

The Book Of Secrets Osho

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The Book of Secrets

112 Meditations to Discover the Mystery Within Osho Media International

The Book of Secrets is a step by step guide to find the best meditation suitable for you. 112 methods of meditation are described and introduced here with helpful background information to give contemporary people a door to meditation. Reading this book, not only will your outlook on life change, but so will your life. If you want to know more about life and yourself this is your book. Each chapter that focuses on describing specific meditation techniques is followed by a chapter of questions from those who were present during the talks. In most cases, their questions relate to the techniques

given in the previous chapter. So, as you start to experiment with a technique, it will be helpful to look into these chapters for some extra hint, some greater depth of understanding, or response to a question that might have arisen for you in your experiments.

The Book of the Secrets

Discoruses on 'Vigyana Bhairava Iantra'

The Book of Secrets

Keys to Love and Meditation Macmillan

According to this text, there is a meditation technique for everyone. Here, Osho teaches readers how to isolate the techniques that suit them, explains each of the methods, and tries to anticipate possible questions.

The Secret of Secrets

The Secret of the Golden Flower Watkins Media Limited

This book is one of the most esoteric treatises in the world. It will show you the way to become more than the body and the way to bloom - how not to remain a seed but to become a golden flower. What, in India, they call the one thousand-petalled lotus, in China they call the golden flower. It is a symbol that represents perfection, totality. Moreover, the flower represents the actualisation of the potential - the beauty, the grandeur, the splendour of being. This treatise, The Secret of Secrets, is very ancient - possibly one of the most ancient treatises in the world - at least twenty-five centuries old. But twenty-five centuries can be traced back very easily. And this treatise is also, uniquely, a great synthesis of all the great religions. The Bible belongs to the Christians, the Talmud belongs to the Jews, the Vedas belong to the Hindus, the Dhammapada to the Buddhists, the Tao Te Ching to the Taoists. But this small book, The Secret of Secrets, belongs to no one in particular, or it belongs to all. It is heavily based on Taoist teachings, a flowering of the Taoist approach to life and existence. But it is not only that - Zarathustra has played a role; his teachings are incorporated within it. Buddhist teachings have also been integrated, and a certain esoteric school of Christians, the Nestorians, have played their part. It is one of the most synthetical approaches.

The Book Of Secrets

The Secret

Selected discourses by an Indian sectarian religious leader.

Power, Politics, and Change

What Can I Do to Help Make the World a Better Place? Macmillan

Challenges popular wisdom to argue that corruption is an inherent tendency, revealing the sources of corruption in everyday life while outlining a vision for a society that recognizes individuals, in a set that includes a DVD of the author addressing questions from the book. Original. 25,000 first printing.

Hidden Mysteries

Extemporaneous talks given by the author in Mumbai, India.

Secrets Of Yoga Penguin Books India

You Are Here, That Much Is Certain. You Are Alert That You Are Here, That Much Is Also Certain. Now These Two Ingredients Are Enough For Yoga Experimentation. In This Book, Part Of A Series, Osho Expounds On The Essence Of Patanjali S Philosophy Which Is Contained In His Sutras. Elaborating On These, Osho Says That Though The Sutras Contain The Key To Understanding The Self, They Are Just Introductory, Just A Preface To The Real Thing . The Actual Work, He Feels, Starts When One Is Ready To Change, To Mutate, To Become New . He Maintains That The Enlightened One Has Gone Beyond The Ego And Knows The Oneness Of All Things. Secrets Of Yoga, The Result Of Osho'S Talks, Is Rich With Insights From Osho'S Awakened Consciousness. Replete With Anecdotes, Simple Yet Deep, The Book Contains His Views On Crucial Issues Like Ego, Death And Spirituality. The Voyage Of Self-Discovery Is Enlivened With Osho'S Irreverent Sense Of Humour. The Book Contains Questions From Various People Keen To Know Themselves And Osho'S Candid Answers That Make For Delightful Reading Even As They Offer Solutions To Those Mired In Similar Problems. Pithy And Profound, Secrets Of Yoga Is An Invaluable Guide For Those Looking For Inner Peace And Harmony.

Tantra

The Supreme Understanding Watkins Media Limited

The tradition of Tantra or Tantric Buddhism is known to have existed in India as early as the 5th century AD. Using his own unique blend of wisdom and humour, Osho talks about the mystical insight of Tantra that is to be found in these ancient writings. It is a refreshing perspective from one of the

most provocative spiritual teachers of our time and introduces some difficult concepts to the widest possible audience.

