, and was being prepared for burial, when he revived.

He sat up, but he was so shocked at the scene surrounding him that he fainted.

He was put in a coffin and the funeral party set off for the cemetery.

Just as they arrived at the grave, he regained consciousness, lifted the coffin lid, and cried out for help.

"It is not possible that he has revived," said the mourners, "because he has been certified dead by competent experts."

"But I am ALIVE!" shouted the man.

He appealed to a well-known and impartial scientist and jurispudent who was present.

"Just a moment", said the expert.

He then turned to the mourners, counting them. "Now, we have heard what the alleged deceased has had to say. You fifty witnesses tell me what you regard as the truth."

"He is dead," said the witnesses.

"Bury him," said the expert.

And, so he was buried.



9-5-1971.

## 19/ One Has to Travel the Path Alone

beloved mukta,

Love. Religion is so much an experience that it cannot be handed over by one to another.

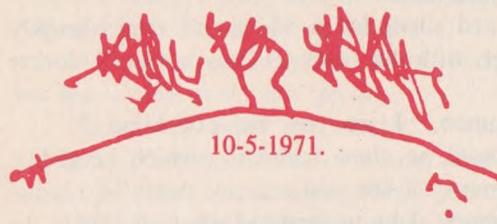
But there are traditions of religious experience, which are bound to be false.

Because of the very nature of the religious experience.

One has to travel the path alone with no footprints of other travellers even to guide.

Hasan of Basra was asked: "What is Islam and who are the Muslims?"

He is reported to have said: "Islam? Islam is in the books. And, Muslims? Muslims are in the tombs."



10-5-1971.

## 20/ Do Not Think About Others

beloved mukta,

Love. Do not think of others and waste your time.

Really, that is a subtle and cunning way of the mind to escape from itself.

Once a monk asked Ummon: "Sir, you always say that Buddhism helps us in every possible way, but how it can help the blind, the deaf or the dumb? The blind cannot see the teacher's staff that is raised before them. The deaf cannot hear the teacher's words, no matter how wise. The dumb cannot ask their questions or speak their understanding. So since we cannot help these people how can we say Buddhism helps in every possible way? What good is it?"

Ummon just remained silent for a while and then abruptly poked at the questioner with his stick. The monk of course jumped back.

"Ah-ha!" said Ummon, "I see you are not blind!"

Then he told the monk to come forward, which he did.

"Ah-ha!" said Ummon, "I see you are not deaf!"

Then he asked the monk if he understood what all this to do was about?

The monk said he did not.

"Ah-ha!" said Ummon, "I see you are not dumb!"



## 21/ The Real is Always Spontaneous

beloved mukta,

Love. **The whole yoga has gone dead because of imitation.**

One cannot imitate anything that is real.

The real is always spontaneous.

One can jump in it but one cannot practise it.

**Any practice is of the mind and by the mind.**

And, the mind is the past — the dead.

The mind is the thing one has to jump out of.

Out of the mind is the explosion.

So be aware of the mind and its tricks!

Mamiya went to a great teacher to learn meditation.

The teacher told him to concentrate on the famous koan:

"What is the sound of one hand?"

Mamiya went away and came back a week later, shaking his head. He could not get it.

"Get out!" said the master. "You are not trying hard enough. You still think of money and food and pleasure. It would be better if you died. Then you might learn the answer."

The next week Mamiya came back again.

And, when the master asked him: "Well, what is the sound of one hand?" he clutched at his heart, groaned and fell down dead.

"Well, you have taken my advice and died," said the master. "But what about the sound?"

Mamiya opened one eye. "I have not solved that yet," he said.

"Dead man don't speak," said the master. "Get up, and get out!"



## 22/ Intellectual Deceptions

beloved mukta,

Love. Man asks questions and then answers them himself.  
Nothing is answered in this way.

But man is capable of deceiving himself.

And the whole of philosophy is nothing but such a deception.

Man asks, "What is mind?"

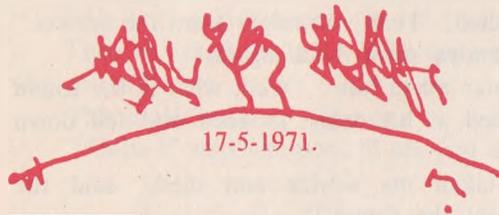
And, then answers himself, "Not matter?"

And, then asks, "What is matter?"

And then answers, "Not mind?"

And this stupid game goes on.

I have heard about a distinguished philosopher who customarily began his speeches with, "Why are we here?" He had an occasion to address the inmates of a mental hospital and finally said, "Ladies and Gentlemen, why are we here?" One of the inmates called out, "We are all here because we are not all there."



17-5-1971.

## 23/ There is No Knowing Except Living

beloved mukta,

Love. There is no answer to man's ultimate questions.

Because the questions are absurd.

And, moreover, there is no one to answer them.

The existence is silent and has always been so.

So **do not ask, but be silent and live it and know it.**

Because there is no knowing except living.

The search for answers is meaningless.

