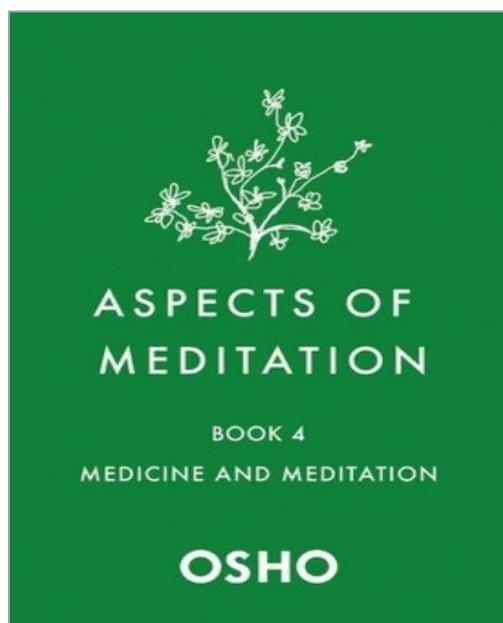

Advance Information

Aspects of Meditation Book 4

Medicine and Meditation



Author:	Osho
ISBN:	9781250786487
Imprint:	St. Martin's Essentials
BIC Category:	Mind: Body: Spirit
Dimensions:	160 x 109 x 4
Binding/PP:	Paperback (BC), 96 pp
Rights Countries:	Ireland & United Kingdom
Pub. Date	21 Mar 2022
Price:	GBP6.99

Selling Points:

Discover a deeper understanding of meditation through an investigation into the subtle workings of the mind, focusing on questions of health and illness. The fourth in a series.

Description:

The West has taken to meditation with great enthusiasm. We contemplate. We concentrate. We embrace mindfulness techniques and a multitude of mantras. We have undertaken to “do” meditation. The Aspects of Meditation series is comprised of brief, precious texts in which Osho shows us the core of meditation is not about sitting silently or chanting a mantra. It is, instead, a question of understanding the subtle workings of the mind. In Book 4, Osho examines health and illness, disease and well-being as outgrowths of our sense of self and connection to our mind.

Author's Previous Books:

Freedom 9780312320706, Intelligence 9780312320720, Intuition 9780312275679, Awareness 9780312275631, Courage 9780312205171, Joy 9780312538576, The Power of Love 9780312595524, Mindfulness and the Modern World 9780312595517, Trust 9781250110466, Meditation 9781250788702, Everyday Osho: 365 Meditations for the Here and Now 9781250782267