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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”

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The First And Last Freedom -

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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.

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“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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