A patient in a mental hospital placed his ear to the wall of his room, listening intently.

"Quiet," he whispered to an orderly and pointed to the wall.

The attendant pressed his ear against the wall, listened, and then said, "I don't hear anything."

"No," replied the patient, "it's awful; it's been this way always!"



18-5-1971.

## 24/ Emptiness is All

beloved mukta,

Love. **Emptiness is all.**

And, to get hold of emptiness is to get all and be all.

But it is very arduous to get hold of emptiness—because it is emptiness!

And, it hurts much.

Though it is emptiness, still it hurts much!

Because **to make way for it the ego has to die.**

But I am happy that you are dying—because this is the only way to be beyond death.

I say: The Only Way.

Remember this—always.

Sekkyo said once to one of his monks: “Can you get hold of emptiness?”

“I will try,” said the monk, and he cupped his hands in the air.

“That is absurd,” said Sekkyo: “you have not got anything in there.”

“Well, master,” said the monk, “please, show me the right way.”

Thereupon Sekkyo seized the monk’s nose and gave it a great yank.

“Ouch!” yelled the monk; “you hurt me!”

“I cannot help—because that is the only way to get hold of emptiness!” said Sekkyo.



## 25/ Emptiness — the Source of All Existence

beloved mukta,

Love. **Emptiness** is not really emptiness.

Rather, it is the All.

It is not negative.

Rather, it **is the positivity itself.**

It is out of it that everything is born, and to which everything returns.

It is the source and the ground of all existence.

So whenever I say EMPTINESS—I never mean just emptiness!

To me emptiness is not the absence of anything but the presence of EMPTINESS itself.

And, now you can understand it—because you yourself are in it—and it is in you.

Once a student asked Joshu: “Sir, you teach that we must empty our minds. But, I have nothing in my mind. Now, what shall I do?”

The old master laughed and said: “Throw it out!”

“But I have nothing. How can I throw it out?”

“If you can’t throw it out, carry it out! Drive it out! Empty it out! But don’t stand there in front of me with nothing in your mind!”



beloved mukta,

Love. The world itself is a punishment enough.  
So really, there is no need for hell at all.

Once a man who had married three wives was brought before the king of the country for punishment. The king called in his counsellors and asked them to devise the worst possible punishment for the offender, even death itself. But they did not order his execution, ruling instead that it would be still worse for him to live with all three wives at the same time. Two weeks later, the man committed suicide.



19-5-1971

beloved mukta,

Love. No more principles are needed.  
The world is already much too burdened with principles and persons, who are men of principles.

I have heard that once a priest was consoling a widow. He said feelingly about her dead husband that he was a man of principle.

"That he was," sighed the widow. "Every Saturday night for these twenty years the poor man would come home and faithfully hand me his pay envelope — that he never missed doing. Of course, the envelope was always empty—but mind you, he was loyal to the principle of the thing."



20-5-1971

## 28/ Man Learns From Experience ?

beloved mukta,

Love. Yes—man learns by experience!

Two old drunkards were in the habit of coming together twice a week to the wine-seller to get drunk together. After years of this, one of them died. His old friend came in on Saturday and they told him his pal has died—that the whisky has been taken into his blood circulation and so saturated his blood and his breath that one night before going to bed the old man went to blow out the candle and his breath caught fire and he was burned to death. The other man promptly called for a Bible and took an oath that from that time forward he would never blow out another candle in his life!

Yes—man learns by experience!



## 29/ Health is in Wholeness

Love. The will to wholeness is inherent in everything.  
But only in man it has become conscious.  
And therefore, man lives in tension.

And only when this longing is fulfilled is his negative state of tension wiped out.

**The tension is symbolic of the infinite potential and also of the infinite possibilities.**

Man is not what he can be.

**And unless he is that which he can be, he cannot be at ease.**

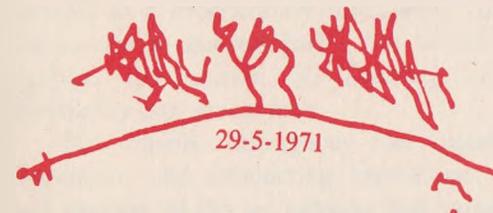
This dis-ease is man.

And health is in wholeness.

The fact that language has one root for the words "whole", "holy" and "to heal" conceals a deep truth; **he who is whole is also healed**—and to be healed is to be whole.

This wholeness can only be achieved by becoming totally conscious of oneself— the darkness of unconscious is to be penetrated and transformed into light.

And, meditation is the method.



### 30/Turning In

beloved mukta,

Love. There is no proof of the Divine in the world.

For it is hidden, and hidden, and hidden.

But IN YOU there is the Absolute proof.

For it is hidden, and hidden, and hidden.

**Go IN and discover it.**

Thinking about it will not help.

Action is needed.

Action upon oneself.

So ACT.

That is, TURN IN.

Man is like a sealed book, written before he was born.

And ordinarily he carries it unopened inside himself until he dies.

And, one who opens it knows that **he is not** and only the Divine is.



