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30SARIO

**BROTHER DAVID
STEINDL-RAST O.S.B.**

El camino de
la Gracitud



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Y VIVIR MEJOR**
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Cocina con
amigos



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Osho

“Vive tan peligrosamente
como te sea posible”

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“Vive tan peligrosamente como te sea posible”

¿Guru, filósofo y maestro espiritual iluminado, dotado de una inteligencia privilegiada y una lucidez sin par. “Solo aquellos que están listos para morir como si volver a nacer como algo tan nuevo que ni siquiera pueden imaginarlo estarán listos para escuchar mi mensaje”, dijo a sus millones de seguidores.

Conocido como el «maestro de la liberación», Osho enseñó a vivir en el presente, a vivir en el momento, a vivir en el aquí y ahora. Su filosofía se basa en la liberación de la mente, de la mente que vive en el pasado y el futuro. Osho enseñó a vivir en el momento, a vivir en el aquí y ahora. Su filosofía se basa en la liberación de la mente, de la mente que vive en el pasado y el futuro.

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OSHO “Live as Dangerously as Possible”

Guru, philosopher and enlighten spiritual master, provided with a privileged intelligence and loquacity without pair. “Only those who are ready to die as they are now and be reborn as something so new that they are ready to listen to his message”, he said to his millions of followers.

México, Bogotá, Buenos Aires y Santiago de Chile son algunas de las ciudades donde se han celebrado sus conferencias. Osho enseñó a vivir en el momento, a vivir en el aquí y ahora.

Sus enseñanzas científicas hacen énfasis en la meditación, en la consciencia, el amor, la celebración, la creatividad y el sentido del humor; a su vez, el mundo, todas ellas cualidades superiores por la adhesión a sistemas de creencias estéticas, tradiciones religiosas y la socialización.

X Sábida Cosmética

7.um

OSHO

Para ver en DVD

7.um

OSHO

Música para entrar en el silencio

um.8

OSHO

Para seguir leyendo

um.14

OSHO

Golpeado por la diabetes, el asma, los alergias, Osho murió a los tan sólo 39 años, un 30 de enero de 1990: “¿Existencia he decidido que es el tiempo... Mi presencia será mucho más fuerte a la infierno de mi cuerpo torturado”, pronunció a los 33 años. “Si hay algo de verdad en lo que he dicho, sobreviviré...”

um.10

OSHO

Para seguir leyendo

um.16

Siendo estudiante, ganó una medalla de oro en un concurso de debate que cubría toda la India... más tarde, se graduó en Filosofía con los más altos honores en la Universidad de Saqar.

Osho pronunció su último discurso público en 1985. Desde entonces, la familia de Osho continúa sus enseñanzas a los devotos que siguen.

Música para entrar en el silencio

La música es un lenguaje universal que trasciende las barreras del idioma y la cultura. Osho enseñó a utilizar la música como una herramienta para entrar en el silencio y experimentar la esencia de la vida.

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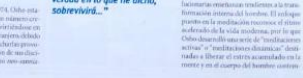
En su infancia, Osho se destacó por su inteligencia y su capacidad de debate. Ganó una medalla de oro en un concurso de debate que cubría toda la India. Más tarde, se graduó en Filosofía con los más altos honores en la Universidad de Saqar.

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“Live as Dangerously as Possible”

Guru, philosopher and enlighten spiritual master, provided with a privileged intelligence and loquacity without pair. “Only those who are ready to die as they are now and be reborn as something so new that they cannot imagine, will be ready to listen to my message”, he said to his millions of followers.

Known as “One of the most influential people of the 20th Century”; he was subject of profound love and extreme hate, Osho has been defined either as “a free agnostic thinker”, “the sex guru” in India, “the Rolls Royce guru” in USA, “The counter culture guru”, “One of the makers of the 20th Century”, and “the most dangerous person since Jesus Christ”. An outspoken figure and provocateur, the truth is that with his more than 650 titles published in 55 languages with his ideas and thoughts, Osho has an inbuilt capacity to explain the abstract in a very simple language, and to illustrate it with creative anecdotes, jokes, making fun of ordinary life and playing deconstructive games with words.

A mystic, philosopher, professor and spiritual master, his talks questioned all the governing concepts and established traditions. He attacked the idea of ‘nationalism’, ‘marriage’, ‘family’, ‘ideology’ and ‘religions’. He outraged Hindu leaders with his concept of free sex. He criticized politicians and made openly fun of highly respected religious dogmas.

Osho grew up as a rebellious and independent spirit, standing up to imposed religious, social and political traditions, insisting that one should experiment with truth by one self, instead of accumulating knowledge and believes from others. His syncretic teachings put the emphasis on meditation, on awareness, on love, celebration, creativity and a sense of humor. In his view all these qualities have been repressed in the world because of our attachment to believe systems, religious traditions and education.

