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the book of secrets is a step by step guide to find the best meditation suitable for you 112 methods of meditation are described and introduced here with helpful background information to give contemporary people a door to meditation reading this book not only will your outlook on life

change but so will your life if you want to know more about life and yourself this is your book each chapter that focuses on describing specific meditation techniques is followed by a chapter of questions from those who were present during the talks in most cases their questions relate to the techniques given in the previous chapter so as you start to experiment with a technique it will be helpful to look into these chapters for some extra hint some greater depth of understanding or response to a question that might have arisen for you in your experiments

in this unique series of discourses osho unravels the ancient text the secret of the golden flowers which he describes as a synthesis of all the great religions the essence of taoism more than 2 500 years old this remarkable text continues to be as relevant today as it was to its contemporaries osho interprets it as the core of all religions and spiritual paths a stripped back ideal where spiritual seekers around the world are placing themselves now the secret of the golden flower belongs to no one in particular it belongs to us all the secrets of secrets is a timeless collection of osho s talks on the secret of the golden flower osho demystifies all the important terms used by the chinese mystic lu tsu and shares his meditation exercises he also outlines the qualities of animus and anima our male and female energies as delineated by lu tsu and explains the importance of their relationships inside each of us the book includes many valuable techniques and gives specific instructions on the taoist golden light meditation to harmonize the male and female elements and transmute sexual energy

taoist teachings on life and existence presented by one of the best known and provocative spiritual teachers of our time in this unique series of discourses osho unravels the secret of the golden flowers an ancient text that he describes as the essence of taoism it is the core of all religions and spiritual paths belonging to no one and belonging to all more than 2 500 years old this remarkable

text continues to be as relevant today as it was to its contemporaries osho demystifies the important terms used by the chinese mystic lu tsu or lao tzu and shares his meditation exercises he also outlines the qualities of animus and anima our male and female energies as delineated by lu tsu explaining the importance of their relationships inside each of us he also provides many valuable techniques and gives specific instructions on the taoist golden light meditation which involves harmonizing the male and female elements and transmuting sexual energy a timeless collection of osho s talks on the secret of the golden flower this book will show you how to not remain a seed but to become what the chinese called a golden flower called the one thousand petaled lotus in india the golden flower is a symbol that represents perfection totality it represents the actualization of potential the beauty the grandeur and the splendor of being

you are here that much is certain you are alert that you are here that much is also certain now these two ingredients are enough for yoga experimentation in this book part of a series osho expounds on the essence of patanjali s philosophy which is contained in his sutras elaborating on these osho says that though the sutras contain the key to understanding the self they are just introductory just a preface to the real thing the actual work he feels starts when one is ready to change to mutate to become new he maintains that the enlightened one has gone beyond the ego and knows the oneness of all things secrets of yoga the result of osho s talks is rich with insights from osho s awakened consciousness replete with anecdotes simple yet deep the book contains his views on crucial issues like ego death and spirituality the voyage of self discovery is enlivened with osho s irreverent sense of humour the book contains questions from various people keen to know themselves and osho s candid answers that make for delightful reading even as they offer solutions to those mired in similar problems pithy and profound secrets of yoga is an invaluable

guide for those looking for inner peace and harmony

discover the joy and power of aloneness even if you've always feared being alone with this unique blend of spiritual teachings and practical advice tailored just for you are you amidst the hustle and bustle of life finding yourself yearning for a sanctuary of quiet reflection do you sometimes feel lost wishing for a moment of solitude to reconnect with your inner self is the fear of being alone holding you back from embracing aloneness if these concerns resonate with you know that you're not alone many women aged 28 to 65 and beyond grapple with the same questions but underlying the yearning and the fear is an opportunity a chance to turn solitary moments into empowering self-discovery that's where the wisdom of osho shines this transformative guide osho's wisdom on aloneness for women the art of being alone for women ages 28 to 65 is your starting point immerse yourself in the profound teachings of osho gracefully woven with engaging stories actionable exercises introspective prompts and insightful testimonials here's what you'll discover the enlightening principles of osho's philosophy that help shatter the stigma around aloneness practical ways to cultivate a fulfilling solitary practice even amidst your daily hustle the surprising truth about your fears and how to conquer them through the power of aloneness how to leverage the quiet for personal growth and genuine empowerment powerful mindfulness techniques to integrate osho's teachings into your daily routine for lasting peace unraveling the aloneness paradox how to find companionship in aloneness how to harness your moments of aloneness to establish a deeply personal transformative relationship with yourself actionable exercises to embark on a journey of self-exploration and self-discovery the key to navigating challenges and growing through solitude how to break free from societal norms and expectations to truly embrace your solitary moments the secret of turning fears associated with being alone into stepping stones

