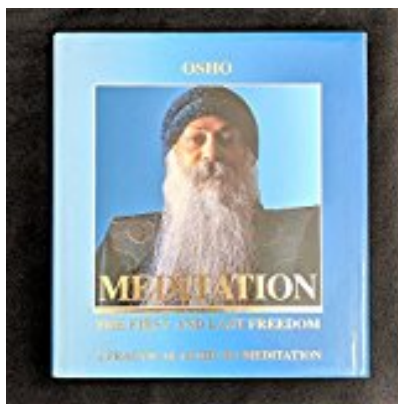


[PDF] Meditation: The First And Last Freedom : A Practical Guide To Meditation

Rajneesh Osho - pdf download free book



Books Details:

Title: Meditation: The First and Last

Author: Rajneesh Osho

Released: 1993-06-01

Language:

Pages: 270

ISBN: 3893381287

ISBN13: 978-3893381289

ASIN: 3893381287

[CLICK HERE FOR DOWNLOAD](#)

pdf, mobi, epub, azw, kindle

Description:

From Library Journal Better known as Bhagwan Shree Rajneesh, Osho was a controversial guru from India who attracted a large Western following in the mid-Seventies and Eighties. Although Osho rejects intellectual understanding as a valid approach to meditation, he considers one of the main benefits of meditation to be "intelligence: the ability to respond." Scorning religion and society as barriers to enlightenment, Osho fails to give credit to the traditional concepts he borrows from

Hinduism, Zen Buddhism, Taoism, Sufi mysticism, and tantrum tradition. He presents smoking, shaking, laughing, crying, and sexual activity as meditative exercises that can lead students of meditation to inner freedom. Readers will find little of substance in this collection of discourses based on sloppy thinking, off-color humor, and gender stereotyping. Not recommended.

Copyright 1997 Reed Business Information, Inc. --This text refers to an out of print or unavailable edition of this title.

From the Back Cover "In Buddha's time, dynamic methods of meditation were not needed. People were more simple, more authentic. Now, people are living a very repressed life, a very unreal life. Just sitting directly in silence won't help." - Osho

--This text refers to the edition.

- Title: Meditation: The First and Last Freedom : A Practical Guide to Meditation
 - Author: Rajneesh Osho
 - Released: 1993-06-01
 - Language:
 - Pages: 270
 - ISBN: 3893381287
 - ISBN13: 978-3893381289
 - ASIN: 3893381287
-