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“ Meditation is nothing but a device

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to make you aware of your real self—which is not created by you, which need not be created by you, which you already are. You are born with it. You are it! It ” Osho, Meditation: The First and Last Freedom

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The First And Last Freedom 4  
Jiddu Krishnamurti. CHAPTER 1.  
FOREWORD BY ALDOUS HUXLEY  
crimes are justified, the greatest follies elaborately rationalized. An education that teaches us not how but what to think is an education that calls for a governing class of pastors and masters. But " the very

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idea of leading somebody is antisocial and ...

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Why does Osho call meditation "the first and last freedom"?

Because in his understanding meditation is the dimension through which every individual can realize his own, unique potential - the unlimited personal freedom that is available for all of us. This book is a compilation drawn from Osho's many years of work on meditation.

Meditation: The First and Last Freedom - The Sannyas Wiki  
Meditation: First and Last Step – From Understanding to Practice  
Meditation is a method with which

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man becomes completely realized and present in existence, in all dimensions, even in this physical reality; truly unconditioned and authentically himself.

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“ Meditation- The First and Last Freedom ” contains very practical, step-by-step guides to many of meditation techniques specially selected by or created by Osho. Some of his techniques are very different to usual just sitting still and motionless approach. The are some techniques tough by Osho called Active Meditations.

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