towards personal enlightenment step by step guidance to establish an enriching relationship with one's inner self inspirational accounts of women who discovered their empowerment through solitude ways to ultimately build a transformative aloneness practice that aligns with your unique self and life you might be wondering but I'm generally a social person I can't see myself enjoying aloneness does this really work for everyone rest assured this book acknowledges and addresses the diverse range of experiences women may have with aloneness it's not about promoting isolation but celebrating the empowering potential of quiet moments this book inspires you to embrace not endure aloneness without sacrificing your sociable nature empowering enlightening and soothing this book does not exaggerate its promises it helps you discover the joy of aloneness as it truly is a journey not an end as you progress through the pages you'll not only acquire a strengthened sense of self but also a deep fulfilling connection with your aloneness if you're ready to explore the empowering potential of aloneness we invite you to embark on this transformative journey turn the page and turn solitude into strength click add to cart and begin the journey now

this is one of the most fascinating talks by osho on meditation we gain a deeper understanding and an actual experience about meditation through this talk which brings us into a space of meditation he describes meditation as the very center of his teaching efforts the very womb out of which one is going to be reborn to say something about meditation is a contradiction in terms it is something which you can have which you can be but by its very nature you cannot say what it is still efforts have been made to convey it in some way even if only a fragmentary partial understanding arises out of it that is more than one can expect from a series of talks from misery to enlightenment by osho

why did the west put tantra in the box of erotic sex how did this conceptual degradation of a

millennia old spiritual path come about and where or what is the real tantra in answer to these questions sam red refers to her research contemplations and direct experiences of the basics of the tantric theoretical framework in typically candid inspirational and oftentimes provocative and humorous style she draws parallels with taoism and points to tantric techniques that can be used to bring a greater sense of purpose joy and self empowerment into everyday living

memoirs of the author s adventures on the spiritual path with osho 1931 1990 indian sectarian religious leader

in life love laughter celebrating your existence one of the twentieth century s greatest spiritual teachers shares how humor and wisdom strengthens our lives in this collection of reflections osho s encouraging and loving stories go far beyond the usual chicken soup fare life love laughter establishes a new genre of introspective text stripped of all platitudes and clichés and absolutely in tune with the realities of the twenty first century in this artful work osho mixes entertainment and inspiration ancient zen stories and contemporary jokes to help us to find love laughter and ultimately happiness featuring an original talk by osho on dvd you ll experience his direct insight and wit straight from the source osho challenges readers to examine and break free of the conditioned belief systems and prejudices that limit their capacity to enjoy life in all its richness he has been described by the sunday times of london as one of the 1000 makers of the 20th century and by sunday mid day india as one of the ten people along with gandhi nehru and buddha who have changed the destiny of india since his death in 1990 the influence of his teachings continues to expand reaching seekers of all ages in virtually every country of the world

this quest has been going on for countless lives sometimes you call it the search for truth but you

have never known truth so how can you lose it and sometimes you search for god but your meeting with him has never taken place so how can you be separated from him you go in search to the temples to the mosques to kashi and to mecca you knock on every door you come across in the hope you will find what you have lost but as long as you do not know exactly what it is you have lost your search cannot be fulfilled love is the ability to experience love is sensitivity love is the experience in which all your impurities are washed away and you throw open all your doors all your gates then whosoever stands at your door is no longer an enemy or a friend but a beloved and you open your door to him when you begin to feel the whole world is yours when you begin to see the beloved in whosoever comes to your door when you no longer see strangers or enemies when you begin to see only friends everywhere when this phenomenon takes place in you know that you have found love

ma prem shunyo s book has the lovely quality of both revealing glimpses of higher energy flow and her responses to down to earth events in her life with osho while reading this book i am sure one can receive the vibrations of another dimension of life

one of the greatest spiritual teachers of the twentieth century encourages you to embrace your childlike curiosity and reconnect it to your adult sensibilities innocence knowledge and wonder what happened to the sense of wonder i felt as a child looks to each person s last state of innocence childhood to recover the ability to truly be curious osho discusses why it is important to look to our inner child and how it can help you understand the person you have become osho challenges readers to examine and break free of the conditioned belief systems and prejudices that limit their capacity to enjoy life in all its richness he has been described by the sunday times of london as one of the 1000 makers of the 20th century and by sunday mid day india as one of the

ten people along with gandhi nehru and buddha who have changed the destiny of india since his death in 1990 the influence of his teachings continues to expand reaching seekers of all ages in virtually every country of the world

selected discourses by an indian sectarian religious leader

sometimes it can be difficult for even the closest of partners to fully express their love during sex we may resist deeper intimacy for many reasons among them pain insecurity or simply a fear of sharing our most natural desire for physical love with another person tantra can help you dissolve these barriers to intimacy and invites you to awaken the physical and spiritual energy that can bring partners together as loving soul mates tantric love unlocks the secret powers of meditation breathing massage and more to help you celebrate and revitalize your love life each chapter focuses on one of the chakras or energy centers in the body and offers simple exercises that will help you share this energy and open the door to ecstasy discover new ways of pleasing your partner enjoy sexual satisfaction through and beyond orgasm learn how to open up to your partner both in and out of the bedroomas you move from one stage to the next you ll find that you re not only connecting with your lover on a physical level but on a deep spiritual level too one that prepares you for a loving lasting commitment to each other

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