8-5-1971

### BHAGWAN SHREE RAJNEESH: A GLIMPSE

Bhagwan Shree Rajneesh is an 'Enlightened One, who has become one with Infinity, the Totality. He is NOT—but the Infinity breathes through him. He is not a person but the Divinity personified. Transcendental Truth shines every moment through him. **His eyes, his fingers, his gestures, his laughter, his smile, brings the message from the beyond and the transcendental.** In fact, he is not living in Cosmic Consciousness, but has become the Cosmic Consciousness. Even further, he lives beyond Cosmos, beyond Being — in No-Being, in No-thingness, in the Great Void—Nirvana.

There lies in him the essence of Lao-tse, Buddha, Krishna and Christ. He says, they are one and the same. A seeker of truth can feel the mystery of his existence and the radiation of the divinity in him. **By his very presence the seeker feels that something mysterious has started changing and awakening within him.**

Born on 11th December 1931, in a small village of Central Province (now Madhya Pradesh) in India, he bloomed into fullness, took his Master's degree in Philosophy from the Saugar University in 1957. He was an extra-ordinarily brilliant student and stood first in the University. Later on he served in two colleges as a Professor for nine years. In 1966 he resigned from his service to consecrate his life to the Wish of God—for the spiritual regeneration of humanity and to spread practical spirituality for every man.

He travels throughout the country giving discourses, discussions and conducting Meditation Camps. **He challenges and shatters all the set patterns and values of human culture and knowledge.** He wants to indicate the totality of Life, and brings about the Total Transformation of human beings. The process, the Alchemy for the inner transformation, he says, is MEDITATION and SAMADHI. As a back-ground for this, one must be free from the clutches of scriptures, words, authorities, traditions, knowledges, beliefs and the past memories. He says that when the consciousness is totally non-identified with the contents

within and without it, in that Void, Emptiness, an explosion of every thing takes place. One transcends the body, the mind, the thoughts **and there remains the pure Is-ness**, the mysterious divinity, infinite bliss which no words can describe.

He says, the total transformation of every individual being into his total divine potentialities is the Way, the dimension, the solution, for the uncountable problems of modern civilization. That alone can save Man from total destruction.

Due to his lecture tours and meditation camps, some inspired friends and seekers have formed many '**Life Awakening Centres**' throughout India. They publish his lectures, conduct his tours and meditation camps. In Hindi language they publish a quarterly magazine — 'JYOTI SHIKHA' (the Divine Flame) and a monthly magazine 'YUKRAND' (bulletin of Rebellious Youth Force). In the near future they are going to publish an English monthly magazine also.

They have a vision to create a "**World Meditation Centre**" where all the dimensions of human potentialities could be experimented, searched and awakened in the light of modern science, human wisdom and practical spirituality.

Thousands of seekers from India and abroad are coming closer and closer to Bhagwan Shree Rajneesh. Many of them are being transformed, changed and awakened. **Unseen forces are attracting seekers from all the corners of the world towards Bhagwan Shree to usher a world-wide movement for Spiritual Awakening.**

In India Bhagwan Shree Rajneesh speaks in the Hindi language. His lectures on various subjects are published in the form of books. Many of the books have been translated into different Indian languages and some of them are in English. The English speaking audience and foreign interviewers, he addresses in English.

Now Bhagwan Shree Rajneesh has settled in Bombay having his World Head Quarters of Life Awakening Movement here.

He has also initiated and inspired a "Neo-Sannyas International Movement" in which seekers from different religions, such as — Hindu, Jain, Mohammedan, Christian, Jew, Bud-

dhist, Sikkha — have been initiated into Sannyas-Life forming a Family of Religions. Uptil now 460 Sannyasis from India and abroad have been initiated into "Neo-Sannyas."

Under his guidance these experienced Sannyasis are travelling throughout India to conduct meditation experiments, inspiring people about Real Life. These Sannyasis are also conducting Divine Healing Experiments. Within a few months these Neo-Sannyasis will start for a World Tour to spread the message and practical spirituality of Bhagwan Shree Rajneesh through 'Neo-Sannyas International' and Life Awakening Movement.

**Let God send thirsty seekers, striving souls, restless youths and the hungry and angry new generation to dive deep into the cool and serene illumination, enlightenment, and divinity of Bhagwan Shree Rajneesh, and be awakened to save humanity.**

*Swami Yoga Chinmaya*

A-1, Woodlands,  
Peddar Road,  
BOMBAY-26, (India).  
Phone : 382184.

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For enquiries and books please contact :

**JEEVAN JAGRITI KENDRA,  
(Life Awakening Centre)**

\*\*31, Israil Mohalla,      \*\*53. Empire Building. \*\*A-1, Woodlands,  
Bhagwan Bhuwan,      146, Dr. D. N. Road. Peddar Road,  
Masjid Bunder Road,      Bombay-1 (India).      Bombay-26.  
Bombay-9.  
Phones: 327618      Phone : 264530      Phone : 382184  
327009

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