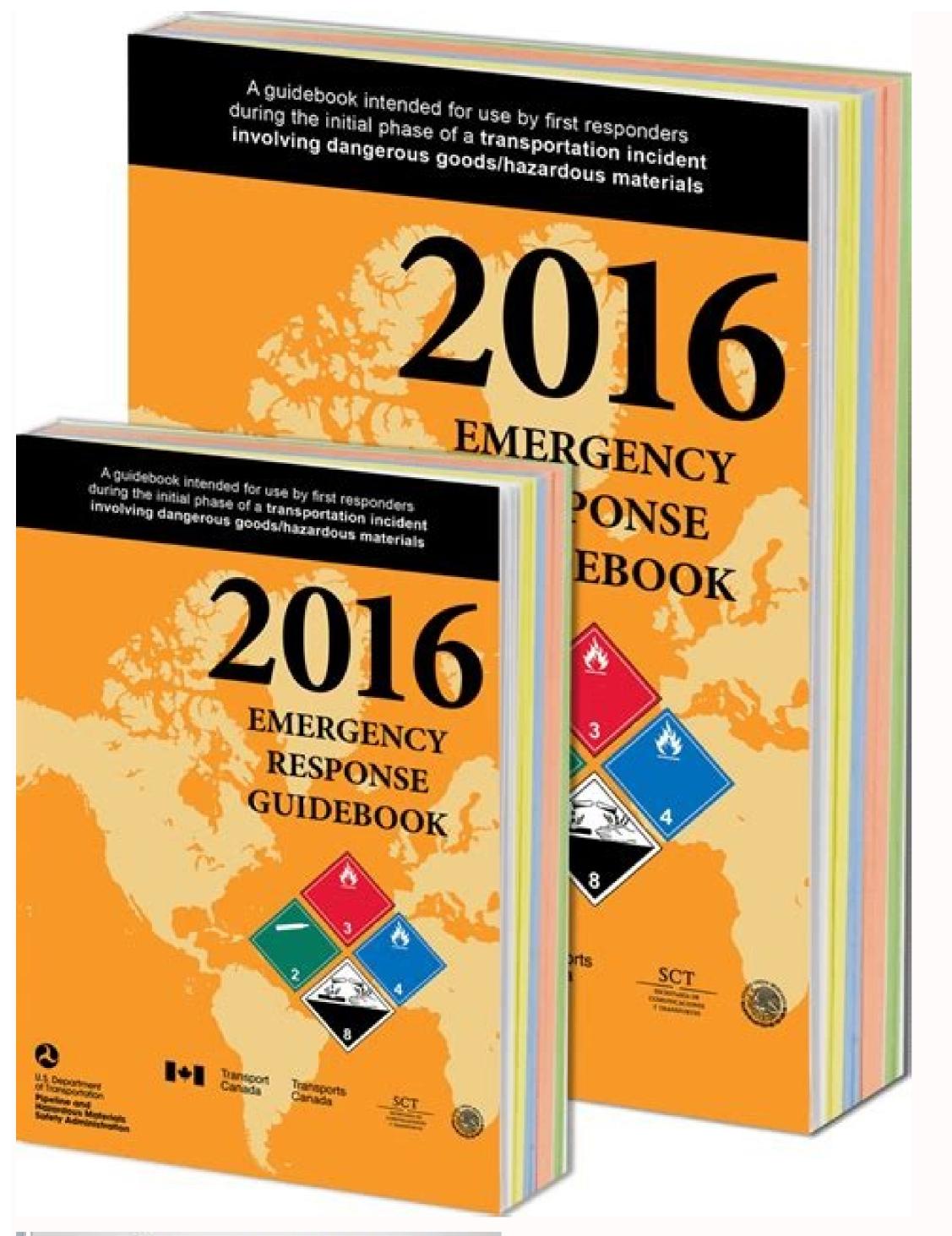
Awareness book by osho pdf online book free



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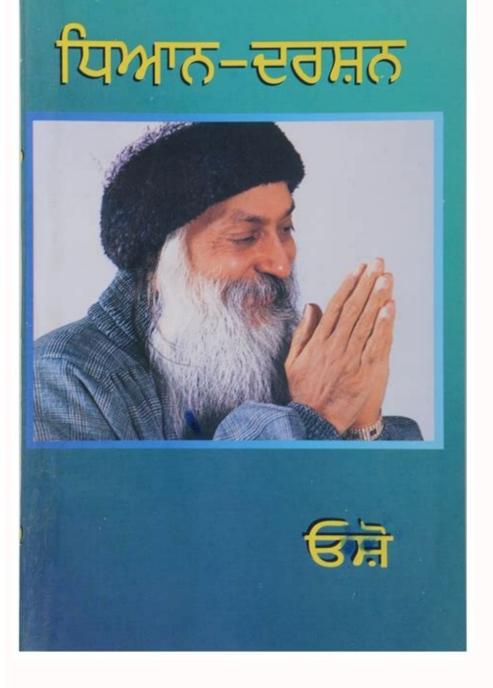




रहीम के दोहे

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For example, they may need a summary of Roberts rules or a simple summary of Macbeth to help them write a research paper, and a book summary sites contain information about the author, release date, characters, plot, and then move on to the summaries, like a short summary of Othello, for example. MORE FROM QUESTIONSANSWERED.NET Consumer awareness is the vital to avoid scams, identity theft and overcharging. In the modern economic age, when most b Awareness: The Key to Living in Balance is a book about mindfulness by the controversial spiritual teacher Osho.If you haven¢ÃÂAt read anything of Osho yet, you¢ÃÂAre in for a treat. His stuff is funny, insightful, provocative, and very polarizing. People either think he was a genius or a complete nutjob. Me, I¢ÃÂAm in the former camp. Almost everything this man said makes a ton of sense to me. I¢ÃÂAve probably had more insights reading his book or watching YouTube videos from him than with anyone else. His books aren¢ÃÂÂt actually written by him. The content is instead taken from the countless lectures he gave to his followers, as the book title suggests is all about living life with more awareness, as the book title suggests is all about living life with more awareness, as the book title suggests is all about living life with more awareness. Osho¢ÃÂÂs work or spiritual reading in general, some things may come across as weird and you¢ÃÂÂl probably get a lot of question marks. That¢ÃÂâs maybe not for you. And don¢ÃÂât be put off by the tag ¢ÃÂÂspiritual.¢ÃÂâ I used to be very skeptical about it, but spiritual books aren¢ÃÂÂt what they¢ÃÂÂre made out to What they actually teach you is to give less of a fuck about the small stuff in life. Who Is Awareness for? Anyone interested in living a more carefree, spontaneous lifeAnyone who¢ÃÂs going through a really hard time right nowAnyone struggling to find purpose and happiness in life1. The Normal State of Humanity: Sleepwalking¢ÃÂAYou sleep when you are not aware of what you are not aware of who you are houghts continue and you are not aware of what is happening, you are not aware of who you are not awa move in sleep.¢Ã¢Ã¢Ã¢Ã¢Ã¢ÃÂWe go on living absolutely inattentive to what is happening around us. Yes, we have become very efficient in doing things. What we are doing, we have become so efficient in doing things to Osho and other spiritual gurus like Lao Tzu or Buddha, most of us move through life like sleepwalkers, never really present in what we¢ÂÂAre doing, never fully alert to our environment, and never even aware of what motivates us to do and say the things we do.We live mechanical, automatic, unconscious lives. While we¢ÂÂre asleep, we simply act out our conditionings, habits, and impulses. That¢ÃÂAs what sleepwalking means: acting mechanically, habitually, automatically, impulsively, unconsciously. When we¢ÃÂAre absent, lost in our thoughts about the future or the past, but not present. If you look at other people, you can see this quite well. People are never really here-now, never really alert and conscious. They are always asleep, either worrying about the future or thinking about the future or thinking about the past. They are absent. And so am I.That¢ÂÂs simply the current state of humanity. The opposite of that state is being present, what Osho calls awareness. 2. Is Awareness? ¢ÂÂAwareness means that whatsoever is happening in the moment is happening with complete consciousness; you are present there.