



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

Bhagwan Shree Rajneesh, Osho

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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-realizatoin, 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.

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

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bad says

this book is about tantra (not sex - that's kama sutra). tantra is about uniting of all of our experience (body, emotions, mind) for the pursuit of a greater purpose, such as spiritual fulfillment. the processes of tantra are highly psychological in nature, so if you like psychology, eastern yoga, esoteric metaphysics, or even just something new on the philosophical horizon, this book has it in concentration. personally, i have read this book 10+ times. this is one of my all-time favorite books.

Avinash Saraf says

Although I havent read many of Osho books, I have read his Autobiography [<http://www.iosho.com/oBook/The%20Life...>] (collection and excerpts of his lectures over the yrs about his life) and From Sex to Superconsciousness. One major difference in this book is that his goal in the book is very clear. Its not abstract in any way, its like math- clear cut and concise. He talks about the difference between Yoga and Tantra in the beginning and explains their differing philosophies in a simple, layman's terms. The book is about Tantric techniques of spiritual advancement. The word "Tantra" he explains, means "technique". Everyone is questioning of life's meaning, how to advance spiritually, what will it lead to etc etc. Osho stresses that the important thing to notice is that you have a doubting mind, not the doubts themselves. He further stresses that he is not going to waste time in clearing your doubts, he is just going to give you techniques which will help you to stop having a doubting mind. The effort has to be yours. There are 112 techniques. Whichever one suits you, do it. Its all in black and white- you work on it and you get results.

Ofcourse thats a simplistic view, and you might be sceptical of it, and for good reason. The attitude with which one approaches such techniques is ofcourse important. The beauty of the book though is that there are 112 techniques, which means that there is one for every kind of attitude. If you are restless and angry, there is a technique that you can use even then.

If you like Osho, buy this book. If you dont know him, read his teachings online if you are interested before you buy the book so that you have taste of what to expect. Dont read too much stuff about him written by others- lot of people misunderstand him- use your own judgement of his teachings.

A good link is [<http://www.oshoworld.com>]

Sushmita Rao says

This book is full of blasphemy: it is the meeting of a misunderstood person and a misunderstood philosophy. Osho is probably the most misunderstood guru and Tantra is misunderstood because on surface it looks shallow and 'impure'. First thing I felt after finishing this book is that I would have lost out on some serious knowledge, insight and inspiration if I had listened to the popular opinion about Osho ('sex guru'). It is lazy labeling. I wonder ..how many people have ACTUALLY read his work in detail? Seriously, do you actually read stuff or parrot what others say?

This book requires a LOT of concentration but if you commit yourself to it, you will be a different human being. Tantra is extremely sophisticated and a highly intelligent philosophy. I always wondered about the violence that happens in our minds. Violence is not always physical. It is a crime to impose your will on others but why is it completely okay to impose your will on....YOURSELF? This might look like a stupid question. Why is it okay to curse yourself, abuse yourself and torture yourself to do something? If I am jealous and I force my mind to not feel jealous, then am I being violent? And most importantly, am I being authentic? Will power is fine but isn't the obsession with will power a subtle form of violence?

If I had to pick one lesson that I learned from this book, it would be this: It is easy to love the world because you will get praise for it. You will get awards for your love of humanity. But the most difficult thing in this world is to love yourself. Because no one will praise you for loving yourself (of course, you don't get praise for drinking water but you must drink it! Self-love is similar). Of course, this will be misunderstood (just like Osho and Tantra). There is a difference between self-obsession and self-love. Self obsession is torturing yourself for not doing things that you think you should be doing. Self-love is unconditional. Tantra is all about accepting yourself and others, unconditionally. People might ask: Oh, so if you murder someone, will you love yourself unconditionally? My answer: If I love myself unconditionally, I will never be in a situation where I would have to do such a thing. Because violence is a result of lack of self-love. Self-love can never lead to violence.

P.S. Osho's views on homosexuality (in this book) suck. But if you can ignore this view and read the whole book, you wouldn't regret this decision.

Joseph says

Cannot finish at a stretch, all meditative experiments! 112 experiments of shiva+Buddha!

Polina says

I picked and chose chapters of it that appealed to me and each one was creating drastic shifts in my perceptions and experiences but somehow the book failed to hold my interest for longer than 1 week. Perhaps I need a little more time to rest where I am before I am again drawn to return to it to continue my transformation.

Moonstar83 says

This book is like a bible of meaningful thoughts and I turn to it whenever I need support. Anyone who is in search of truth can find something here. I use it as therapy, really helps and provides true wisdom and comfort.

