



Watch and Wait: relaxing and waking up - instinct and intuition (OSHO Singles)

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Watch and wait are two well known maxims from the world of meditation. Osho responds her to questions on 'Relaxing and Waking Up' and 'The Difference between Instinct and Intuition'.

It is the simplicity and personal impact which makes Osho's works so accessible for every reader.

"In meditation you are not going anywhere. You are simply being here, relaxed, utterly centered in yourself. Everything stops. For this, no "how" is needed."

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