From beginning to end

As an outspoken and disruptive figure, “exceptionally intelligent”, Osho had to overcome big obstacles to adapt to live in society. Educated by his grandparents in a small village in India, this young inquirer and non-conformist, the elder son of 11 brothers, will devote his life to create his own world.

Due to his disruptive and challenging behavior, he developed into a rebellious and talented student and became infamous as an outstanding debater. Osho was relieved of the duty to attend classes, but the qualifications of his exams were superior and excellent. As a student he won a gold medal when making the first place in a national debate contest that covered all of India..., later he graduated whit highest honors at the University of Sagar.

“His syncretic teachings put the emphasis in meditation, in awareness, in love, celebration, creativity and sense of humor. In his view all these qualities have been repressed in the world because of our attachment to believe systems, religious traditions and education”.

He became spiritually enlightened on 21. March 1953, at the age of 21, in a transcendental experience. He adopted the name Osho in the 90', a name derived from the word "oceanic", which means dissolving into the ocean and which in the East means the "blessed on whom heaven pours flowers". That date marked a turning point on his path: *"I am no longer looking for anything. Existence has opened all its doors to me. I can't even say that I belong to existence, because I am part of it. When a flower blooms, I flourish with it. When the sun comes out, I go out with her. My body is part of nature; my being is part of the whole. I'm not a separate entity"*.

"As a student he won a gold medal when making the first place in a national debate contest that covered all of India..., later he graduated with highest honors at the University of Sagar".

Osho gave his last public talk in 1989. After that, he was in silence among his followers and dealt with his health problems. Suffering from diabetes, asthma and allergies, Osho died with only 59 years, on January 19th, 1990: *"Let me go. Existence has decided that it is time... My presence will be much stronger without the burden of my tortured body"*, he left at 17:30. *"If there is any truth in what I have said, it will survive... Consciousness is not a monopoly of anybody, the same with celebration, joy and an innocent child's gaze... Know yourselves because the path is inside"*.

His epitaph was written by himself before he died: *"OSHO: Never Born. Never Died Only visited this planet Earth between December 11, 1931 and January 19, 1990."*

The Poona Ashram

Located about sixty miles southeast of Bombay, the 'ashram' of Osho in the city of Poona, has become one of the main tourist attractions of the India: today called '**Osho International Meditation Resort**', this 'spiritual oasis', is home for the teachings of a variety of spiritual techniques and traditions to discover oneself. It is estimated that the resort attracts around 200,000 people per year, also visited by figures such as the Dalai Lama.

One of the conditions to entry is an AIDS test; those who test positive are denied to enter.

Moving to Poona in 1974, Osho established an ashram and attracted an increasing number of Western visitors, became headline news in India and abroad because of the liberal environment and his provocative lectures. A space for the initiation of his disciples (then known as *neo-sannyasins*) and make Osho their spiritual teacher, the ashram becomes quickly *"an exciting and intense place, with a wild carnival and emotionally stimulating atmosphere"*.

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The newly established center soon became a center of Arts and craftsmanship, a place of manufacturing of clothing, jewelry, ceramics, organic cosmetics, theatre, music and mime. With the arrival of several therapists from the "Human Potential Movement", the *ashram* began to accompany meditations with therapy groups.

The place functioned as an iconic base of revolutionary teachings to the inner transformation of human beings. The focus is put on meditation, recognizing the accelerated rhythm of modern life and Osho developed a series of "active meditations" including "dynamic meditation", designed to relieve stress accumulated in the mind and body of contemporary people. On the path of meditation and the self-knowledge, a uniquely true way, we have to understand that *"Life is not waiting for you anywhere else, is going on in you right now. It is not in the future as a goal that you have to reach, it is here and now, at this very moment, in your breathing, in the circulation of your blood and in the beating of your heart. Whatever you are that's your life, and if you seek meaning elsewhere, you will miss it"*.

'Politics is Dead'

'I don't have any interest in an ideal society, and I ask you also to leave that dream behind, a dream that has caused so many nightmares. We must remember that at this moment nothing can happen through politics, politics is dead.'

An enemy of rigid systems, vested interest and orthodox rituals, Osho was a firm critic of political ideologies and oppressive religious systems, he saw as guilt-ridden and misleading. He lectured against and criticized socialism (in spite of having briefly joined their ranks during his early youth, looking at it later just as a tool to share and increase poverty) and against the immaculate figure of Gandhi, which he accused of *"retrograde masochism"* and *"worshipping misery"*. In his opinion, what his country needed to escape from underdevelopment was *"capitalism, science, modern technology and birth control"*.

