

"This is one of the oldest mantras.
Whenever you feel divided, whenever you see a duality coming into being,
simply say inside: 'Not two'.

But say it with awareness; don't repeat it mechanically.
Whenever you feel love arising, say 'Not two', otherwise the hate is
waiting there - they are one.

When you feel hate arising say 'Not two'.
Whenever you feel a clinging towards life say 'Not two'.
Whenever you feel a fear of death, say 'Not two'. Only one is.

“Let this be your understanding – fill you with intelligence, penetrating
clarity - and suddenly you will feel a relaxation within.

The moment you say 'Not two' - if you are saying it understandingly,
not repeating it in a mechanical way - you will suddenly feel the
illumination.”

NOT TWO (Osho, The Orange Book)