



The Journey of Being Human: Is It Possible to Find Real Happiness in Ordinary Life?

Osho

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Man is a bridge, says Osho, between the animal and the divine – and our awareness of this dual aspect of our nature is what makes us human. It is also what makes us restless, full of conflict, so often at the crossroads of selfishness and generosity, of love and hate, frailty and strength, hope and despair. *The Journey of Being Human* looks into how we might embrace and accept these apparent contradictions, rather than trying to choose between them, as the key to transforming each twist and turn of life's journey into a new discovery of who we are meant to be.

The Osho Life Essentials series focuses on the most important questions in the life of the individual. Each volume contains timeless and always-contemporary investigations and discussions into questions vital to our personal search for meaning and purpose. The Osho Life Essentials series focuses on questions specific to our inner life and quality of existence, for example: Is it possible to have an authentic spirituality without a belief in God? What is meditation and how does it work? What can I do as an individual to make the world a better place?

The Journey of Being Human: Is It Possible to Find Real Happiness in Ordinary Life? Details

Date : Published April 24th 2012 by St. Martin's Griffin

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Author : Osho

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Andrei Tama? says

Osho este un mare lider spiritual al secolului XX. De?i se consider? a avea surse ideologice universale, în conferin?ele sale (c?ci, de fapt, nu î?i scrie el c?r?ile) se vede clar influen?a confucianist? ?i taoist?. Ceea ce atrage e faptul c? vorbe?te liber, eliminând prejudec??ile ?i conceptul de ras?, evitând atacurile la persoan? ?i vorbind de problemele grave ale lumii contemporane.

Beth Ann says

The Cover Art is Really Beautiful, and the idea of finding happiness in ordinary life is too. The problem is that then his philosophy veers off in different cliché like directions every which way. He doesn't end up saying much about ordinary life, but a lot about how politicians and religions have tried to trick you into following them, so they can be powerful. I was hoping for something more inspirational.

Ece Sayin says

3.5

JP says

Bliss...

Majordrama says

This is a wonderful book.

Dont be put off by any unfavourable reviews - Definitely a must-read if you enjoy the personal development genre.

It doesnt really aim to give strict prescriptions for happiness of course - but illustrates basic truths by example, analogy, comparison and a fairly loose deductive logic and I found it makes for a very enjoyable and rather enlightening ride.

He has a great rambling philosophical style - a bit like being sat on the knee of the wise grandfather that, in the ideal world, we all really should have had.

Its somehow very humorous, broad, analytical and incisive all at the same time. You will smile, laugh and learn a lot.

5 Stars.

Nathaly says

Osho nahľodol moju zvedavosť. Postrýil ma k aktivite. Na druhú stranu, v niektorých častiach diela na mňa pôsobil zmäťoťne – nerozumela som tomu, ani keď som si to párkrát prečítala. Niekedy mi unikalo, čo nám chce povedať – ani príbehy na lepšie pochopenie nezabrali. „Odpálilo“ mi to mozog. Možno musím na niektoré životné témy vyzrieť a vrátiť sa k tomu neskôr. Asi budem potrebovať až niekoko rokov...

J says

Every line, every page is pure gold!

It is not a book written by Osho but a collection of transcriptions from his audio and video recordings.

It is a collection of mindblowing answers to some very important questions in the life of a human being. He has a philosophical approach in answering the questions but in an easy to understand manner with using personal stories to give the reader more clarity. Very enlightening.

"Man's evolution is multidimensional, his consciousness can grow to infinity, and it should grow to infinity."

Cornelia Litu says

Osho's books are treatises about spirituality and mindfulness as opposed to book about any particular religion/ or religious practice.

Like all other books in this collection, "The Journey of Being Human" is actually a collection of transcripts after talks that Osho gave, trying to answer various questions posed by his disciples. This means that some of the examples and the explanations offered through the book sometimes repeat themselves and that the writing style is not the spotless and clean style that we are used to, from other publications.

As part of his talks, Osho uses a series of anecdotes and stories about real historical characters - and while these stories are most certainly not true, they do have a very educative and illustrative role in helping him make his point.

All in all I enjoyed reading the book and I found it to be a very insightful. I think that the general idea of the book can certainly enrich anyone's spiritual life and that among all the anecdotes and examples we can all find a few things to learn from. Far away from being a scientific thesis, this book appeals to our sensitivity by posing and discussing important existential questions that transcend religion, culture or time.

Piotr Kara? says

Very inspiring and thought-provoking. Worth reading and rereading.