Awareness

The Key to Living in Balance St. Martin's Griffin

One of the greatest spiritual teachers of the twentieth century will help you learn how to live in the present moment in Awareness: The Key to Living in Balance. Underlying all meditation techniques, including martial arts—and in fact underlying all great athletic performances—is a quality of being awake and present to the moment, a quality that Osho calls awareness. Once we can identify and understand what this quality of awareness is, we have the key to self-mastery in virtually every area of our lives. According to great masters like Lao Tzu or Buddha, most of us move through our lives like sleepwalkers. Never really present in what we are doing, never fully alert to our environment, and not even aware of what motivates us to do and say the things we do. At the same time, all of us have experienced moments of awareness—or awakening, to use another—in extraordinary circumstances. On the road, in a sudden and unexpected accident, time seems to stop and one is suddenly aware of every movement, every sound, every thought. Or in moments that touch us deeply—welcoming a new baby into the world for the first time, or being with someone at the moment of death. Awareness, says Osho, is the key to being self-directed, centered, and free in every aspect of our lives. In this book, Osho teaches how to live life more attentively, mindfully, and meditatively, with love, caring and consciousness. Osho challenges readers to examine and break free of the conditioned belief systems and prejudices that limit their capacity to enjoy life in all its richness. He has been described by the Sunday Times of London as one of the “1000 Makers of the 20th Century” and by Sunday Mid-Day (India) as one of the ten people—along with Gandhi, Nehru, and Buddha—who have changed the destiny of India. Since his death in 1990, the influence of his teachings continues to expand, reaching seekers of all ages in virtually every country of the world.

Everyday Osho

365 Meditations for the Here and Now St. Martin's Essentials

The Everyday Osho provides brief daily meditations to build a life-changing year of practice. Everyday Osho features 365 short meditations that offer insights into living fully in the here and now. Each brief text is thoughtful and inspiring and the perfect length for starting a daily meditation practice. With topics that range from gratitude to nature to philosophy to love, Everyday Osho contains a full year of meditation and inspiration. For decades, the insights of Osho have delighted and challenged spiritual seekers. Everyday Osho offers readers daily encouragement to live fully, integrating body, mind, and spirit.

From Death to Deathlessness

Answers to the Seekers of the Path

The Book of Children

Supporting the Freedom and Intelligence of a New Generation Macmillan

A first entry in a new series by the spiritual teacher and author of The Journey of Being Human describes how the natural freedom and creativity of childhood is typically sacrificed in favor of productivity, calling for more liberating approaches that enable parents to become aware of their own negative conditioning. Original. 20,000 first printing.

The Book Of Secrets

Who am I? Where did I come from? Why am I here? Random House

Crafted with all the skills that have made his previous books bestsellers, The Book of Secrets will be essential reading for Deepak Chopra's huge number of followers worldwide, and also appeal to everyone searching for the meaning of life, and looking for answers to the questions: Who Am I? Where Did I Come From? and Why Am I Here? Each of the fifteen chapters discusses a 'secret' - such as: The World Is In You; Transformation Is Not The Same As Change; Death Is Conquered By Dying Every Day; Everything Is Pure Essence. Chopra believes that 'Every life is a book of secrets ready to be opened', and that the only way to discover the answers to these secrets is to delve inside yourself, and cease to be a mystery to yourself. Only by going to 'the still point inside' can you see life as it really is.

A Course in Meditation

A 21-Day Workout for Your Consciousness Harmony

A 21-day course for modern meditators It can be difficult for the hyperactive 21st century mind to relax into an experience of silence and awareness. Recognizing this, the revered mystic Osho developed new meditation techniques to address the challenges of the modern mind. A Course in Meditation demonstrates these techniques in an easy-to-navigate format. Each day, learn a new aspect of meditative living followed by a simple, practical meditation and awareness practice. After each experience, reflect on the accompanying quote of the day, or use the provided space to take notes. Throughout the course, Osho imparts his unique insights on love, anger, relaxation, and more to guide you toward a space of inner acceptance,

joy and mindfulness. A Course in Meditation shows how we can reclaim the meditative nature that we each come in to the world with, but lose over time as we are initiated into the ways of society. From beginners eager to find stillness to more experienced meditators who wish to elevate their practice, Osho's guide to meditation can teach everyone to separate themselves from their minds for a transformation of consciousness that brings a new understanding of what it means to be alert and responsive to whatever life brings. "Without meditation you do not know the secrets of life, you know only the surface of life." -OSHO Osho, known for his revolutionary contribution to the science of inner transformation, continues to inspire millions of people worldwide in their search to define a new approach to individual spirituality that is self-directed and responsive to the everyday challenges of contemporary life. Osho was described by UK's Sunday Times as one of the "1000 Makers of the 20th Century." His internationally bestselling works are available in 60 languages around the world.