Brad VanAuken says

This book, more than any other that I have found, provides simple practical techniques (112 of them) for breaking through the veil of illusion and entering truth. While the techniques are simple and profound, the author has written over 1,100 pages of commentary that provide context and insight. This is a very readable book. It is the right book for me now. Interestingly, many of its techniques are ones that I had practiced on my own without knowing from whence they came or why I was practicing them. You do not need to believe anything in particular for this book to work for you. It is both practical and insightful. All 112 techniques are listed in the back of the book with page references. Pick the technique that most calls to you and practice it for a while or follow the book sequentially from page 1. I highly recommend this book for those who are seeking transformation and a new consciousness. Enter into peace and love and joy...and be peace and love and joy.

Yogi Travelling says

This book is beyond 5 stars....!

No book has changed my perception on life, than this.

I open this book whenever I need 'inspiration' to keep going.... With whatever life tries to throw at me.

This book is beyond words....!

Tantra is the ability to experience the depths of the mind, without the mind... Words are not needed, only the courage to become 'more aware' of one's mind, is required... Only the courage to experiment with techniques is needed...

People can easily become opinionated personally, because of the difficulty that arises, when 'words' are used to describe something, that is 'beyond' words...

It's all about being conscious of our consciousness, or you can say being aware of our awareness :) As you can see words are difficult, because words simply become a play :)

This is why Osho does not use words, instead he uses 'techniques'

Vigyan Bhairav Tantra means 'techniques to move beyond consciousness'... And to experience consciousness, to become aware of consciousness, words cannot be used because consciousness can only exist in the present... while words can only exist with the mind - and the mind cannot exist in the present; the mind can only exist in the past and in the future...

So to use words is extremely difficult, because words relate to our individual experiences. And when our experiences are different (which of course they should be, because no two people can experience the same things), the message we use with our choice of words to describe it, is also different - this is how personal opinions are formed :)

So Osho only describes 'techniques'. If the techniques are performed, the result 'happens' on its own... The result is simply a by-product... If we do the techniques regularly, an explosion happens, the result happens... An explosion of consciousness :)

It's like a light bulb, current flows in one direction to light the light bulb. If the current is made to flow in the opposite direction - the light bulb explodes. So it is with our awareness.

We live in a society that demands us to take our awareness out of our body - to our periphery. But with these techniques, Osho shows us how to take our awareness into our body - to our centre.

Consciousness and the mind are like two parallel lines that never cross. One can only exist without the other. These techniques are used to slowly quiet the mind, so we can become aware of our consciousness.

This is Tantra... Osho provides an absolutely, incomparable 'framework' for how to approach Tantra...

Also I might add that Osho has 'never' written a book in his life, this book like the many hundred others, are simply him talking... His talks have been turned into discourses :)

Mina says

I usually try to avoid "feel-good" New Age books, mainly because I know that life is not always about feeling good, and I don't want to believe in, or practise, lies and deception, especially towards my own self. Who can want to deceive their own selves?

There may be some truths within this book that seem to coincide with our own belief systems, but at other moments, how can we know that what this book is presenting is really something authentic and real, or just watered down realities that we already are familiar with? In some ways, this is another New Age book that only sounds more profound. (Oh, I can almost feel the heat from here; I expect to receive hate mail very soon from Osho's zealots any moment now.)

Well, wait -- there is one part where I do agree with Osho, and that is his belief we shouldn't repress our emotions so much. But I only agree, to a point. I think Osho wants us to not repress, merely for the sake of it. He doesn't really point out any concrete, or meaningful reason for deciding to act out on this. I actually think all his talk on freeing yourself was just something in vogue at the time, you know, hippie talk, free love, et al. These things are like child's play in our day and age. How far gone as society become? I have worked with young clients who have had more sexual encounters in one week than some professional hookers probably have undergone their entire lives, that's how far gone our "feel good" society as become.

We don't need an Osho right now. We don't need someone to teach us how to remove the barriers from limiting ourselves. What we need right now is concrete, clear-thinking. Oh sure, coming from someone with Romantic tendencies (I love Schubert, Schumann, and anything from the 19th century), I understand how absurd this all sounds, but I have limits, whereas most people do not. I have a classical education and I can be logical, and that is why this book, along with many others of its kind, rubs me the wrong way. I actually get really bad vibes (no pun intended) from these New Age so-called philosophies.

