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Meditation: The First and Last Freedom

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Meditation: The First and Last Freedom Osho
Osho's words on the discipline of meditation.

Meditation is an adventure, the greatest adventure the human mind can undertake. Meditation is just to be, not doing anything--no action, no thought, no emotion. You just are and it is a sheer delight. From where does this delight come when you are not doing anything? It comes from nowhere, or it comes from everywhere. It is uncaused, because existence is made of the stuff called joy!

Meditation is not an Indian method; it is not simply a technique. You cannot learn it. It is a growth: a growth of your total living, out of your total living. Meditation is not something that can be added to you as you are. It cannot be added to you; it can only come to you through a basic transformation, a mutation. It is a flowering, a growth. Growth is always from the total' it is not an addition. Just like love, it cannot be added to you.

It grows out of you, out of your totality.

You must grow toward meditation.

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Ruth Jones:

Spent a free time for you to be fun activity to accomplish! A lot of people spent their spare time with their family, or all their friends. Usually they performing activity like watching television, gonna beach, or picnic from the park. They actually doing same thing every week. Do you feel it? Will you something different to fill your current free time/ holiday? Could be reading a book could be option to fill your free of charge time/ holiday. The first thing that you'll ask may be what kinds of reserve that you should read. If you want to consider look for book, may be the book untitled Meditation: The First and Last Freedom can be good book to read. May be it can be best activity to you.

Tania Arney:

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