¢ÂÂAwareness means being fully alert, fully conscious, fully here-now. It means inhabiting the present moment with all five senses. You are simply taking in everything the moment has to offer. When you¢ÂÂÂre washing the dishes, awareness means washing the dishes and not being occupied with anything else. Not thinking about tomorrow. Just washing the dishes getting cleaner and cleaner.3. Another Word for Awareness: Watchfulness¢ÄÂAThe only thing that has to be learned is watchfulness. Watch! Watch every desire that takes possession of you. Watch every stought that passes in your mind. Watch every act that you do. Watch every desire that takes possession of you. Watch every act that you do. Watch every thought that passes in your mind. Watch every act that you do. Watch every desire that takes possession of you. Watch every act that you do. Watch every desire that takes possession of you. Watch every desire that takes possession of you. Watch every act that you do. Watch every desire that takes possession of you. Watch every act that you do. Watch every desire that takes possession of you. Watch every desire that takes possession of you. Watch every act that you do. Watch every desire that takes possession of you. Watch every act that you do. Watch every desire that takes possession of you. Watch every desire that you do. Watch every desire that takes possession of you. Watch every desire that you do. Watch every desire tha everything. Let everything become an opportunity to watch.¢Ã¢ÃÂDon¢ÃÂÂt eat mechanically, don¢ÃÂAt just go on stuffing yourself ¢Ã be very watchful. Chew well and watchfully¢Ä¦Å and you will be surprised how much you have been missing up to now, because each bite will give you tremendous satisfaction¢AA¦A¢AAABeing watchfully¢Ä¦Å and you will be surprised how much you have been missing up to now, because each bite will give you tremendous satisfaction¢AA¦A¢AAABeing watchfully¢Ä¦Å and you will be surprised how much you have been missing up to now, because each bite will give you tremendous satisfaction¢AA¦A¢AAABeing watchfully¢Ä¦Å and you will be surprised how much you have been missing up to now, because each bite will give you tremendous satisfaction¢AA¦A¢AAABeing watchfully¢Ä¦Å and you will be surprised how much you have been missing up to now, because each bite will give you tremendous satisfaction¢AA¦A¢AAABeing watchfully¢Ä¦Å and you will be surprised how much you have been missing up to now, because each bite will give you tremendous satisfaction¢AA¦A¢AAABeing watchfully¢Ä¦Å and you will be surprised how much you have been missing up to now, because each bite will give you tremendous satisfaction¢AA¦A¢AAABeing watchfully¢Ä¦Å and you will be surprised how much you have been missing up to now, because each bite will give you tremendous satisfaction¢AA¦A¢AAABeing watchfully¢Ä¦Å and you will be surprised how much you have been missing up to now, because each bite will give you tremendous satisfaction¢AA¦A¢AAABeing watchfully¢Ä¦Å and you will be surprised how much you have been missing up to now, because each bite will give you tremendous satisfaction¢AA¦A¢AAABeing watchfully¢Ä¦Å and you will be surprised how much you have been missing up to now, because each bite will give you tremendous satisfaction¢AA¦A¢AABeing watchfully¢Ä he watchfully¢Ä he watchfully¢ÄA} he watchfully¢ÄA he watchfully¢ÄA} he watchfully¢ÄA} he watchfully¢ÄA} he watchfully¢ÄA} he watchfully¢ÄABeing watchfully¢ÄA} he watchful being aware, being alert ¢Â those are all the same things. We can also call it mindfulness, a term which you may be more familiar with. Mindfulness is defined as the basic human ability to be fully present, aware of where we are and what we¢ÂÂÂre doing, and not overly reactive or overwhelmed by what¢ÂÂÂs going on around us. Another definition: Mindfulness is a mental state achieved by focusing one's awareness on the present moment, while calmly acknowledging and accepting one's feelings, thoughts, and bodily sensations, used as a therapeutic technique. Awareness, mindfulness, watchfulness watchfulness are not accepting one's feelings, thoughts, and bodily sensations, used as a therapeutic technique. Awareness on the present moment, while calmly acknowledging and accepting one's feelings, thoughts, and bodily sensations, used as a therapeutic technique. Awareness on the present moment, while calmly acknowledging and accepting one's feelings, thoughts, and bodily sensations, used as a therapeutic technique. Suffering¢ÃÂÂPeople are living in suffering. There are only two ways out of it: They can become meditators ¢Ã alert, awake, conscious¢ÃA¦Â that¢ÃÂs an arduous thing. It needs guts. Or the cheaper way is to find something that makes you utterly insensitive, some intoxicant, some painkiller that makes you so unconscious that you can escape into that unconsciousness and forget all about your anxiety, anguish, meaninglessness.