The Book of Women

Celebrating the Female Spirit *Macmillan*

Argues that many of the world's crises have been caused by the male-dominated society and its culture of ambition and greed, and encourages women, and men, to assert the feminine qualities of love and joy instead.

The Secret of Meditation *Osho Media International*

This is one of the most fascinating talks by Osho on meditation. We gain a deeper understanding and an actual experience about meditation through this talk which brings us into a space of meditation. He describes meditation as the very center of his teaching efforts; the very womb out of which one is going to be re-born. "To say something about meditation is a contradiction in terms. It is something which you can have, which you can be, but by its very nature you cannot say what it is. Still, efforts have been made to convey it in some way. Even if only a fragmentary, partial understanding arises out of it, that is more than one can expect." From a a series of talks: From Misery to Enlightenment, by Osho.

The Path of Yoga

Discovering the Essence and Origin of Yoga *Osho Media International*

Yoga is now internationally an integral part of our health-conscious cultural landscape. It is practiced by millions for health and fitness reasons. While Yoga is seen and practiced mostly as a body exercise program, the interest in the philosophical and spiritual dimension of Yoga is growing. This book introduces us to Patanjali, the founder of ancient Yoga in India. It takes us step by step into a deeper understanding of the essence and origins of Yoga. Osho introduces and unlocks Patanjali's ancient sutras, revealing how contemporary this ancient message truly is. It quickly becomes clear that we are just on the cusp of a gaining a much deeper understanding of Yoga and its place in our evolving world. Surprisingly, the mind even more than the body is the focus of Patanjali's teaching. He says: "Yoga is the cessation of mind." As Osho says: "This is the definition of Yoga, the best definition. Yoga has been defined in many ways; there are many definitions. Some say Yoga is the meeting of the mind with the divine; hence, it is called yoga – yoga means meeting, joining together. Some say that Yoga means dropping the ego, ego is the barrier: the moment you drop the ego you are joined to the divine. You were already joined; it only appeared that you were not joined because of the ego. There are many definitions, but Patanjali's is the most scientific. He says: Yoga is the cessation of mind. “What is the mind? What is the mind doing there? What is it? Ordinarily we think that mind is something substantial there, inside the head. Patanjali doesn't agree, and no one who has ever known the inside of the mind will agree. Modern science also doesn't agree. Mind is not something substantial inside the head. Mind is just a function, just an activity."

Meditation

The First and Last Freedom *Macmillan*

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

The Nepal Cookbook *Snow Lion*

This treasury of recipes from the members of the Association of Nepalis in the Americas represents the best of authentic Nepali cuisine. From festival dishes to simple everyday favorites the recipes included here reflect the many facets of Nepal's colorful and diverse cultures. Nepali food, which is simple to prepare and subtle in flavor, is influenced by the cuisines of both India and Tibet. Here are recipes for all the elements of a full-course Nepali meal; appetizers, soups and lentils, vegetables, meats, pickles and chutneys, rice and breads, and desserts. The most commonly used flavorings include cumin, red and green chilies, garlic, ginger, Szechwan pepper, cilantro, and scallions. Special cooking methods and ingredients unfamiliar to a Western audience are fully explained.

The Great Secret

Talks on the Songs of Kabir *Jaico Publishing House*

This quest has been going on for countless lives. Sometimes you call it the search for truth. But you have never known truth, so how can you lose it? And sometimes you search for God. But your meeting with Him has never taken place, so how can you be separated from Him? You go in search to

the temples, to the mosques, to Kashi and to Mecca; you knock on every door you come across in the hope you will find what you have lost. But as long as you do not know exactly what it is you have lost your search cannot be fulfilled. Love is the ability to experience. Love is sensitivity. Love is the experience in which all your impurities are washed away and you throw open all your doors, all your gates. Then whosoever stands at your door is no longer an enemy or a friend but a beloved, and you open your door to him. When you begin to feel the whole world is yours, when you begin to see the beloved in whosoever comes to your door, when you no longer see strangers or enemies, when you begin to see only friends everywhere – when this phenomenon takes place in you, know that you have found love.

