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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

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☪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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The First And Last Freedom - SelfDefinition.Org
Why does Osho call meditation "the first and last freedom"? Because in his understanding meditation is the dimension through which every individual can realize his own, unique potential - the unlimited personal freedom that is available for all of us. This book is a compilation drawn from Osho's many years of work on meditation.

Meditation: The First and Last Freedom - The Sannyas Wiki
Meditation: First and Last Step ☪ From Understanding to Practice Meditation is a method with which man becomes completely realized and present in existence, in all dimensions, even in this physical reality; truly unconditioned and authentically himself.

Meditation: First and Last Step ☪ From Understanding to ...
☪Meditation- The First and Last Freedom☪ contains very practical, step-by-step guides to many of meditation techniques specially selected by or created by Osho. Some of his techniques are very different to usual just sitting still and motionless approach. The are some techniques tough by Osho called Active Meditations.

Meditation-The First and Last Freedom- Osho | Books For ...
Meditation the first and last freedom : a practical guide to meditation 1st U.S. ed. This edition published in 1996 by St. Martin's Press in New York.

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