



Last in the Evening: 365 Relaxing Moments to Enter the Night Consciously (Second Edition)

By Osho, Osho International Foundation

Osho International. Paperback. Book Condition: new. BRAND NEW, Last in the Evening: 365 Relaxing Moments to Enter the Night Consciously (Second Edition), Osho, Osho International Foundation, Falling asleep in front of a TV screen or a computer screen as so many do these days is know to disturb sleep patterns and dreams. Whatever we do at the end of the day somehow carries through our night and sleep. We can easily understand that this is not be the most relaxing ending of a busy day. Last in the Evening gives you a different option to end your day in a more meditative way, to give you a taste and space of meditation which you can carry through the night. Enjoy the opportunity of sitting with yourself, being with yourself, available to your own subjectivity at the end of your day. Simply end each day by reading a suggested passage for that evening. The extracts in this book, along with its companion volume, First in the Morning, are selected from intimate one-on-one talks with Osho. This book, with passages specially selected for the evening, is invaluable for those already familiar with meditation, as well as the newcomer to the world of...



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