The Book of Secrets

A Novel *Picador*

In 1988, a retired schoolteacher named Pius Fernandes receives an old diary found in the back room of an East African shop. Written in 1913 by a British colonial administrator, the diary captivates Fernandes, who begins to research the coded history he encounters in its terse, laconic entries. What he uncovers is a story of forbidden liaisons and simmering vengeance, family secrets and cultural exiles--a story that leads him on an investigative journey through his own past and Africa's.

Book of Man *Penguin UK*

How do you find your original self? Osho perceives man as becoming increasingly alienated from his inner self, gradually losing his natural innocence and creativity in the mindless quest for worldly power and success. To appear strong, the average man suppresses his innate qualities of love and compassion. For Osho, the ideal man is Zorba, the Buddha—a perfect blend of matter and soul. This seamless collection of discourses takes the reader through the various stages of man’s evolution: from Adam to Slave, Son, Homosexual, Priest and Politician, until he attains the pinnacle of his consciousness as the Rebel or Zorba. Sparkling with anecdotes and enriched with brilliant repartee, The Book of Man is a remarkable blend of wisdom and wit.

Books I Have Loved *Independently Published*

This is the most popular book of Osho.

Meditation

The First and Last Freedom *Macmillan*

Introduces sixty-three meditation techniques, from Buddhist and Sufi practices to the author's own Dynamic Meditation and Mystic Rose Meditation

The Book of Secrets

Unlocking the Hidden Dimensions of Your Life *Harmony*

"The Book of Secrets is the finest and most profound of Deepak Chopra’s books to date. Want the answers to the secrets of life? Let me recommend that you start right here." —Ken Wilber, author of A Brief History of Everything We all want to know how to find a soul mate, what career would be most fulfilling, how to live a life with meaning, and how to teach our children well. We are looking for a personal breakthrough, a turning point, a revelation that brings with it new meaning. The Book of Secrets—a crystalline distillation of insights and wisdom accumulated over the lifetime of one of the great spiritual thinkers of our time—provides an exquisite new tool for achieving just that. Every life is a book of secrets, ready to be opened. The secret of perfect love is found there, along with the secrets of healing, compassion, faith, and the most elusive one of all: who we really are. We are still mysteries to ourselves, despite the proximity of these answers, and what we most long to know remains lodged deep inside. Because answers to the questions at the center of life are counterintuitive, they are often hidden from view, sequestered from our everyday gaze. In his ongoing quest to elevate our experience, bestselling author Deepak Chopra has isolated fifteen secrets that drive the narrative of this inspiring book—and of our lives. From "The World Is in You" and "What You Seek, You Already Are" to "Evil Is Not Your Enemy" and "You Are Truly Free When You Are Not a Person," The Book of Secrets is rich with insights. It is a priceless treasure that can transport us beyond change to transformation, and from there to a sacred place where we can savor the nectar of enlightenment.

Vigyan bhairav tantra

112 methods of meditation with one card each.

The Chakra Book

Energy and Healing Power of the Subtle Body *Osho Media International*

A comprehensive and in-depth discussion of the human energy centers known as chakras. The book offers a unique understanding of how these centers, also referred to as “subtle bodies” can be identified and experienced, along with how they are related to personal transformation and health. In this volume, Osho gives an overview of the Eastern science of the subtle energy centers in the human body that are sometimes known as “chakras.” It is a science that underlies traditional Chinese medicine, Indian Ayurveda, and the practice of kundalini yoga, among other disciplines that recognize the deep connection between mind and body. Osho also shows how these same principles apply to human psychological growth and

maturation, and the evolution of consciousness. Self-help, Spirituality, Psychology, Meditation, Esoteric, New Age, Health, Yoga. The title will especially of interest to the large group of people involved with Yoga, as the book describes in simple terms, using everyday experiences as examples, what underlies the Kundalini Yoga approach to the human energy system. The Chakra Book delivers the ‘esoteric science’ and understanding in the context of personal growth and transformation.

