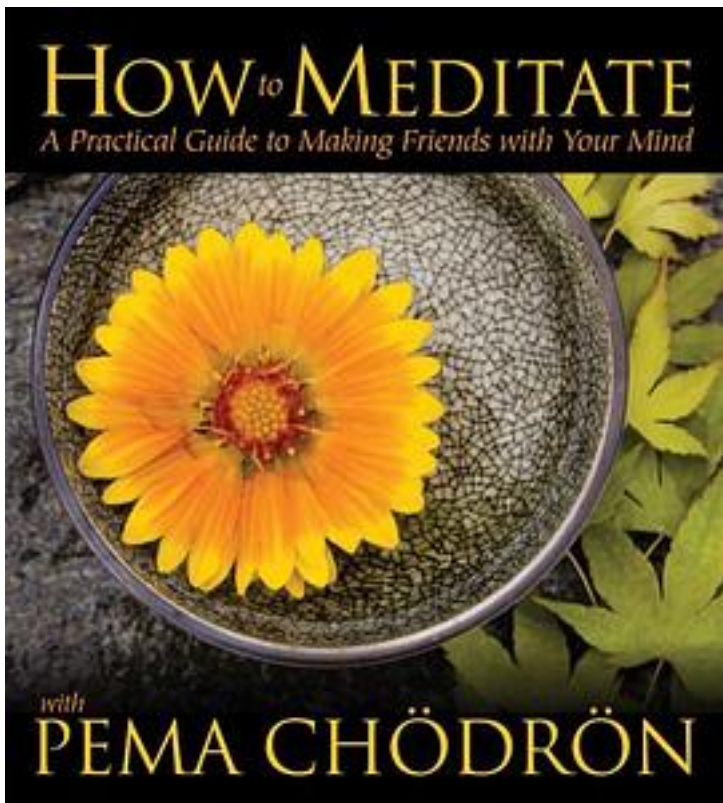


# Meditation



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著者:Osho

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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 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.

作者介绍:

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标签

灵修

Osho

自然之道

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奥修

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评论

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## 书评

我不知道这本书 也不知道这个单词为何意 我只知道他的风格很不一般

一本装饰很是简单的书

封皮只有Meditation和作者，除此之外好无他物，内页也没其他表征他是什么的东西，连一些基本的东西也没有。我看看了看，被他那思考思索的东西所吸引，不过英文不好，看不太深，有的地方...

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