

Week	Date	Bhagwan Teaching and Meditation
1	SEPT 19-25, 2010	By being grateful for all that has happened and to the people involved in one's life, one enters the spiritual path.
2	SEPT 26-OCT 02, 2010	Fear is the greatest obstacle on the spiritual path; confront your fears
3	OCTOBER 03-09, 2010	See yourself in others, see others in you.
4	OCTOBER 10-16, 2010	Be Yourself.
5	OCTOBER 17-23, 2010	When stepping back from your own mind occurs, there is an understanding of all things.
6	OCTOBER 24-30, 2010	When judgment stops of its own accord, there is oneness with all that is.
7	OCT 31-NOV 06, 2010	The awakened one, acts without doing anything, this cannot be practiced
8	NOVEMBER 07-13, 2010	The Awakened One is empty and therefore capable. One should not try to empty one's self.
9	NOVEMBER 14-20, 2010	The Awakened One is detached from all things, and hence, is one with everything. Detachment when practiced leads to indifference which is not detachment.
10	NOVEMBER 21-27, 2010	The Awakened One sees the world as himself or herself. Loves and cares for the world as one's self. To the Awakened One all things are perfect as they are.
11	NOV 28-DEC 04, 2010	The Awakened One remains unmoving, and action arises by its self. The Awakened One allows things to come and go like clouds in the sky. The Awakened One sustains all beings without trying to.
12	DECEMBER 05-11, 2010	The Awakened One is open to everything and everything falls into place
13	DECEMBER 12-18, 2010	The Awakened One is one with that which was there before the universe was born. It is the one which is eternally present, the unborn and the undying, one without a beginning and an end, ever unchanging, solitary, empty, infinite, blissful, the eternal 'I'.
14	DECEMBER 19-25, 2010	The Awakened One remains unmoving till perfect action arises by itself. The Awakened One is free of all views and concepts; is One with the what is.
15	26 DEC, 2010-JAN 01, 2011	The Awakened One journeys without journeying.
16	JANUARY 02-08, 2011	"The Awakened One is open to all people and all situations and flows with them."
17	JANUARY 09-15, 2011	"The Awakened One sees the world emerging from the void; therefore accept the world as it is. As the Awakened One accepts the world as it is, the Awakened One is established in the primal Self."
18	JANUARY 16-22, 2011	"The Awakened One has no will and no illusions. The Awakened One merely dwells in reality."
19	JANUARY 23-29, 2011	The Awakened One does not try to change the world. It is perfect and sacred to the Awakened One."

20	JAN 30-FEB 06, 2011	"The Awakened One sees things as they are, and doesn't try to control or shape them. The Awakened One doesn't try to convince others. The Awakened One knows that what is to happen will happen; and what is not to happen will not happen; and that the universe is forever out of control."
21	FEBRUARY 06-12, 2011	"The Awakened One has no fixed plans and no destination. The Awakened One accepts oneself; and the world accepts the Awakened One. The Awakened One knows oneself; and hence has wisdom. The Awakened One has no conflict with oneself; and hence has true power. The Awakened One embraces death; for there is no death for the Awakened One."
22	FEBRUARY 13-19, 2011	The Awakened One knows that there is nothing to learn; what is needed is only to unlearn.
23	FEBRUARY 20-26 , 2011	"The Awakened One achieves nothing; for there is nothing to be achieved. The Awakened One understands nothing; for there is nothing to be understood. The Awakened One knows nothing; for there is nothing to be known."
24	FEBRUARY 27- MARCH 05, 2011	The Awakened One does not perceive anything as good or bad; or as right or wrong; and hence has no preferences; and therefore does not try to change the way things are.."
25	MARCH 6-12, 2011	"The Awakened One neither suppresses nor ignores, neither resists nor justifies what is there, inside or outside; but merely is aware of the what is. "
26	MARCH 13-19, 2011	"The Awakened One does nothing; but leaves nothing undone; for all things are happening all the time around and through the Awakened One. "
27	MARCH 20-26, 2011	"Thoughts are subtle, divisive and elusive; and an expression of the self. They wander as they like. They create judgement and a troubled and disturbed mind. They prevent Awareness from happening. The unawakened must learn to direct, to control and to quieten thoughts by ruling over them. The Awakened One has moved beyond judgement, for he has gone beyond thought; as he is always 'Aware'. "
28	MARCH 27-APRIL 02, 2011	"When One is not Awakened, One must not behave like one. When One is Awakened One practises nothing. One is just Awake. To be Awake is not a means to an end. To be Awake is an end in itself. When One is not Awake, One must practice goodness. Where there is no virtue, One must practice ritual conditioning. "