Creativity

Unleashing the Forces Within *St. Martin's Griffin*

From one of the greatest spiritual leaders of the twentieth century, Creativity: Unleashing the Forces Within will inspire you to nurture your inner ideas and innovations—and apply them in every aspect of your life. As Osho points out in this book’s foreword, historically, the creative person has been all but forced to rebel against the society. But nowadays, the situation has dramatically changed. In today’s world, the ability to respond creatively to new challenges is demanded of everybody, from corporate CEOs to “soccer moms.” Those whose toolbox for dealing with life includes only what they have learned in the past from their parents and their teachers are at a distinct disadvantage both in their relationships and in their careers. Making a switch from imitative and rule-bound behavior to creative innovation and flexibility requires a profound change in our attitudes about ourselves and our capabilities. Creativity is a handbook for those who understand the need to bring more creativity, playfulness, and flexibility to their lives. It’s a manual for thinking “outside the box”—and learning to live there as well. Osho challenges readers to examine and break free of the conditioned belief systems and prejudices that limit their capacity to enjoy life in all its richness. He has been described by the Sunday Times of London as one of the “1000 Makers of the 20th Century” and by Sunday Mid-Day (India) as one of the ten people—along with Gandhi, Nehru, and Buddha—who have changed the destiny of India. Since his death in 1990, the influence of his teachings continues to expand, reaching seekers of all ages in virtually every country of the world.

The Book of Secrets

Esoteric Societies and Holy Orders, Luminaries and Seers, Symbols and Rituals, and the Key Concepts of Occult Sciences through the Ages and Around the World *Weiser Books*

From the strange symbols on a one-dollar bill to the secret signs of the Knights Templar and Freemasons, invisible societies, and the world of magic and alchemy, The Book of Secrets is a comprehensive introduction to the world of secret and esoteric knowledge throughout history. It offers a doorway into the initiated secret traditions of the fascinating unseen spiritual world: its symbols, secret societies, and seers. You’ll discover: Key Concepts: the Great Work, the Universal Force, Polarity, the Four Elements, Magick and Mysticism, Esoteric Anatomy, Qabalah, Alchemy, Astrology, the Astral Plane, and more. Symbolism: More than 100 secrets symbols, words, objects, including their meanings and the secret powers they invoke. Secret Societies and Holy Orders: The gatekeepers and the transmitters of sacred knowledge: Freemasons, O.T.O., Cathars, Templars, Assassins. Pineda places them all in history and geography and explains who they are/were and what they stood for. Luminaries and Seers: More than 200 legends and historical personages: Hermes Trismegistus, Jesus, Siddartha, Osiris, and other seers from the Middle Ages, the Renaissance, the 19th and 20th centuries.

The Book of Understanding

Creating Your Own Path to Freedom *Harmony*

The revolutionary spiritual techniques of the late philosopher offer a whole person approach to spirituality that emphasizes the importance of embracing all aspects of oneself that embraces both the material and spiritual, the earthly and the transcendent, to create a harmonious, whole person. 30,000 first printing.

Living Dangerously

Ordinary enlightenment for extraordinary times *Watkins Media Limited*

Osho is one of the best-known spiritual teachers of our time. The Sunday Times named him one of the '1,000 makers of the twentieth century'; the novelist Tom Robbins has called him 'the most dangerous man since Jesus Christ'. Nearly two decades after his death in 1990, the influence of his teachings continues to grow, reaching seekers around the world. This inspiring compendium of spiritual wisdom and insight offers a way for everyone to access the enlightening message of the Buddha as Osho offers his unique take on his teachings, with a wisdom and wit that make it a wonderful read. When you engage with Osho's writing, you feel as if he is speaking to you. His conversational style is fluid and engaging, and while his acute perception often comes as a delight and a surprise, his shrewd insights will stay with you always. Whether he is discussing a complex philosophy, or the teachings of a great mystic, Osho always approaches the subject with his own distinctively irreverent, thought-provoking and inspiring perspectives. Covering subjects including Belief, Responsibility, Relationships, Doing Good and the Power of Consciousness, this is a book that offers real insight into leading a more spiritual life now.

Osho Zen Tarot

The Transcendental Game Of Zen *Macmillan*

Osho Zen Tarot, from the #1 bestselling mystic and spiritual author Osho! When life seems to be full of doubt and uncertainty we tend to look for a source of inspiration: what will happen in the future? What about my health, the children? What will happen if I make this decision and not that one? This is how the traditional tarot is often used, to satisfy a longing to know about the past and future. The Osho Zen Tarot focuses instead on gaining an understanding of the here and now. It is a system based on the wisdom of Zen, a wisdom that says events in the outer world simply reflect in the outer world simply reflect our own thoughts and feelings, even though we ourselves might be unclear about what those thoughts and feelings are. So it helps us to turn our attention away from outside events so we can find a new clarity of understanding in our innermost hearts. The conditions and states of mind portrayed by the contemporary images on the cards are all shown as being essentially transitional and transformative. The text in the accompanying book helps to interpret and understand the images in the simple, straightforward and down to earth language of Zen.

