

# Osho on Heartache

"Heartache is good. Accept it joyously. Allow it, don't repress it. The natural tendency of the mind is to repress anything that is painful. By repressing it you will destroy something that is growing. The heart is meant to be broken. Its purpose is to melt into tears and evaporate. When the heart has evaporated exactly in the same place where the heart was, you come to know the deeper heart."