

Awareness: The Key to Living in Balance (Insights for a New Way of Living)

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One of the greatest spiritual teachers of the twentieth century will help you learn how to live in the present moment in *Awareness: The Key to Living in Balance*.

Underlying all meditation techniques, including martial arts-and in fact underlying all great athletic performances-is a quality of being awake and present to the moment, a quality that Osho calls awareness. Once we can identify and understand what this quality of awareness is, we have the key to self-mastery in virtually every area of our lives.

According to great masters like Lao Tzu or Buddha, most of us move through our lives like sleepwalkers. Never really present in what we are doing, never fully alert to our environment, and not even aware of what motivates us to do and say the things we do.

At the same time, all of us have experienced moments of awareness-or awakening, to use another-in extraordinary circumstances. On the road, in a sudden and unexpected accident, time seems to stop and one is suddenly aware of every movement, every sound, every thought. Or in moments that touch us deeply-welcoming a new baby into the world for the first time, or being with someone at the moment of death.

Awareness, says Osho, is the key to being self-directed, centered, and free in every aspect of our lives. In this book, Osho teaches how to live life more attentively, mindfully, and meditatively, with love, caring and consciousness.

Osho challenges readers to examine and break free of the conditioned belief systems and prejudices that limit their capacity to enjoy life in all its richness. He has been described by the *Sunday Times* of London as one of the "1000 Makers of the 20th Century" and by *Sunday Mid-Day* (India) as one of the ten people-along with Gandhi, Nehru, and Buddha-who have changed the destiny of India. Since his death in 1990, the influence of his teachings continues to expand, reaching seekers of all ages in virtually every country of the world.

Osho is one of the most provocative and inspiring spiritual teachers of the twentieth century. Known for his revolutionary contribution to the science of inner transformation, the influence of his teachings continues to grow, reaching seekers of all ages in virtually every country of the world. He is the author of many books, including *Love, Freedom, Aloneness; The Book of Secrets; and Innocence, Knowledge, and Wonder*.

Other Books

The Voice Dialogue Facilitator's Handbook, Part 1, The first textbook written for learning Voice Dialogue facilitation, a method for working with consciousness created by Drs. Hal and Sidra Stone, authors of "Embracing Our Selves," "Embracing Each Other," "Embracing Your Inner Critic," and "The Shadow King." This Handbook is designed to make Voice Dialogue facilitation easy and rewarding. Every part of a Voice Dialogue session is described in detail with lots of sample facilitations that explore the energetic dynamics between a facilitator and his/her client.

□ □ □ □ □ . If separation from the selves is one key ingredient in the development of the Aware Ego, then the other essential ingredient ... The Aware Ego is able to live life in a new way, making choices to shift direction or stay solidly on course. ..."