		Awakened One	un awakened one
29	APRIL 3-9, 2011	"The Awakened One has no sense of being and doing. The Awakened One has no vision or goal in mind. There is just doing. The Awakened One is humble, and does not practice humility.	The unawakened has a sense of being and doing, and therefore must have a vision or goal in mind. The unawakened must practice humility. "
30	APRIL 10-16, 2011	The Awakened One sees the imperfect as perfect in itself; and hence rejoices in the way things are.	The un-awakened one sees imperfection everywhere; and hence he is unhappy and dissatisfied with the way things are. The un-awakened one must therefore work to change things. This too is perfect for the Awakened One. "
31	APRIL 17-23, 2011	"The Awakened One has nothing to defend and therefore does nothing to feel secure.	The unawakened one has a lot to defend and therefore must do things to feel secure."
32	APRIL 24-30, 2011	"The Awakened One does not know or understand, but sees.	The unawakened one knows and understands, but does not see."
33	MAY 01-07, 2011	The Awakened One is constantly unlearning and therefore continuously unburdened, lives in freedom.	The unawakened one is constantly learning and therefore continuously burdened and does not know what freedom is and hence what living is."
34	MAY 08-14, 2011	"The Awakened One allows things to happen their own way.	The unawakened one tries to make things happen one's own way."
35	May 15-21, 2011	The Awakened One has no mind. The Awakened One having no mind works with the mind of others.	The unawakened one has a mind. The unawakened one having a mind struggles with the mind of others.

36	May 22-28,2011	The Awakened One whether does or doesnot do, does not try.	The unawakened one whether does or doesnot do, does try."
37	May 29- June 4th,2011	The Awakened One lives in the mystery that life is.	The unawakened one tries to understand what life is."
38	June 5th - June 11,2011	The Awakened One sees the many as the One.	The unawakened one sees the One as the many. "
39	June 12th -June 18th	The Awakened One is one with the what is.	The unawakened one is one with the what should be.
40	June 19 th - June 25th	The Awakened One is virtuous.	The unawakened one practices virtue
41	June 26th - July 2nd	The Awakened one experiences all the time.	The unawakened one dreams all the time.
43	July 3rd - July 9th	The Awakened One has no cause for His joy, and therefore nothing affects His joy.	The unawakened one knows only pleasure or pain, dependent on all that is happening.
44	July 10th-July 16th	The Awakened One experiences freedom because of the absence of choice and hope.	The unawakened one experiences freedom in the presence of choice and hope.
45	July 17- 23rd July	The Awakened One owns things, but does not end up being owned by them	The unawakened one owns things and ends up being owned by them
46	July 24th - 30th July	The Awakened One is ready to die.	The unawakened one is not ready to die.
47	July 31st - 6th Aug	The Awakened One experiences nothing but consciousness, for there is only consciousness.	The unawakened one tries to understand consciousness.
48	Aug 7th - Aug 13th	The Awakened One makes use of conditioning.	The unawakened one is made use of by conditioning.
49	Aug 14th - 20th Aug	The Awakened One knows no fear.	The unawakened one knows nothing but fear.
50	Aug 21st - 27th Aug	The Awakened One knows no attachment.	The unawakened one knows nothing but attachment
51	Aug 28th - 3rd Sept	The Awakened One is what one is.	The unawakened one is what one is not.
52	4th Sept - 10th Sept	The Awakened One has realized that there is nobody to be awakened.	The unawakened one is waiting for somebody to be awakened.

