

# Think That All Phenomena Are Nothing But Dreams

Discourse: OSHO

All that can ever be experienced is phenomena. Remember, not only are the objects of the world phenomena and dreams, but also objects of consciousness. They may be objects of the world, they may be just objects of the mind. They may be great spiritual experiences.

You may see kundalini rising in you: that too is a phenomenon — a beautiful dream, but a dream all the same. You may see great light flooding your being, but that light is also a phenomenon. You may see lotuses blooming inside you and a great fragrance arising within your being: those too are phenomena, because you are always the seer and never the seen, always the experiencer and never the experienced, always the witness and never the witnessed.

All that can be witnessed, seen, observed, is phenomena. Material, psychological, spiritual phenomena — they are all the same. Remember: That which can be seen is a dream.

Start contemplating in this way: If you are walking on the street, contemplate that people passing by are all dreams. The shops and the shopkeepers and the customers and the people coming and going, all are dreams. The houses, the buses, the train, the airplane, all are dreams.

Suddenly, like a flash, one thing comes into your vision: "I am a dream too". Because if the seen is a dream, then who is this 'I'? If the object is a dream, then the subject is also a dream. If the object is false, how can the subject be the truth?

If you watch everything as a dream, suddenly you will find something slipping out of your being: the idea of the ego. Meditating this way again and again, one day the miracle

happens: You look in, and the ego is not found there.

The ego is a by-product of the illusion that whatsoever you are seeing is true. If you think that objects are true, then the ego can exist; it is a by-product. If you think that objects are dreams, the ego disappears. And if you think continuously that all is a dream, then one day, in a dream in the night, you will be surprised: Suddenly in the dream you will remember that this is a dream too! And immediately, as the remembrance happens, the dream will disappear. And for the first time you will experience yourself deep asleep, yet awake — a very paradoxical experience, but of great benefit.

Once you have seen your dream disappearing because you have become aware of the dream, your quality of consciousness will have a new flavour to it. The next morning you will wake up with a totally different quality you had never known before. You will wake up for the first time. Now you will know that all those other mornings were false; you were not really awake. The dreams continued — the only difference was that in the night you were dreaming with eyes closed, in the day you were dreaming with eyes open.

Awareness and dreaming cannot exist together. Here, awareness arises, and there, the dream disappears. Your eyes will be so clear, so transparent, and everything will look so psychedelic, so colourful, so alive. Even rocks will be felt to be breathing, pulsating; even rocks will have a heartbeat. When you are awake, the whole existence changes its quality.

*Excerpted from Book of Wisdom, courtesy Osho International Foundation.*



THE  
SPEAKING  
TREE