



## The Art of Living

By Osho

Pan Macmillan India, New Delhi, 2015. Paper back. Book Condition: New. 353pp. How many people can honestly say that they are really living? This book gives a glimpse into what it means to live totally and consciously, and how living can become an art. Osho presents and explores five principles: non-violence, non-possessiveness, non-theft, non-desire and non-unawareness. He shows how they can be applied to everyday life by bringing awareness to the simplest of actions and the minutest of details, as well as to the most powerful of human energies, sex. Through directly encountering the depths of the unconscious and aspects of our human nature that we most shy away from, we can rise to the highest peaks of consciousness. Through these talks, Osho invites the reader to begin his own unique inner journey towards that state of ultimate liberation that is the potential of every human being.



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