



Meditation: A First and Last Freedom (New edition)

By Osho

Griffin Publishing. Paperback. Book Condition: new. BRAND NEW, Meditation: A First and Last Freedom (New edition), Osho, In this essential meditation handbook for the 21st century, Osho turns the traditional notion of meditation practice on its head. Meditation: The First and Last Freedom shows that meditation is not a spiritual discipline separate from everyday life in the real world. In essence, it is simply the art of being aware of what is going on inside and around us. As we acquire the knack, meditation can be our companion wherever we are - at work, at play, or at rest. Meditation contains practical, step-by-step guides to a wide variety of meditation techniques selected by and/or created by Osho, including unique "active meditations" which deal with the special tensions of contemporary life. The book also explores what meditation is and what it isn't - along with preparation tips, and what kinds of obstacles to expect along the way. Readers will also find suggestions for choosing the techniques that are most appropriate for their own lifestyles. Newly revised and resized into a handy portable format, Meditation is the perfect text to begin or continue exploring the joys of meditation.



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