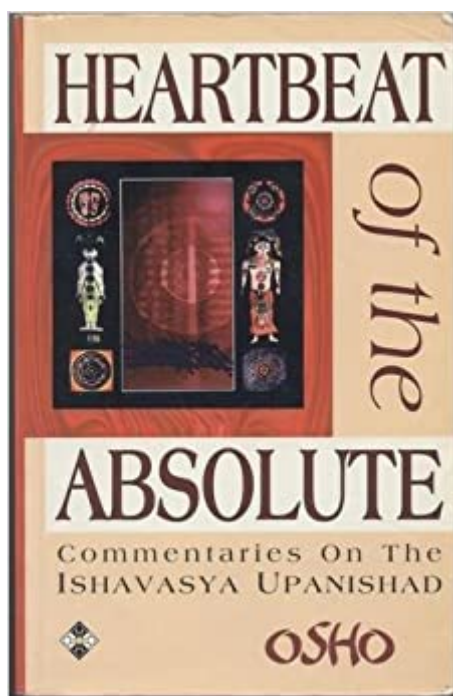


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Heartbeat Of The Absolute: Discourses On The Ishavasya Upanishad



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Customer Reviews

This is one of the two most important books of Osho (the other being "The book of Secrets"). The Isha Upanishad is not easy to understand for "Westerners", since our inherent materialistic way of thinking can only see apparent contradictions in this ancient text. Osho teaches us to understand this powerful Upanishad by explaining the nature of polarities, a concept totally alien to most people in the west! We are so used to see things as good or bad, black or white, alive or dead. Osho explains that one can not be without the other, they are two sides of the same coin. By understanding the oneness of existence one transcends it. This book is utterly beautiful and for those who are spiritual seekers, rather than religious believers, it will be the beginning of an amazing journey. Om Shanti-Shanti-Shanti Om

Better choice than the Bible!

Osho, the controversial guru of the 80ies, provides an insightful and practical perspective on the liberation of the mind by using this ancient Hindu Upanishad. Along with his "Tantra, the Supreme Understanding" this work is a valuable introduction into eastern thinking without getting hung up on technical history or religious details. Above all, the book is practical and devotional in nature. Recommended to all who are tired of and burned out with traditional western religious systems. Osho is like a breath of fresh air.

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