



# The Book of Secrets: Keys to Love and Meditation

By Osho

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## The Book of Secrets: Keys to Love and Meditation By Osho

Osho has always spoken of two approaches to self-discovery: one in which the person learns about him or herself through relating to others, in which self-reflection and retreat. Everyone will tend to be naturally attracted to one path or the other -- the Path of Love, or the Path of Meditation -- but the two paths meet in the end, and grow towards one another along the way.

On the first tape of this gentle, perceptive program, Osho explores the Secrets of Love -- including the Way of Tantra, the Nature of Desire, the Purest Form of Love, and guidance to Searching for a Soulmate. On the second tape, he turns his focus to the Secrets of Meditation -- bringing you to the realization that Your Freedom is Total, and Total Relaxation is the Ultimate, as he also explores the Seed of Buddhahood, the Joy of Knowing Yourself, and the Breath Within the Breath.

In all his teaching, Osho urges that we must not simply be passive followers, but rigorous examiners of our inner landscapes before we can be at peace with ourselves. Now, let this great philosopher offer you the wisdom, information, and insight you need to examine yourself and find your unique path.

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### **Review**

"These techniques will not mention any religious ritual. No temple is needed, you are quite enough of a temple yourself. You are the lab; the whole experiment is to go on within you. This is not religion, this is science. No belief is needed. Only a daringness to experiment is enough; courage to experiment is enough.

These 112 methods are for the whole of humanity-for all the ages that have passed, and for all the ages that have yet to come. I will go on describing each method from as many angles as possible. If you feel any affinity with it, play with it for three days. If you feel that it fits, that something clicks in you, continue it for three months.

Life is a miracle. If you have not known its mystery, that only shows that you do not know the technique for how to approach it." --*Osho*

### **About the Author**

Osho is an enlightened mystic whose spontaneous talks to disciples and friends have been transcribed and published in more than 650 books in 35 languages worldwide. He was born in India in 1931 and left his body in 1990. He belongs to no tradition.

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