

Zen Is Not Teaching: Zen Is An Alarm To Wake You Up | Osho Classics



Ah This!: Zen Is Not a Teaching, Zen Is an Alarm to Wake You Up! (OSHO Classics) by Osho

★★★★☆ 4.8 out of 5

Language : English
File size : 1405 KB
Text-to-Speech : Enabled
Screen Reader : Supported
Enhanced typesetting : Enabled
Word Wise : Enabled
Print length : 201 pages

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Zen is not a teaching. It is an alarm to wake you up. It is not a philosophy, it is a finger pointing to the moon. Don't look at the finger, look at the moon.

Zen is not about learning new ideas or acquiring new knowledge. It is about unlearning all the ideas and knowledge that you have acquired and that are preventing you from seeing the truth.

Zen is not about becoming someone else. It is about becoming yourself. It is about letting go of all the masks and pretenses that you have put on over the years and discovering your true nature.

Zen is not about achieving something. It is about being present. It is about living in the here and now, without worrying about the past or the future.

Zen is not about control. It is about surrender. It is about letting go of your ego and allowing the universe to flow through you.

The Alarm

The Zen alarm is not a gentle wake-up call. It is a sudden shock. It is a bucket of cold water in the face. It is a thunderclap that shakes you to your core.

The Zen alarm is designed to wake you up from the sleep of ignorance. It is designed to shatter the illusions that you have been living under.

The Zen alarm is not pleasant, but it is necessary. It is the only way to wake up from the dream of life and to experience the reality of your true nature.

The Finger

The Zen finger is not pointing to something outside of you. It is pointing to something within you. It is pointing to your own Buddha nature.

Your Buddha nature is your true self. It is the awakened, enlightened part of you that is always present, even though you may be unaware of it.

The Zen finger is pointing to the way to your own Buddha nature. It is pointing to the path of meditation, the path of self-inquiry, the path of surrender.

Don't look at the finger, look at the moon.

The Moon

The Zen moon is the symbol of your true nature. It is the symbol of your Buddha nature. It is the symbol of the awakened, enlightened mind.

The Zen moon is full of light and radiance. It is a source of great joy and peace. It is the ultimate goal of all spiritual seekers.

Don't look at the finger, look at the moon.

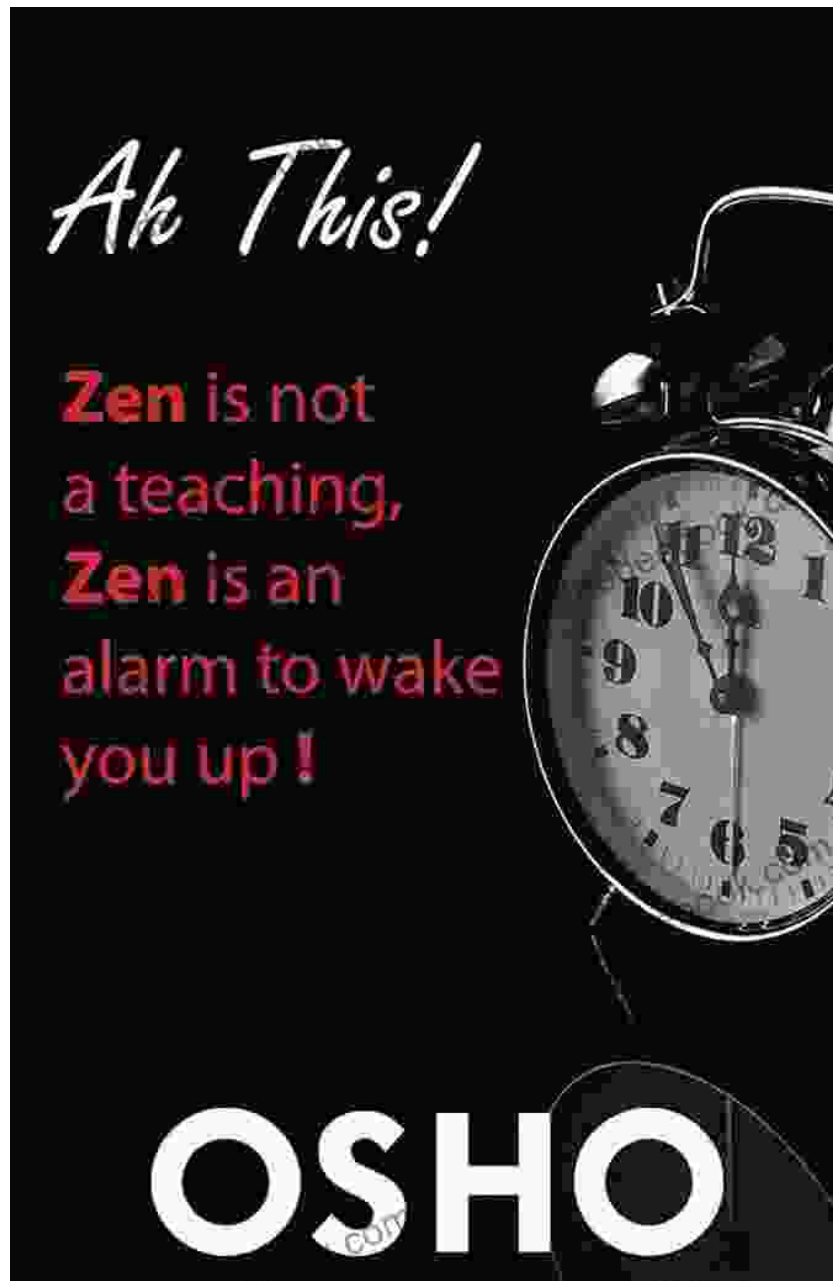
Zen is not a teaching. It is an alarm to wake you up. It is a finger pointing to the moon.

Don't look at the finger, look at the moon.

The moon is your true nature. It is the awakened, enlightened mind. It is the ultimate goal of all spiritual seekers.

Look at the moon and be free.

About Osho



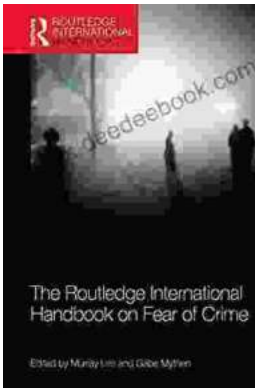
Osho was a spiritual teacher and mystic who lived in India from 1931 to 1990. He was known for his unique teaching style, which combined elements of Zen, Taoism, and Sufism. Osho's teachings emphasized the importance of meditation, self-inquiry, and surrender. He also taught that the ultimate goal of life is to experience the awakened, enlightened mind.



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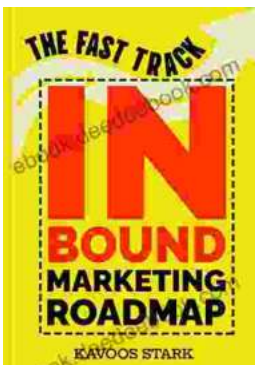
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