¢ÄÂÂPeople are living in suffering. If you¢ÃÂÂre familiar with Buddhism, you know this is the first of four noble truths: Life is suffering. It is impossible to live without experiencing some kind of suffering. We endure physical suffering like injury, exhaustion, sickness, old age, and eventually death. And we endure psychological suffering. So, how do you get out of it? According to Osho, there are two ways. The first way out of suffering is meditation, awareness, mindfulness. Of course, this is the way Osho and other spiritual masters recommend. It¢ÃÂs a difficult path. One that requires patience, hard work, and persistence. The second way to alleviate suffering is to simply cover it up by becoming unconscious. This is what most of us do all the time. When we feel the slightest itch of negative emotions, we turn on the television, play video games, read the news, hop on Facebook, or check our emails. This second way has become a real way of life for most of us. We dread even a moment of being alone with ourselves and our emotions. We have a desperate need to stay unconscious, so that we are unaware of our suffering.David R. Hawkins, another spiritual teacher, put it well in his book Letting "People are desperate to remain unconscious. We see how often people play on the television set the minute they enter a room and then walk in a dream state, being constantly programmed by the data spilled on them. People are terrified of facing themselves. They fear a moment of loneliness. Thus, the constant frenetic activities: the infinite socialize, take pills, use drugs and form cocktails. We are so afraid to be with us that most of us cannot even go to the bathroom without our mobile phones. The miracle of consciousness - and the miracle of consciousness is that you need not do anything except to be consciousness and then you will find a tremendous change in you. The fact that you are aware that it changes your actions. "And when you watch, a clarity arises. Why does clarity arise from surveillance? Because the more attentive you become more gracious. While you watch, your chattering is turning and becoming vigilant - is the same energy! Now, more and more energy will be transformed into surveillance, and the mind will not receive your nutrition. Thoughts will start to die. And when thoughts begin to die, clarity arises. Now your mind becomes like a mirror. "So how exactly does consciousness reduce suffering? How does that improve your life? How does that make you happier? What's the point, basically? The first thing to understand is that you don't have to try to change your thoughts, or your behavior. All you need to do is become morePay more attention. Be more alert, vigilant. The way the positive change will happen is by the mere act of watching. While you watch something, it starts automatically to improve for the better. When you watch negative thoughts, they lose their power for you and then disappear. When you watch your positive emotions, a different phenomenon happens. They get stronger. As you see them, you get to experience them more and more often. In scientific literature, this process of watching positive emotions is called to taste and demonstrated to improve people's happiness. When you observe your behavior, something else happens. You will be aware that anger always makes you and everyone around you unhappy. You will ster to fall automatically step eople insulting are silly, it