53	11th Sept - 17th Sept	The Awakened One experiences without the experienter.	The unawakened one experiences with the experienter.
54	18th Sept-24th Sept	The Awakened One is happy for no reason.	The unawakened one is happy for some reason.
55	25th Sep - 1st OCT	The Awakened One acts without possessing, interfering or expecting anything.	The unawakened one does the opposite.
56	2nd Oct- 8th OCT	The Awakened One sees everything as perfect.	The unawakened one sees everything as imperfect.
57	9th OCT-15th Oct	The Awakened One has no problem with wealth - for wealth is not the problem.	The unawakened one has problem with wealth - for the sense of possession is the problem
58	16th OCT-22nd OCT	The Awakened one does not think one's actions.	The unawakened one thinks about one's actions.
59	23rd OCT- 29th OCT	The Awakened One is balanced.	The unawakened one is out of balance
60	30th OCT-5th Nov	The Awakened One cannot cling to good and bad.	The unawakened one has to cling to good and bad.
61	6th Nov- 12th Nov	The Awakened One looks inside oneself.	The unawakened one looks outside oneself
62	13th Nov-19th Nov	The Awakened One has no preferences	The unawakened one has preferences
63	20th Nov-26th Nov	The Awakened One never expects results	The unawakened one always expects results
64	Nov 27- 3rd Dec	The Awakened One doesn't try to impose one's will	The unawakened one tries to impose one's will
65	4th Dec- 10th Dec	The Awakened One knows that the world governs itself.	The unawakened one thinks that the world must be governed. "
66	11 Dec- 17th Dec	The Awakened One witnesses things happen	The unawakened one tries to make things happen.
67	18 Dec- 24th Dec	The Awakened One experiences freedom from one's own ideas	The unawakened one is caught up in one's own ideas
68	25th Dec - 31st Dec 2011	The Awakened One allows destiny to be created	The unawakened one tries to create a destiny
69	1st 2012- 7th Jan 2012	The Awakened One is not afraid of the truth.	The unawakened one is afraid of the truth.
70	8th Jan 14th Jan 12	The Awakened One has nothing to oppose	The unawakened one has something to oppose.
71	15th Jan-21st Jan 2012	The Awakened One lives in Humility	The unawakened one lives in Humility
72	22nd Jan-28th Jan2012	The Awakened One responds to circumstances	The unawakened one creates circumstances

73	29th Jnn- 4th Feb 2012	The Awakened One does not seek greatness.	The unawakened one seeks greatness.
74	5th Feb-11th Feb 2012	The Awakened One follows the flow of events	The unawakened one tries to control the flow of events
75	12th Feb-18th Feb2012	The Awakened One sees everyting set in eternity	The unawakened one sees everything set in the immediate
76	19th Feb -25th Feb2012	The Awakened One does not know	The unawakened one knows
77	26th Feb - 03 March 2012	The Awakened One does not compete or compare.	The unawakened one competes and compares.
78	04th March - 10th March	The Awakened One arises from the Heart	The unawakened one arises from the head
79	11th March- 17th March	The Awakened one is free of all Knowing	The unawakened one is caught up in knowing
80	18th March - 24th March	The Awakened One trusts oneself	The unawakened one trusts others
81	25th -31st March 12	The Awakened one is connected to everything	The unawakwned one is not connected to any thing
82	1st April - 7th April 2012	The Awakened One knows that there is nothing to learn.	The unawakened one is constantly learning.
83	8th April- 14th April 2012	The Awakened One does not try to control the future	The unawakened one tries to control the future.
84	15th April - 21st April 2012	The Awakened is flexible	The unawkened one is inflexible
85	22nd April - 28th April 2012	The Awakened one is transparant	The unawakened one is not transparant
86	29th April-05th May 2012	The Awakened One does not blame others	The unawakened one blames others.
87	05th May -12th May2012	The Awakened One lives in the moment.	The unawakened one lives in the past or the future
88	13th May- 19th May 2012	The Awakened One responds from the heart.	The unawakened one reacts from the head.
89	20th May -26th May 2012	The Awakened One has but does not possess.	The unawakened one possesses what one has.
90	27th May - 2nd June 2012	The Awakened One Lives	The unawakened one exists
91	3rd June - 9th June 2012	The Awakened one makes use of his mind	The unawakened one is made use of by his mind.
92	10th June - 16th June 2012	The Awakened one listens	The unawakened one reacts
93	17th June - 23rd June 2012	The Awakened one is free.	The unawakened one is tries to be free