"You have to give up the idea of a salvation. No system will be the salvation: communism, fascism or Gandhism. There is no savior: not Jesus Christ, not Krishna, or Rama. You have to forget the nonsense about guilt and sin you're carrying. Put all your energy in dance and celebrating life, then you will be at ease, here and now, and you will not have to become an 'ideal'. Ideology has lost any authenticity, in fact never had, and also gone is the ability to convince. There are very few serious minds who continue to believe that we can achieve a new utopia through social change. Forget the utopian ideals and live here and now".

'Seriousness is a Cancerous Tumor'

"Life in its totality is a great cosmic joke. It is not a serious phenomenon; take it seriously and you lose it, understand it only through laughter".

Using paradox and contradictions, Osho's teachings do not support a specific academic structure, or an abstract philosophical system. Difficult to summarize in a final form, his insights are interspersed with jokes and illustrative stories taken from everyday life. His insights are expressed in an articulate and simple rhetoric; his talks include much humor and a blunt refusal to take anything serious. This is 'a technique of transformation' to take people beyond 'the mind'.

In the same way as Sufi teachers tended to make fun of their disciples so that they would think, reflect and meditate, the style of Osho's talks abandoned any intellectual profile and included include irony, black humor, shock and amusement for his audience.

“Man has not achieved anything with seriousness, but has simply lost everything and, is still serious. I am absolutely against seriousness. I call it a 'psychological disease'. Only a playful, childlike, innocent behavior is what I call a virtuous, religious, spiritual behavior... not only human, but divine. At the moment when you're as innocent as a child you have transcended humanity, you have entered the world of the divine”.

To view a DVD

A series of works to enjoy the teachings of this great master. The topics: *Is it Necessary to Save Humanity?; Jealousy Means Living in Comparison; When Eternity Transcends Time; You Are in Prison, but you think you're free; The Mind a Wonderful Tool, A Dangerous Master; Hypnosis in the Service of Meditation; Bringing Up Children; Spiritual Growth and Enlightenment; The Courage to Doubt.*

“These are not just jokes, they are devices. You should not only laugh and forget them, but make them part of your understanding, then, you'll be able to laugh. And if you're able to laugh at yourself, you've laughed for the first time. I have to tickle you so sometimes you forget your 'religion', forget all philosophies, theories, and systems and put your feet on the Earth. I have to return you to Earth again; otherwise you will tend to be serious, more and more serious. And the seriousness is a cancerous tumor.”

Zorba the Buddha

“My message is very simple: live life as dangerously as possible. Live life fully, intensely, passionately, because life is the only God, and it is in you”.

Osho has spoken virtually on every aspect of development of human consciousness; based not on an intellectual understanding, but on his own existential verification of his experience; away from

all tradition: *“I am the beginning of a whole new consciousness; I do not connect with the past, it is not even worth to remember”.* *“My message is not a doctrine or a philosophy. My message is alchemy, a science of transformation. Those who are ready to die as they are and to be reborn as something new which they cannot even imagine... will be ready to listen, because listening is going to be risky. To listen, you've taken the first step to rebirth. It is not a doctrine in which you can find consolation to frightening questions. No, my message is not a verbal communication. It is far more dangerous. It is not less than death and rebirth”.*

Osho was a persistent advocate of the creation of a 'new man', an evolved human being capable of simultaneously embrace science and spirituality. A humanity threatened by overpopulation, a nuclear holocaust and diseases such as AIDS, creates the environment for the birth of a new type of human being; often characterized as 'Zorba the Buddha', for the ability to combine the enjoyment of worldly pleasures (like Zorba the Greek), with the ascetic and serenity of a Gautama the Buddha.

“Every moment is precious; do not waste it in unconsciousness. If you value every moment as an opportunity to obtain greater awareness, it will increase day by day. Suddenly, one day, you will discover that light shines inside you. If you strive to achieve it, one day you'll wake up as a new being - aware, loving but not attached; an inhabitant of the world, but a watcher from the hills. That is the paradox that must be encountered; being and not being in the world simultaneously”.

To keep on reading

And the Flowers Showered —Arkano Books

Subhuti was one of the disciples of the Buddha. He came to understand the power vacuum, the reality that nothing exists but in a relationship of subjectivity and objectivity. One day when Subhuti was sitting under a tree in a state of sublime vacuum, began to rain flowers to her around.

“We praise you for your discourse on the vacuum” the gods whispered to him. “But I have not spoken of the vacuum,” said Subhuti. “You have not spoken of the vacuum, we have not heard the vacuum,” responded the gods. “This is a real vacuum.” And showered flowers on Subhuti.

