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What this Book is About? The book Meditation: The First and Last Freedom, is a practical guide to various meditations shared by Osho.Ranging from active meditations to passive meditations. The meditation techniques mentioned in this book are suitable for all sorts of meditators – be it beginners or advanced.

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The First and Last Freedom is a book by 20th-century Indian philosopher Jiddu Krishnamurti (1895–1986). Originally published 1954 with a comprehensive foreword by Aldous Huxley, it was instrumental in broadening Krishnamurti's audience and exposing his ideas.

# The First and Last Freedom - Wikipedia

"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" — Osho, Meditation: The First and Last Freedom

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