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“Meditation is nothing but a device to make you aware of your real self—which is not created by you, which need not be created by you, which you already are. You are born with it. You are it! It”

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FOREWORD BY ALDOUS HUXLEY

crimes are justified, the greatest follies elaborately rationalized. An education that teaches us not how but what to think is an education that calls for a governing class of pastors and masters. But "the very idea of

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Why does Osho call meditation
"the first and last freedom"?
Because in his understanding

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Osho meditation is the dimension through which every individual can realize his own, unique potential - the unlimited personal freedom that is available for all of us. This book is a compilation drawn from Osho's many years of work on meditation.

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From Understanding to Practice
Meditation is a method with which
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dimensions, even in this physical reality; truly unconditioned and authentically himself.

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“Meditation- The First and Last
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Osho step-by-step guides to many of meditation techniques specially selected by or created by Osho. Some of his techniques are very different to usual just sitting still and motionless approach. There are some techniques taught by Osho called Active Meditations.

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Osho introduces a series of practical, step-by-step guides to ancient and modern techniques of meditation, from Buddhist and Sufi practices to Osho's own Dynamic Meditation and Mystic Rose Meditation, along with suggestions to help readers select

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the techniques that are most appropriate to personal lifestyles. Reprint. 25,000 first printing.

In this book, you will discover everything you need to practice meditation according to the oldest and greatest authorities,

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Buddha and Patanjali. Along with, why the man needs meditation at all, why is it so appealing to spiritually mature people, what is its relationship with the soul.

Unlike other practices of meditation, dealing only with the mind (mantra), or only with the

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body (yoga), or only with emotions (bhakti), which often led to discrepancies that had to be adjusted through various rituals and beliefs, the practice of meditation presented here, encompasses all these dimensions of the man in a

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harmonic unit. You will see how a human being is composed of all the dimensions of nature, a human being is a microcosm, and therefore, meditation is complete only when the man is being conscious on all dimensions, not only in the body and mind. Such

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meditation is inherently complete and does not require any supportive means in the form of ideological and religious preconceptions. The meaning of meditation in this book is related to the meaning of man's existence and the consciousness

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of his soul, to what we were before birth and what we will be after this life, to what we are in absolute terms. Meditation is the connection with the consciousness of the soul, and it is the divine consciousness within us, while beyond it is the

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consciousness that enables everything, the entire nature. In order to understand this connection of the mind and the divine consciousness of our soul, in this book, this spiritual sense of meditation is connected with the latest scientific discoveries of the

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essence of nature. You will discover how the consciousness of your soul is related to the quantum field and the physics of ether, which is the same physics that Nikola Tesla used to create the basics for all modern technology. You will find out what

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the non Hertzian frequencies through which the physics of the ether works are, how they are related to our thoughts and the creative effect of thoughts on the matter, you will discover that the powers (siddhi) are actually the effect of the non Hertzian

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frequencies of quantum mind awareness on physical, Hertzian frequencies. The philosophy of Advaita Vedanta on the unity of everything is well-known; that our essence (Atman) is actually the Absolute (Brahman) himself. Instead of mechanically repeating

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it as a formula, here you will find out how this unity actually happens; in reality there is no such thing as a multitude of subatomic particles but only one single 'divine particle' that vibrates at the present moment, much faster than light, according

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to the principles of fractal geometry and the golden section; therefore here, to us, it seems that there are plenty of particles, things and phenomena. These vibrations create energy, and therefore existence is essentially pure energy. Since that one

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particle is a reflection of the divine consciousness, everything is essentially pure consciousness. You will see all the evidence that consciousness is not in the body, but that our body only uses the divine consciousness which is in the essence of the very nature.

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Our brain does not produce consciousness, but only slows down the current divine consciousness that enables everything in a slow enough phenomenon so that reality, which is essentially a divine consciousness, looks to us like a

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matter separated in space and time. You will find out that through meditation in dreams you conquer higher dimension through out-of-body experiences and how these experiences are related to empathy, the emotional maturity that connects

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us with the unity and the divine consciousness here in reality. In short, this book associates the earliest spiritual knowledge with the latest scientific; in a practical description of how to apply it on yourself and thus understand its meaning through the realization

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A practical, step-by-step guide to 63 meditation techniques selected and created by the Indian mystic, Osho. The book

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explains what meditation is,
describes possible obstacles and
answers meditators' questions.

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Freedom shows that meditation is

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Meditation contains practical, step-by-step guides to a wide variety of meditation techniques selected by and/or created by Osho, including the unique OSHO Active Meditations which deal with the special tensions of contemporary life. Recognizing

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Osho that it's almost impossible for most people these days just to stop and sit silently, these meditations - including the Osho Dynamic Meditation and Osho Kundalini Meditation - begin with one or more stages of vigorous physical activity. This brings our

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physical and mental energies to a peak, so that the following silence is easy-leaving us alert, refreshed, and newly energized. Meditation is the perfect text to begin or continue exploring the joys of meditation. Includes:
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Sheer Joy Instruction video: OSHO
Dynamic Meditation(Osho Active
Meditations) Insights and shared
experiences with Osho Dynamic
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Introduces sixty-three meditation techniques, from Buddhist and Sufi practices to the author's own Dynamic Meditation and Mystic Rose Meditation

Harris and Warren present a

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practical guide to meditation that debunks the myths, misconceptions, and self-deceptions that make many people reluctant to try it. They suggest a range of meditation practices that may lower your blood pressure, mitigate

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depression and anxiety, and literally rewire key parts of your brain.

YOU DON'T HAVE TO live in an ashram in India for years to learn to meditate. Christopher "Chase" Carey, MBA, will teach you how

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reduction, detailing Carey's systematic process for identifying hidden stressors and permanently removing them through guided meditation. In part three, the reader learns about Inner Essence Meditation, an advanced form of meditation developed by the

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author to accelerate desired changes in your life. Additionally, the appendix offers step-by-step instructions for different kinds of meditation, including body awareness, forgiveness, and gratitude meditations. Chasin' Meditation is designed to make

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meditation accessible to everyone, from busy professionals who want to improve their work performance, to individuals who are seeking inner peace.

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