Osho says some of these Zen stories revealing their deepest meaning: not only explains the zen thinking, but rather, it also integrates with various aspects of Eastern and Western thought in an extraordinary synthesis which characterizes him and that constitutes his peculiar vision: global, timeless and mischievously iconoclastic.

The Magic of Self Respect - awakening to your own consciousness —Random House Mondadori

Part of our everyday experience is shaped by religion and the social conditions and we are not even aware of it. Osho explains that we are constantly being polished unique nature with which we were born. This unique and original nature is replaced by our fake I, “ego”, who takes the reins and control our creativity, which means for us to succeed, our personal relationships and own experience of who we are. At the same time the “egos” collection known as society, shapes our political, educational and religious institutions that are still transmitting the same

patterns to new generations of innocent human beings. In this title, Osho introduces us to the process of finding out who we really are, and it helps to take the first step: see who and what we are *not*. Then it will be when the magic of self-esteem can allow us to reveal to us. A risky and courageous book which, away from oneself, takes you directly to the essence of oneself.

The Razor’s Edge — Debolsillo

We live in a world in crisis whose reality, often, we do not know how to deal with. Technology, science and economic exploitation seem to be the only maxims of today, to the detriment of the growth and maturity of our consciousness. In addition, society seems doomed to abuse of power and the destruction of the ecosystem. However, Osho reminds us that it is not the first time that humanity faces random times, reason by which urges us to go along the razor's edge, to make an effort to revolutionize our conscience, force it to move from the mundane to the transcendent and try to achieve the own growth and of our beautiful planet.

“Only a playful, childlike, innocent behavior is what I call a virtuous, religious, spiritual behavior... Not only human, but divine. At the time that you're as innocent as a child you have transcended humanity, you have entered the world of the divine”.

“In the same way that every seed holds the potential of the tree, everybody can become a Buddha, a Heraclitus or a Jesus’, but you should strive to achieve it. Just lukewarm efforts will not work. In the West, there is much confusion about Zen masters, because they speak of the effortlessness. But a person must work for twenty years with a Zen master to achieve this state of effortlessness. For Heraclitus, effort is the base and if you strive for truth, you will automatically reach the state effortlessness. If you strive to reach consciousness, with time, you won't need to do anything, because it will be there, like breathing.”

Osho's 'ten commandments'

To the questions of a journalist, Osho enjoyed create a series of 'commandments'. Although alien to any fixed orthodoxy, this was his response:

1. Obey no instruction unless it also comes from your inside.
2. There is no God but life itself.
3. Truth is within you. Do not look for it elsewhere.
4. Love is a prayer.
5. To become empty is the gateway to truth. Emptiness itself is the method and goal.
6. Life is here and now.
7. Live, fully awake.
8. Don't swim, float.
9. Die every moment so you can be born again every moment.
10. Don't search. That what is, is. Stop and see.

To keep on reading

The Book of Ego — Debolsillo

Osho shows us the way to liberate ourselves from our ego and become ourselves. The ego is the opposite of our true being. It is the substitute of our existence that we know, a false identity that we adopt in our process of socialization. The ego is a wrap of our conscience and, unless we liberate ourselves from it, we never meet ourselves.

Being in Love — Debolsillo

Everyone thinks that love is necessary, that without it life makes no sense. But only a very few people really know how to love. Not everything people do in the name of love is love, but is something else. Osho is one of those who can teach us. Love often comes together with other notions: jealousy, anger, hatred, possession, domination, ego. These are poisons that destroy the true nectar: love means to get rid of all these interferences. Only then, at that very moment, a love of unprecedented clarity flourishes around us.

Close your eyes and take the Jump — Debolsillo

Listen to the sound of your truth. At the beginning of this book, Osho is asked how to recognize the sound of truth when we hear it, even if we never felt it within ourselves. With a caring and humorous attitude, Osho reminds his readers that, in reality, each of us contains the experience of the truth: the truth is in each of us; all children are born in truth.

Body Mind Balancing — Debolsillo

This book is a practical guide to know your own body and learn to listen to its language on a path of healing to wellness through "active meditation". Unhappiness is nothing more than the product of a personal choice when wellness tools are within easy reach. The mind-body balance is an instrument that is necessary when it comes to get on the path of relaxation, to relieve discomfort related to stress and pain.

Physical and psychological stress, aches and pains are nothing more than the product of non-communication between mind and body. The purpose of this book is exactly this, the importance of understanding the body, listening to symptoms and warnings, thus to deepen and harmonize the mind-body connection, achieving the sought after balance.

The book is accompanied by a guided meditation that takes the listener through the rediscovery of a loving and positive attitude toward the body. It is an education, a learning how to be kind to our body and discover its potential, our powers we surprisingly never thought to be capable of. *"The body is the key; the body is the cornerstone to access your own consciousness"*.