



Mindfulness in the Modern World: How Do I Make Meditation Part of Everyday Life? (Osho Life Essentials)

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When the mind disappears and thoughts disappear, you become mindful. What is mindfulness? It is awareness. It is perfect awareness.

In *Mindfulness in the Modern World*, Osho helps us explore both the inner and the outer obstacles that prevent us from bringing more awareness to all our daily activities. He emphasizes that while techniques can be useful in pointing the way, in themselves they are not meditation. Rather, meditation – or mindfulness – is ultimately a state of being in which we are capable of both action and stillness, work and play, and able to be fully present to each moment of life as it comes. Osho's insights into the nature of the modern mind, with its tendency to judge and compare, provides a helpful entry point for longtime meditators as well as beginners. *Mindfulness in the Modern World* covers a wide range of topics, including five experiential techniques that will help you bring awareness to your everyday life.

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 into and discussions of questions vital to our personal search for meaning and purpose, focusing on questions specific to our inner life and quality of existence.

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