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Discover the Buddha: 53 Meditations to Meet the Buddha Within



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Discover the Buddha: 53 Meditations to Meet the Buddha Within

Osho describes Gautama Buddha as the greatest breakthrough in the evolution of human consciousness because his discovery of meditation shifted the focus away from praying to a god toward meditation; toward becoming alert to the potential of each human being for godliness. The 52 cards in this deck together comprise a thoughtful guide to understanding the Buddha's important contribution to human enlightenment. Each card contain a sutra, a commentary by Osho, and a beautiful image of a Buddha statue. Readers can first enjoy the words as poetry and allow them to evoke an intuitive, emotional response; they can then read Osho's corresponding entry in the book to create meaning. A 53rd car

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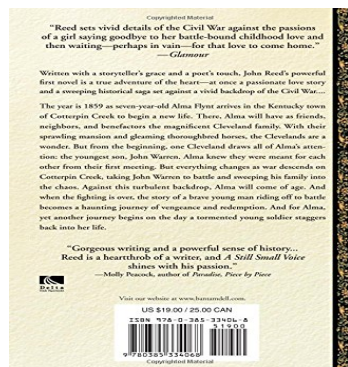
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What others say about this ebook:

Review 1:

Great help for meditation.

Review 2:

The cards are beautiful. It seems odd that the author's name is so prominent on every card; even bigger than the Buddha's name though? Some of the interpretations seem negative and judgemental on non Buddhist beliefs and teachers; the negativity can be distracting and confusing. That being said, I do like the cards and use them.

Review 3:

Beautiful!

Review 4:

Great I love Osho I highly recommend this book it is very inspirational and easy to understand , coolest .

Review 5:

Osho's "Discover the Buddha" set of meditation cards is beautiful. The images of the Enlightened One are masterpieces all by themselves, but the added sayings (sutras) of Buddha create a "Buddha field" around each card you consult (of course, not a real thing in my opinion, but an aura). These are not cards for a parlor game or occult cards that "predict" the future. Instead, used weekly, the cards help focus the mind and create mindfulness. Osho is a 21st century conduit for the ancient Buddha and the cards are a perfect pocket spiritual counselor. Osho's little booklet (which come with the cards), is a gem and provides commentaries on each sutra printed on the card of the week. Also, you don't have to be a Buddhist to absorb the ancient wisdom of this great man (whether, like Jesus, the Buddha even existed in history or was just an archetype--who cares or knows?). In the 21st century, many of us now practice a kind of World Religion which blends the wisdom of many traditions--we pick and choose our spirituality like a buffet dinner. That's perfectly ok, in the post-Christian West, which makes these cards a nice item to blend into your spiritual practice. Sitting and meditating with an Osho card, on a Sunday morning, is my inner church work. Or you may even like to bring a card inside a Christian cathedral and sit quietly in the sacred space (as I did recently while visiting the magnificent St. Joseph Oratory in Montreal, Canada). There are few rules with the cards. The idea is to remain awake. And don't be the fool, as Buddha said. Amen. Peace. Namaste.

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