

Balance Your Intelligence

Apr 12, 2011

Talk: Osho

The balance of intelligence is the essence of yoga. Generally our mind is always swaying in extremes. Either we are in one extreme, or we go to the other extreme. Either we love somebody madly or we start hating him madly. Either we are madly after money, or we are crazy about renouncing it. It seems very difficult to remain in the middle. Making a friend is easy and making an enemy is also easy; but to remain in the middle of friendship and enmity is extremely difficult for us. And the one, who stays in the middle, attains to balance.

Balanced intelligence means to balance despite duality. If you are a shopkeeper weighing goods on scale, you would know that when both sides become evenly balanced and the indicator of the scale stays exactly in the centre – when it is tilting towards neither the left nor right – then the balanced intelligence is attained.

Krishna says, "The essence of yoga is balanced intelligence." Krishna says, I call that man a yogi who has attained balance of intelligence. He breaks his identity with the sides of the scale and stands where the scale stops, where the equilibrium is gained, where the middle point is attained. He stays in the middle of two extremes; finds exactly the middle point; he is neither a friend, nor an enemy; he stops in the middle.

Whenever the preparation to move from one side to the other side starts, stop moving to the other side – do not be in haste. Do not go to the other side. If you are in anger, then just stay with anger; do not be in a haste to go over to repentance. But the moment anger arises; the mind immediately starts putting its other step on the side of repentance. One half of a man does anger and the other half starts preparing itself for doing repentance. Observe a man in anger. If you notice his face you will find mixed expressions. He is getting angry but at the same time he is also hesitating and preparing for repentance.

Sometimes when you are standing after a shower, your weight is resting on one leg. Close your eyes and try to concentrate and find out whether your weight is resting on the left leg or on the right leg. And if you find that the weight is resting on the left leg, then stop and keep on observing it. After some time you will find that the weight has been shifted to the right leg. And if the weight is on the right leg, then also keep on standing and seeing inside that the weight is on the right leg. At once you will find the weight has shifted to the left side. The mind is changing so fast

inside. It does not stay on a leg even for a second. From the left it goes to the right; from the right to the left. Bring yourself to a state in which your weight is neither on the left leg, nor on the right leg; rather it comes in the middle of both the legs. If you get a glimpse of this even for a second, you will be surprised. And the moment you come to know it is in the middle, at the same moment you will feel the body is no more. At once you will experience absolute body-lessness.

Inner War And Peace – Talks on Bhagavad Gita. OSHO International Foundation.
www.osho.com

OSHO

© 2014 OSHO International
Copyright & Trademark Information