94	24th June - 30th June 2012	The Awakened one has no freedom to choose	The unawakened one has freedom to choose
95	1st July- 7th July 2012	The Awakened One has thoughts	The unawakened one has an illusory thinker also
96	8th July - 14th July 12	The Awakened One acts from non-self centeredness	The unawakened one acts from self centeredness
97	15th July- 21st July 12	The Awakened One stays with the what is	The unawakened one keeps moving away from the what is.
99	22nd July- 28th July 12	The Awakened One sees the many as the One	The unawakened one sees the One as the many.
100	29th July - 4th Aug 12	The Awakened One sees no person only personalities.	The unawakened one sees a person with personalities.
101	5th Aug - 11th Aug 12	The Awakened One sees the seer as the seen.	The unawakened one sees the seer and the seen as not the same.
102	12th Aug- 18th Aug 12	The Awakened One stays with the what is	The unawakened one keeps moving away from the what is
103	19th Aug- 25th Aug	The Awakened One suffers, therefore there is no suffering.	The unawakened one moves away from suffering, therefore there is suffering.
104	26th Aug - 1st Sept	The Awakened One sees the problem.	The unawakened one creates the problem.
105	2nd Sept - 8th Sept	The Awakened One sees everything as a happening.	The unawakened one sees everything as made to happen
106	9th Sept - 15th Sept 2012	The Awakened One wonders at life	The unawakened one finds life ordinary.
107	16th Sept -22nd Sept 2012	The Awakened One finds everything complete and perfect	The unawakened One finds everything incomplete and imperfect
108	23rd Sept -29th Sept 2012	The Awakened One responds.	The unawakened one reacts
109	30th Sept - 6th OCT	The Awakened One does not identify oneself with one's thoughts	The unawakened one identifies oneself with one's thoughts.
110	7th OCT- 13th OCT	The Awakened One experiences reality as it is.	The unawakened one experiences reality through images
111	14th OCT- 20th OCT 12	The Awakened One flows with life	The unawakened one struggles with life
112	21st OCT - 27th OCT 12	Te Awakened One see life as a miracle	The unawakened one looks for miracle in life

113	28th OCT - 3rd NOV 12	The Awakened One has no answers.	The unawakened one is full of answers
114	4th NOV - 10th NOV 12	The Awakened One is virtuous by nature	The unawakened one practices virtue
115	11th NOV - 17th NOV 12	The Awakened One sees everything as connected to everything else	The unawakened one sees everything as unconnected to everything else.
116	18th NOV - 24th NOV 12	The Awakened One does everything out of joy	The unawakened one does everything for pleasure.
117	25th NOV - 1st Dec 12	The Awakened One listens	The unawakened one interprets
118	2nd DEC -8th Dec 12	The Awakened One is free of all images about oneself.	The unawakened one is full of images about oneself.
119	9th Dec - 15th Dec 12	The Awakened One knows that nothing can be known.	The unawakened one tries to know everything.
120	16th Dec - 22nd Dec 12	The Awakened One flows with life.	The unawakened one struggles with life.
121	23rd Dec -29th Dec 12	The awakened one is free of the past	The unawakened one is prisoner of the past
122	30th Dec- 5th Jan 13	The Awakened One perceives everything as perfect.	The unawakened one perceives everything in terms of pain or pleasure.
123	6th Jan-12th Jan 13	The Awakened one feels helpless	The unawakened one feels desperate
124	13th Jan-19th Jan 13	The Awakened one does not crave	The unawakened one keeps craving
125	20th Jan - 26th Jan 13	The Awakened one does not move in to self pity	The unawakened one wallows in self pity.
126	27th Jan-2nd Feb 13	The Awakened one has no questions about oneself	The unawakened one is full of questions about oneself.
127	3rd Feb - 9th Feb 13	The Awakened One experiences the stillness of energy	The unawakened one experiences the wastage of energy.
128	10th Feb-16th Feb 13	The Awakened One has no fundamental questions	The unawakened one has fundamental questions
129	17th Feb-23rd Feb 13	The Awakened one cares for others	The unawakened one cares for self
130	24th Feb-2 nd Mar 13	The Awakened One does not get hurt; therefore there is nothing to forgive	The unawakened one gets hurt; therefore tries to forgive.
131	3rd Mar -9th Mar 13	The Awakened One knows that nothing is permanent	The unawakened one seeks permanence
132	10th Mar - 16th Mar 13	The Awakened one has no conflict	The unawakened one is in conflict

