



EMOTIONS: Freedom from Anger, Jealousy & Fear

By Osho

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Strong emotions that we don't know how to handle effectively lie at the core of so many difficulties in the life of the individual. They can affect our relationships with loved ones, and how we function in our work. They play a profound role in how we feel about ourselves, and can even affect our physical health. And we are too often trapped in the dilemma of "expression" versus "repression." Expressing our emotions can often hurt others, but by repressing them – even in the benevolent guise of "self-control" – we risk hurting ourselves.

Osho offers a third alternative, which is to understand the roots of our emotions and to develop the knack of watching them and learning from them as they arise, rather than being "taken over" by them. Eventually we find that even the most challenging and difficult situations no longer have the power to provoke us and cause us pain.

Osho's unique insight into the workings of the mind, the heart, and the essence or "being" of the individual goes far beyond the understandings of conventional psychology. Over more than three decades of work with people from all walks of life, he has developed simple techniques and insights to help modern-day men and women to rediscover their own inner silence and wisdom.

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Editorial Review

About the Author

Osho is a contemporary mystic whose life and teachings have influenced millions of people of all ages, and from all walks of life. His often provocative and challenging teachings generate today more and more interest and his readership is dramatically expanding around the world in more than fifty languages. People can easily recognize the wisdom of his insights, and their relevance to our lives and to the issues we are facing today. The Sunday Times in London named Osho as one of the "1,000 Makers of the 20th Century". He is known around the world for his revolutionary contribution to meditation - the science of inner transformation - with the unique approach of his "OSHO Active Meditations" acknowledging the accelerated pace of contemporary life and bringing meditation into modern life.

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