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The First
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Eventually, you
will enormously
discover a
further
experience and
ability by

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spending more
cash. yet when?
do you resign
yourself to that
you require to
acquire those
every needs once
having
significantly
cash? Why don't
you attempt to
acquire
something basic
in the

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That's something
that will lead
you to
understand even
more
approximately
the globe,
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places, once
history,
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lot more?

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It is your
entirely own
grow old to put-
on reviewing
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could enjoy now
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**Christ** *only osho  
meditation is  
the first and  
last freedom,*

???

????? ? ?????

?????? ~~Master~~

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~~hindrances to~~

~~self-mastery +~~

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Guided



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Shivani 10

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*\ "Meditation:*

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*MEDITATION*

*Experience*

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that meditation  
is not a

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separate from  
everyday life in  
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In essence, it  
is simply the  
art of being  
aware of what

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is simply the  
art of being  
aware of what is  
going on inside

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and around us.  
As we acquire  
the knack,  
meditation can  
be our companion  
wherever we are—  
at work, at  
play, at rest.

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going on inside  
and around us.  
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directly with  
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life and leave  
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us feeling  
alert, refreshed  
and energized.

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“Meditation is  
nothing but a  
device to make

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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” – Osho,  
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CHAPTER 1.

FOREWORD BY

ALDOUS HUXLEY

crimes are  
justified, the  
greatest follies  
elaborately

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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 leading somebody is antisocial and

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*The First And  
Last Freedom - S  
elfDefinition.Or  
g*

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

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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  
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Practice  
Meditation is a  
method with

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which man  
becomes  
completely  
realized and  
present in  
existence, in  
all dimensions,  
even in this  
physical  
reality; truly  
unconditioned  
and  
authentically  
himself.



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contains very  
practical, step-  
by-step guides  
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meditation

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techniques specially  
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selected by or  
created by Osho.  
Some of his  
techniques are  
very different  
to usual just  
sitting still  
and motionless  
approach. The  
are some  
techniques tough  
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