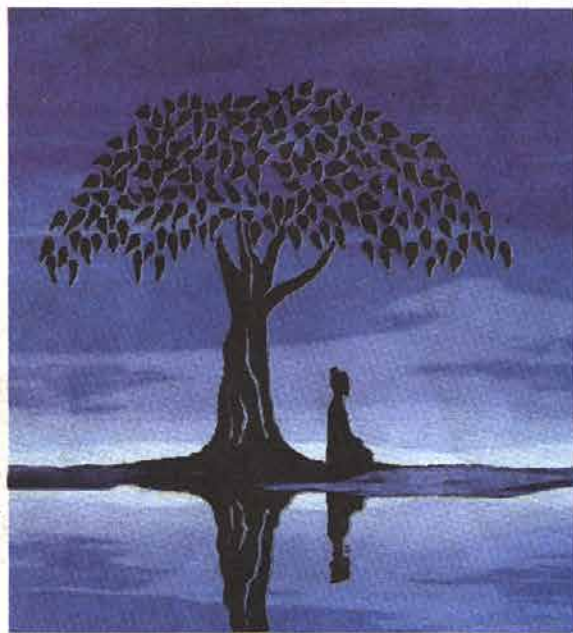




Experience Intensity



People think that when somebody meditates, it means he is hibernating. Hibernation means lowering life. Meditation is not lowering life. It is about pushing it towards the peak. If you are in such a state of intensity, this is the most exciting thing you can do—just sit and focus.

body breaks up, you want to avoid it. Suppose those consequences are taken away, won't you like to experience it all the time? What do you think about adventure sports? they are nothing but accidents without consequences. You jump off an aeroplane and at the last moment you pull open the parachute. You want to experience the fall because it makes you so intense.

Generally, only in moments of danger people know intensity. Now what I am talking about is without doing all those fanciful things you can experience the peak of your intensity just by sitting here. If you can become that intense, then if you close your eyes, even the need to open your eyes does not arise anymore because life is happening at such a tremendous intensity. Earlier, people who meditated closed their eyes and did not open them for a long time not because they are not interested in life, but because they were experiencing life at its peak. To do anything else simply did not occur to them.

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Shiva sat like this for millennia because he is at the peak of intensity. It did not occur to him to get up and do something. So if your 'voltage' increases, then naturally you will see everything that is worth seeing. Because he took his voltage up really high, that was how his third eye opened. The 'third eye' does not mean a crack in the forehead. It means things that others cannot see became available to him. It will become available to you also, if you raise your voltage.

There are many stories from the mystical realm that seem too fairy-tale-ish—don't believe them. When I say, "do not believe", I am not telling you to disbelieve them. You simply don't know. You neither have to disbelieve it nor believe it. You just have to say, "Okay, whatever life has, I also want to see." You don't have to see what I saw. You have to see whatever there is. You have to develop that longing. And once the longing comes, what is the way? The first and foremost thing is that your life becomes more intense than what it is right now.

Most people become intense only when there is danger. Let's say you are driving, pushing your car to 120, 125 miles per hour. You are going real fast and suddenly something comes in your way. Now those last few moments before the possible crash, you are trying to do something—either brake or try to avoid whatever the object is in front of you.

Let's say you did not crash and you are alive, sitting here today. Still, those few moments you can never forget. Somehow they were so intense that if you just think about it, it is again fully alive in you.

Or let's say you are standing at the edge of a tall building, just about to fall. Do you see how intense you become? If the consequence of the fall is taken away, it is a damn great thing, isn't it? If the consequence of the car crash is taken away, every day you will want to crash.

But since your car breaks up, your