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Medication Vs. Meditation (Medicine Vs. Psychotherapy ...

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FROM MEDICATION TO MEDITATION This is a very important statement, because this means that disease is nothing but a way of life which a patient lives. Every man does not fall sick in the same fashion. Diseases also have their own individuality, their personality. It is not that if I suffer from TB and if you also ... Osho . a \bullet — a ...

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Osho has rightly said about Drugs at one stage many a person get reclined to Drugs or Alcohol when they was unable to Distinguish Love in Themselves or Outer Surrondings which Teach Love according to their Bounderies or By internal revelsion or Not to have get actuality of Paramatma they go for Addiction by taking that they attain Pseudo Consciousness according to Our Language which is also a ...

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Osho has spoken in thousands of his discourses on health as a more whole approach to understanding the "BodyMindSpirit" complex. His depth of insight 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 ...

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OSHO - Transform Yourself through the Science of Meditation

Meditation is not a solution to any problem, it solves nothing. It simply helps you to get rid of the mind, the problem-creator. It simply helps you to slip out of the mind like a snake slips out of the old skin. | Osho

Osho Meditations - Osho Meditations, Retreats

Osho saw meditation, the science of awareness, as the only real way to realize your potential in this lifetime. By exploring the inner realms, a certain mind-mastery is attained, an attachment to your higher self that "sets you free" from the bondages of authority, allowing you to do things in your own way, guided only by your own intuition.

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From Medication to Meditation: How meditation supports ...

Q: Is it helpful to visualize and know what is happening during meditation – for example, the movement of kundalini and the opening of the chakras? There are chakras, but the number differs with each individual. One may have seven, one may have nine; one may have more, one may have less.

OSHO on Kundalini, Meditation and Opening of Chakras ...

Osho meditation is a type of meditative art that comes from the man known as Osho. This guru has been popular throughout the latter half of the 1900s and the beginning of the twenty first century. He is credited with leading the "Rajneesh movement," and developing many aspects of a lifestyle centered on the development of the human being.

What Is Osho Meditation? (with pictures) - wisegeek.com

Life is then a celebration, meditation a means to that end and, meditation the best medicine. Paying tribute to Osho's Osho Dynamic Meditation, which helps you to live out your full potential, meditators around the world will be spreading a lot of meditative energy globally by doing Osho Dynamic Meditation in their part of the world.

Meditation, the Best Medication

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Osho has often spoken about the 112 methods of meditation given by Shiva to his consort, Devi. VIGYANA BHAIRAVA TANTRA contains the complete series of discourses given by Osho on all these meditation techniques, and his responses to questions raised by seekers about the meditations.

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