will automatically stop doing it. That is the promise of conscience. Here is another example that Osho gives of the process: "If you are carrying stones in your hand thinking that they are diamonds, I will not tell you to renounce them? They will fall from their own hands. In fact, if you still want to carry them, you will have to make a great effort, you will have to bring a great will, to still carry them out. 6. Many diseases, a recipe - when people asked Buddha, 'whatdo not get angry, or whatWe are not greedy, or what should we do to be both obsessed with sex or food? His answer has always been the same: Be aware. Bring awareness to your life. "If two thousand dreams. But if you come to me and ask how to get rid of this dream, the remaining remains the same: wake up! It will be the same: Be aware. Bring awareness to your life." same. You can call you awareness, you can call it, you can call it, you can call it, you can call it meditations -these are different names for the same Remaining. All the psychological problems we face: awareness. If you fight anxiety, healing is awareness. If you fight anxiety, healing is awareness. will end up falling alone. If you fight with insecurities, the cure is becoming more attention to your addictive patterns. The goal: to live with the mother Consciousness that you can gather - what you are doing walk, sitting, eating or if you are not doing anything, just breathing, resting, relaxing in the grass - never forget that you are an observer. You will forget repeatedly. You will get involved in a little thought, some feeling, some feelin internal process, continuously ... you will be surprised by the way life changes its entire quality. I can move my mothers without any vigilance and I can also move my mothers without any vig movement. And when you are conscious, you feel that hand from within; when you are not conscious, you only know the hand from without.¢ÃÂÂThis is kind of Osho¢ÃÂAs core message: Live your life with as much awareness, alertness, mindfulness as possible. You can be aware in any and every of your day¢ÃÂs activities: When you¢ÃÂre taking a shower, feel the water as it hits your body and smell the scent of your soap. When you¢ÂÂÂre walking to the gym, listen attentively to the sound of the wind hushing by. When you¢ÂÂre taking a nap, feel every part of your body lying there and pay attention to the fact that you¢ÂÂre slowly, slowly entering into a state of sleep. If we realize and accept that awareness changes us for the better (see point five), then it makes sense to spend as much time as possible living with awareness. The more we will let our miseries and past conditionings behind, and the happier and more fulfilled we will be. Of course, all of this is easier said than done. Being mindful throughout our day-to-day lives is an incredibly difficult endeavor.8. ¢ÃÂÂIt Is Arduous, it is difficult, but It Is Not Impossible. the mind is constantly flickering. But it is not impossible. It is arduous, it is difficult, but it is not impossible. It is possible ¢Ã for everyone it is possible.¢ÃÂÂThe first thing to realize when embarking on a path of mindfulness is that it¢ÃÂÎI be a long and arduous journey. Our normal lives are the complete opposite of what we¢ÃÂÂre trying to do here. For our entire lifetimes, we have been asleep. We have lived mechanical, habitual, unconscious lives. Naturally, it will be difficult to change our ways. If you have lived a certain way for 30, 40, 50, 60, then change will be a challenge. And so, let's lose many times. What matters is not that we lose. What matters is not that we lose. What matters is not that we lose ... 