



Meditation: The First And Last Freedom (A Practical Guide To Meditation)

Osho

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About the book

“Meditation has a few essential things in it, whatever the method, but those few essentials are necessary in every method. The first is a relaxed state: no fight with the mind, no control of the mind, no concentration.

Second, just watching with a relaxed awareness whatever is going on, without any interference just watching the mind, silently, without any judgment any evaluation. These are the three things: relaxation, watching, no judgment.

Start with meditation, and things will go on growing in you silence, serenity, blissfulness, sensitivity. And whatever comes out of meditation, try to bring it out in life. Share it, because everything shared grows fast. And when you have reached the point of death, you will know there is no death. You can say goodbye, there is no need for any tears of sadness maybe tears of joy, but not of sadness.

Life in the twenty-first century moves at an ever-increasing pace, creating more and more stress for individuals. Just sitting directly in silent meditation is not as easy as it must have been in Buddha’s time.

Meditation: The First and Last Freedom contains practical, step-by-step descriptions of a wide variety of meditation techniques created by Osho, including the famous OSHQ Active Meditations TM and the OSHO® Meditative Therapies TM, which deal directly with the tensions of contemporary life and leave us feeling alert, refreshed and energized. Osho also explains many ancient and beautiful techniques: Vipassana and Zazen, centering techniques, meditations on light and darkness, meditations on opening the heart.

In addition, Osho answers many questions about meditation including what it is, how to get started, and how to keep going

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