133	17th Mar-23rd Mar 13	The Awakened One naturally becomes significant	The unawakened one craves for significance.
134	24th Mar-30th Mar 13	The Awakened One is naturally responsible	The unawakened one is afraid of responsibility
135	31st Mar - 6th Apr 13	The Awakened One experiences unconditional love and unconditional joy.	The unawakened one experiences conditional love and conditional joy.
136	7th Apr-13th Apr 13	The Awakened One has a still mind	The unawakened one has a restless mind
137	14th Apr-20th Apr 13	The Awakened One has nothing personal	The unawakened one takes everything personally
138	21st Apr- 27th Apr 13	The Awakened One sees awareness as an end in itself	The unawakened one sees awareness as a means to an end.
139	28th April- 4th May 13	The Awakened One is free of the mind	The unawakened one is a prisoner of the mind.
140	5th May - 11th May 13	The Awakened One lives in the mystery that life is	The unawakened one tries to understand what life is.
141	12th May - 18th May 13	The Awakened One experiences no freedom of choice	The unawakened one experiences freedom of choice.
142	19th May - 25th May 13	The Awakened One is detached	The unawakened one is indifferent
143	26th May- 1st June 13	The Awakened One's mind is disengaged	The unawakened one's mind is engaged.
144	2nd June - 8th June 13	The Awakened One is controlled by the senses	The unawakened one controls the senses
145	9th June - 15th June 13	The Awakened One lives in the present.	The unawakened one lives in the past or the future.
146	16th June- 22nd June 13	The Awakened One constantly dies to the past	The unawakened one constantly lives in the past
147	23rd June - 29th June 13	The Awakened One does not resist the what is	The unawakened one resist the what is.
148	30th June- 6th July 13	The Awakened One is concerned about others	The unawakened one is concerned about oneself.
149	7th July-13th July 13	The Awakened One makes use of knowledge	The unawakened one is made use of by knowledge.
150	14th July - 20th July 13	The Awakened One knows no resistance	The unawakened one is full of resistance
151	21st July - 28th July 13	The Awakened One stays with the 'what is'	The unawakened one tries to stay with the 'what is'.
152	28th July - 3rd Aug 13	The Awakened One has no inner dialogue.	The unawakened one gets involved with the inner dialogue.
153	4th Aug - 11th Aug 13	The Awakened One sees the observer and the observed as one.	The unawakened one sees the observer and the observed as different.
154	12th Aug - 17th Aug 13	The Awakened One lives the teachings	The unawakened one tries to understand the teachings

155	18th Aug -24th Aug 13	The Awakened One is non-judgmental	The unawakened one is judgmental
156	25th Aug-31st Aug 13	The Awakened One is a friend of oneself	The unawakened one is one's own enemy
157	1st Sep - 8th Sep 13	The Awakened One knows no self pity	The unawakened one wallows in self pity.
158	8th Sep- 14th Sep 13	The Awakened One acts	The unawakened one reacts
159	15th Sep - 21st Sep 13	The Awakened One has no views	The unawakened one is full of views
160	22nd Sep - 28th Sep 13	The Awakened One follows the Divine will	The unawakened one follows his own will.
161	29th Sept -5th Oct13	The Awakened One has natural values	The unawakened one has cultivated values
162	6th Oct-12th Oct 13	The Awakened One experiences no division as the inner and the outer	The unawakened one experiences a division as the inner and the outer.
163	13th Oct- 19th Oct 13	The Awakened One sees the world as family	The unawakened one sees the world as separate individuals.
164	20th Oct - 26th Oct 13	The Awakened One sees grace everywhere	The unawakened one searches for grace.
165	27th Oct - 2nd Nov 13	The Awakened One is what One is	The unawakened one tries to be what one is not.
166	3rd Nov - 9th Nov 13	The Awakened One listens	The unawakened one hears
167	10th Nov- 16th Nov 13	The Awakened One does not have fundamental questions	The unawakened one has fundamental questions
168	17th Nov-23rd Nov 13	The Awakened One is free of all views	The unawakened one is full of views
169	24th Nov-30th Dec 13	The Awakened One stays with the what is without effort	The unawakened one tries to stay with the what is.
170	1st Dec - 7th Dec 13	The Awakened One responds from the present	The unawakened one reacts from the past
171	8th Dec - 14th Dec 13	The Awakened One does not judge, and hence has love	The unawakened one judges, and hence there is no love.
172	15th Dec - 21st Dec 13	The Awakened One is secure and makes everyone secure.	The unawakened one is insecure and makes everyone insecure.
173	22nd Dec -28th Dec 13	The Awakened One does not take a position	The unawakened one takes a position
174	29th Dec 13-4th Jan 14	The Awakened One is affected but not disturbed	The unawakened one is not affected but disturbed.