

### *Osho Stress*

*All private goals are neurotic. The essential man comes to know, to feel, "I am not separate from the whole, and there is no need to seek and search for any destiny on my own. Things are happening, the world is moving--call it God...he is doing things. They are happening of their own accord. There is no need for me to make any struggle, any effort; there is no need for me to fight for anything. I can relax and be."*

*The essential man is not a doer. The accidental man is a doer. The accidental man is, of course, then in anxiety, tension, stress, anguish, continuously sitting on a volcano. It can erupt any moment, because he lives in a world of uncertainty and believes as if it is certain. This creates tension in his be-ing: he knows deep down that nothing is certain.*