



The Book of Secrets: 112 Meditations to Discover the Mystery Within

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The Book of Secrets: 112 Meditations to Discover the Mystery Within Osho

In this comprehensive and practical guide, the secrets of the ancient science of Tantra become available to a contemporary audience for the first time. Confined to small, hidden mystery schools for centuries, and often misunderstood and misinterpreted today. Tantra is not just a collection of techniques to enhance sexual experience. As Osho shows in these pages, it is a complete science of self-realization, based on the cumulative wisdom of centuries of exploration into the meaning of life and consciousness. Tantra-the very word means "technique"-is a set of powerful, transformative tools that can be used to bring new meaning and joy to every aspect of our daily lives.

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