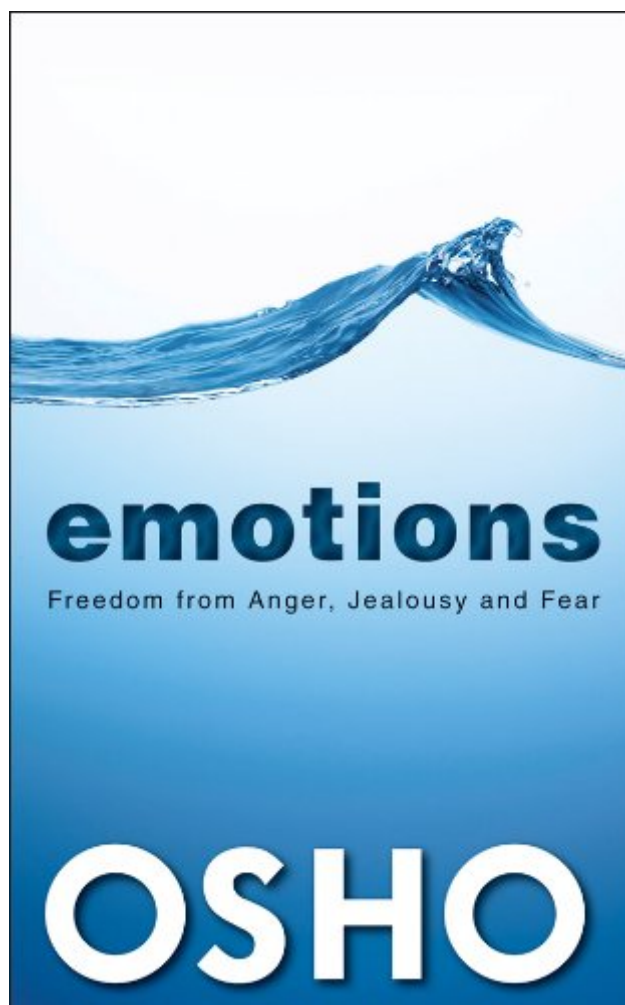


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# EMOTIONS: Freedom From Anger, Jealousy & Fear



## Synopsis

Strong emotions that we don't know how to handle effectively lie at the core of so many difficulties in the life of the individual. They can affect our relationships with loved ones, and how we function in our work. They play a profound role in how we feel about ourselves, and can even affect our physical health. And we are too often trapped in the dilemma of "expression" versus "repression." Expressing our emotions can often hurt others, but by repressing them &#150; even in the benevolent guise of "self-control" &#150; we risk hurting ourselves. Osho offers a third alternative, which is to understand the roots of our emotions and to develop the knack of watching them and learning from them as they arise, rather than being "taken over" by them. Eventually we find that even the most challenging and difficult situations no longer have the power to provoke us and cause us pain. Osho's unique insight into the workings of the mind, the heart, and the essence or "being" of the individual goes far beyond the understandings of conventional psychology. Over more than three decades of work with people from all walks of life, he has developed simple techniques and insights to help modern-day men and women to rediscover their own inner silence and wisdom.

## Book Information

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## Customer Reviews

I'm not a Buddhist, but a Christian. I started reading, just to see what it was about and read the whole thing. The beginning is a very relaxing read and had some highlightable/clipable quotes. I do have different religious beliefs, this book offered some areas for further prayer and contemplation but I did not find these areas offensive so much as a beneficial exposure to a different perspective. Overall, I'm glad that I had a chance to read this book and learn a little about who OSHA is. Thanks to .com for having this book in Kindle format so I could start reading it in 60 seconds.

This collection of Osho's wisdom, recorded from extemporaneous speeches rather than written all at once, offered many insights into the nature of negative and positive emotions. I definitely highlighted quite a few pearls like: "Many people think that sentimentality is spirituality. But emotions are as mental as thoughts, and what you call your heart is as much in your head as your head. You can become emotional very easily. You can cry and weep with tears falling down, big pearl-like tears - but it is nothing spiritual." "Sadness is passive anger and anger is active sadness." "When you see anger in others, go and dig within yourself and you will find it there; when you see too much ego in others, just go inside and you will find ego sitting there. The inside functions like a projector; others become screens and you start seeing films on others which are really your own tapes." "There is one and only one way to understand that to be angry is to be stupid: watch anger in all its phases, be alert to it so it does not catch you unawares; remain watchful, seeing every step of the anger. And you will be surprised: that as awareness about the ways of anger grows, the anger starts evaporating. And when the anger disappears, then there is a peace. Peace is not a positive achievement. When the hatred disappears, there is love. Love is not a positive achievement. When jealousy disappears, there is a deep friendliness towards all." For me, the only thing that keeps this from being a five star book is the section at the end with "practical" suggestions on exercises for meditation, which are often pseudoscientific and almost all...well, weird. The format wasn't perfect on the Kindle but the content was great.

This book is excellent. You are not simply TOLD what to do about dealing with negative emotions, you are shown HOW and WHY! This is NOT just another self help book. This is a book I wish I had read ages ago. We are indeed all taught to suppress rather than channel our negative emotions. This book will show you how to get RID of them by acknowledging them and working through positive solutions.. rather than say grab a drug and addict yourself to trying to escape them (and you never will this way)..

I read and reread this book for our yoga book group. I found good ideas that added to my growth. On the other hand, some of the ideas seemed too simplistic and even unworkable. The growth exercises at the end of the book presented some novel approaches, to me, in helping one overcome the adverse impacts of anger, jealousy, and fear.

What a delight, to read, it shocked me back to reality. I made use of so much detail in this book. Realized i was doing so many things wrong in my life and relationships. It is really worth reading over and over again.

This book is a very refreshing read. It enlightens us to tackle different emotions in more practical and mature way. It assures us that all this negativity which develops and comes out of no where is a normal thing which happens with everyone. Osho has a very unique way of connecting and communicating with the reader, he is a true master and mentor. has created a new wonderful market of small e-books . That's imagination at its best.

Osho books are kind of life savers for me. They uplift me, give me hope, strength and understanding for others. When I feel angry and frustrated I read his advices and keep being reminded that those are only the materialistic things and ppl who I should care about. It gives me more emotional freedom.

I must be fair, before I write something about the book. When I was coming to Oregon, (this was a coincident) , then Osho was just starting to speak after 6 years of silence. Everything what he was speaking was total fitting to my present situation.... The community was for me the paradise, I was attending some groups .... Became eventually a devote....The book emotions, is a collection from parts of many discourses he had given over 20 years. Somehow it does not feel so good, because it is not one whole piece, it is out of many pieces....But still the contents is really great, easy to understand, so that we will accept and understand our feelings. Today I would add, with the new technics of EFT (google it) we can transform our feelings much faster than it had been possible with technics from OSHO (EFT became public after Osho passed by).

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