9. You go Miss Many Times â € œmove in life remaining continually attentive. Again and again you will forget. It does not become miserable because of this; It is natural. For million lives you never tried to vigilance, so it is simple, natural, that you forget to watch, you don't feel sorry, you don't regret it; If it is contained, again you are wasting time. Not feel miserable: â € œI lost again. A waste of time. Never regret it for the past! Live at the moment. If you had forgotten, and then? It was natural, "it became a hubit, and the hums die hard. And these are not imbied hijetos in a life; These are imbied hibits in lives of lives. So, if you can remain alert even for a few moments, feel grateful. Even these few moments are more than you can expect. â € ours remembers one thing: whenever you realize that you went to the present, not creating no problem. Everything is fine! Just bring back your awareness. You will lose million times; It will not happen now, immediately. It may happen, but it may not because of you. It is a long, long and fixed mode of behavior that you can not change it now. But you don't worry, existence is not in a hurry. Eternity can wait forever. Not create a tension on this. Whenever you feel that you lost, come back, that's all. Do not feel quilty; This is a trick of the mind, now it is playing a game again. No â € € I forgot again. You're doing it. Take your bath, come back; go for a walk, come back - simply, innocently. attention to your life. What will inevitably happen is that you forget to be conscious repeatedly. you are conscious for a moment, but then you get distracted. and then it can take a few minutes, hours, u until days until you realize: "Oh, I have not been conscious. I forgot! that is natural and must happen a lot. In these moments, our natural response is to feel guilty and hit us, "Why am I so bad at this? I can't even keep an eye out for a few minutes! I am the worst!" that is not useful. Actually, it's just more unconscious, more sleepwalking. rather than condemning itself to create guilt, simply accept it and return to the present moment. do not waste time worrying about the fact that you lost. Come back. simply. Innocently.10. the only real change in consciousness "How can you escape? wherever you go, you'll be with you. Wherever you go, you'll be have the same way. situations can be different, but how can you be different? you will be have the same way. situations can be different? wherever you go, you'll be have the same way. situations can be different? wherever you go, you'll be have the same way. boston, u vou sleep in londres u in the himalayas? wherever you are, you will dream. dreaming! Make yourself more alert. suddenly dreams disappear." people keep trying to change their external changing lives. We buy new cars, new clothes, new furniture. We got a new job. We're going to a new place. We have a new wife u husband. we can continue to change the externals everything we want. the key factor in how we feel is ourselves. even with the same person change in consciousness. Eckhart Tolle puts it well in the power of now: "You can earn \$10 million, but this kind of change is no more than deep skin. You would simply continue acting the same conditioned standards in a more luxurious environment. Human beings have learned to divide the atom. Instead of killing ten or twenty people with a wooden club, a person can now kill a million by just pressing a button. Is that a real change? Read more if you liked it, you will likely enjoy other books about attention and spirituality as well. Here are three suggestions: Peace is at every step of Thich Naht Hanh. This is a book about the full attention and the conscious life of one of the world's best known Buddhist teachers now. The power of now of Eckhart Tolle. Tolle is probably the best known spiritual teacher of the 21st century so far. He talks about the same topics as Osho, but tends to use different language for her. The solution of the full attention of the full attention of the full attention of the 21st century so far. He talks about the same topics as Osho, but tends to use different language for her. want more summaries like this, check out the Blinkist to get instant access to over 2,000 summaries of the best non-fiction and self-help books of all time. Always.

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