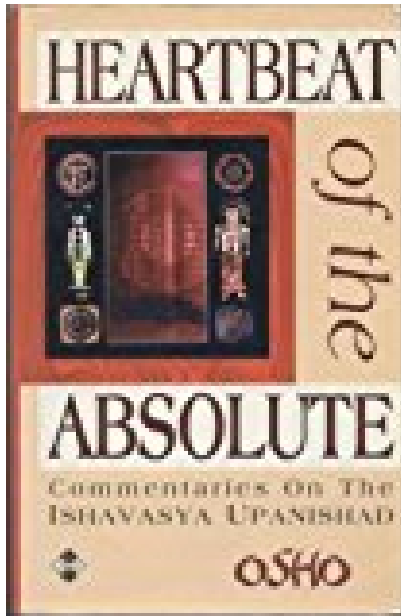


Heartbeat of the Absolute Discourses on the Ishavasya Upanishad



BOOK DETAILS

- Author : Osho
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BOOK SYNOPSIS

The ancient seers, or rishis, of India left behind them mysterious and often obscure scriptures which contain the essence of Eastern spirituality. Passed down orally from generation to generation of initiated seekers, these words of Upanishadic wisdom have lost much of their original meaning and context, and in this book a 20th-century Indian mystic sets out to explain the truths hidden in the Ishavasya Upanishad. He also describes practical meditation techniques for the modern man who finds it difficult to silence his mind, and explains the science behind his own dynamic meditation.

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