Osho's main mode of thought from this seemingly vast tome of knowledge is based on ideas of Tantra, not Yoga. According to the author, Yoga involves repressing one's self, which again, become out of style during

the late sixties, seventies, and beyond. Yes, Osho is very obsessed with the "hang ups" of repression (good God, I think I've just had a flashback to the sixties, even though I wasn't alive at the time. Quelle horreur!)

While it is true that I have never believed that repressing anger or strong emotions will heal anybody, and I find such things hypocritical; and while I would like to trust in love and peace, let's face it, it's still an imperfect world. To live in such a world, we must go beyond appearances, and go beyond the mind, as the author claims. Okay, now I can agree with Osho here, but at the same time, it also seems a very convenient way to avoid the issues. If we waste our time going beyond, that is, he wants you to also practise meditations and so forth, we kind of miss the point completely. I don't want to zone out. Only an idiot would want to think about nothing all day long.

I am not good at putting spiritual thoughts in words because frankly I can't stand books that deal with religion or spirituality; but if you can relate to anything I am writing here, then be sure to pick this book up, if only to read through and critique it for yourself. I frankly think we need to examine a lot of this New Age related nonsense and put it all into the dust bin where it rightfully belongs, but hey, don't send me hate mail for saying so, it's still a free country.

Ward Hammond says

Life changing.

Dave Bergen says

Book of the Secrets is a deep study of Vijñ?na-Bhairava Tantra, a real classic of the Vedic Tantra lineage. If you have any real interest in Tantra (other than misusing it as a justification to get laid), you pretty much **have** to read this book. The hardback edition is out of print. Fortunately it is available online if you look around.

Rajneesh (Osho) is a self-made Enlightened being, and here he reveals many of his secrets—how he attained Enlightenment and what it all means. Plus he answers questions from his students, and many of the insights he reveals are extremely helpful.

Martin says

A good book to reread now and then, but in small doses. Like all wisdom literature it should be taken with a proverbial grain of salt. But there is more powerful insight in this one book than in all the new age babble that lines the self-help shelves. At times contradictory or reductive (Osho's grasp of science is rudimentary), it is the imperfect work of an imperfect mind speaking truths that are difficult to hear and even harder to live. At any rate, the transformation it aims at won't come from reading.

Pamela Wells says

As a Seeker you must learn a much higher code of conduct then just those taught to you as a child. This requires your willingness to integrate many points of view. What wisdom list of books would be complete without at least one more perspective about the divine? Start with your own great spiritual or religious tradition then read the Book of Secrets. Osho speaks fluently in the tradition of all great spiritual teachers - with love, kindness, tolerance and compassion. Tantra is teaching spirit from a non-dual perspective. Very challenging for most Westerners but a richly rewarding effort for greater self-knowledge, inner depth and consciousness.

Katie says

this is the longest book i have ever bothered owning or trying to read. for some reason, too, every time i open it, it tells me exactly what i need to hear.

Maddie says

Vigyan Bhairav Tantra Revisted!

Vigyan Bhairav Tantra is much older than Osho, and definitely worth 5 stars. To be perfectly honest with you, I could care less about Osho and all the controversy that surrounds him, his life and his followers and the many misguided actions that took place in his name. What I do care about is the Vigyan Bhairav Tantra text itself. A text consisting entirely of meditation techniques written in India 5000 years ago in another language is nearly impossible for an average modern midwestern caucasion with no secondary language skills to decipher.

Making sense of these 112 techniques is exactly what Osho has done. He has taken these techniques and explained them in laymens terms. If you can read between the lines and extract the "Osho" out of what he is saying (and there is remarkably little to extract) and simply leave the techniques you are left with an extraordinary amount of information on meditation. Osho reccomends that you take each technique and try it for three days wholeheartedly. If you find that it seems to work for you or you feel better or different then try it for three weeks.

One thing I have found is that this book can be hard to read. It is basically a transcription of lectures given in person in 1972-1973 going through the Vigyan Bhairav Tantra one Sutra (passage) at a time. Four or five Sutras are examined and Osho explains the mechanics (so to speak) of each one. This comprises a chapter. Then the next chapter consists of a few questions asked by his audience about the previous Sutras and his answers to those questions.

The whole book is aranged according to the general type of meditation technique being described as is the Vigyan Bhairav Tantra. I've found that the book can be picked up and opened to any sutra and tons of information about that technique is immediately at ones fingertips. In this sense the book does not have to be read front to back. You can scan through the techniques until you find one that interests you, read about it, and try it for three days. And that is what truly makes the Vigyan Bhairav Tantra text remarkable.