From Medication to Meditation

How meditation supports physical and psychological health *Osho Media International*

Osho speaks in many of his talks on health as a more holistic understanding of the “BodyMindSpirit” complex. His depth of insights into what makes a healthy and whole human being plus the many meditation methods he has developed are a vital part of his overall vision and proposal to humanity. Although he never gave a series of talks specifically about health issues, he requested and titled this collection of selected material “From Medication to Meditation” which was subsequently compiled under the supervision of his personal physician. In the foreword, which is a talk by Osho given to the Medical Association in India, he paints his vision of a healthier and more whole future when he says “...every hospital will have a department of meditation. It should happen. Then we will be able to treat man as a whole. The body will be taken care of by the doctors, the mind by the psychologists, and the soul by meditation. “The day the hospitals accept man as a whole, as a totality, and then treat him as such, will be a day of rejoicing for mankind.” - Osho

Courage

The Joy of Living Dangerously *St. Martin's Griffin*

Discover your ability to be brave in times of adversity with Courage: The Joy of Living Dangerously—from one of the greatest spiritual teachers of the twentieth century. Courage is not the absence of fear, says Osho. It is, rather, the total presence of fear, with the courage to face it. This book provides a bird’s-eye view of the whole terrain—where fears originate, how to understand them, and how to call on your inner strength to confront them. In the process, Osho proposes that whenever we are faced with uncertainty and change in our lives, it is actually a cause for celebration. Instead of trying to hang on to the familiar and the known, we can learn to enjoy these situations as opportunities for adventure and for deepening our understanding of ourselves and the world around us. Having courage is more than just heroic acts in exceptional circumstances. It’s a necessity to lead authentic and fulfilling lives on a day-to-day basis. This is the courage to change when change is needed, the courage to stand up for our own truth, even against the opinions of others, and the courage to embrace the unknown in spite of our fears—in our relationships, in our careers, or in the ongoing journey of understanding who we are and why we are here. Courage also features meditation techniques specifically designed by Osho to help people cope with their fears. Osho challenges readers to examine and break free of the conditioned belief systems and prejudices that limit their capacity to enjoy life in all its richness. He has been described by the Sunday Times of London as one of the “1000 Makers of the 20th Century” and by Sunday Mid-Day (India) as one of the ten people—along with Gandhi, Nehru, and Buddha—who have changed the destiny of India. Since his death in 1990, the influence of his teachings continues to expand, reaching seekers of all ages in virtually every country of the world.

Autobiography of a Spiritually Incorrect Mystic *St. Martin's Press*

Understand the life and teachings of Osho, one of the twentieth century’s most unusual gurus and philosophers, in Autobiography of a Spiritually Incorrect Mystic. In 1990, Osho prepared for his departure from the body that had served him for fifty-nine years—in the words of his attending physician—“as calmly as though he were packing for a weekend in the country.” Who was this man, known as the Sex Guru, the “self-appointed bhagwan” (Rajneesh), the Rolls-Royce Guru, the Rich Man’s Guru, and simply the Master? Drawn from nearly five thousand hours of Osho’s recorded talks, this is the story of his youth and education, his life as a professor of philosophy and years of travel teaching the importance of meditation, and the true legacy he sought to leave behind: a religion-less religion centered on individual awareness and responsibility and the teaching of “Zorba the Buddha,” a celebration of the whole human being. Osho challenges readers to examine and break free of the conditioned belief systems and prejudices that limit their capacity to enjoy life in all its richness. He has been described by the Sunday Times of London as one of the “1000 Makers of the 20th Century” and by Sunday Mid-Day (India) as one of the ten people—along with Gandhi, Nehru, and Buddha—who have changed the destiny of India. Since his death in 1990, the influence of his teachings continues to expand, reaching seekers of all ages in virtually every country of the world.

The Book of the Secrets

Discourses on "Vigyana Bhairava Tantra"

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discourses on "Vigyana Bhairava Tantra" *HarperCollins*

Love, Freedom, and Aloneness

The Koan of Relationships *Macmillan*

A thought-provoking guide discusses how the model of the traditional family is slowly coming apart and reveals how this can be used to redefine and revitalize the basis of human existence, which will allow us to start over with ourselves, our relationships to others, and how we define happiness and success for ourselves and for society. Reprint. 15,000 first printing.