



# The Book of Wisdom: The Heart of Tibetan Buddhism

*Osho*

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## The Book of Wisdom: The Heart of Tibetan Buddhism Osho

Osho is known around the world for his pioneering contribution to meditation - the science of inner transformation - with the unique approach of his "Osho Active Meditations" acknowledging the accelerated pace of the contemporary world and bringing meditation into modern life.

Based on the Seven Points of Mind Training by the 11th-century Buddhist mystic Atisha, *The Book of Wisdom* removes the dust of tradition that has gathered around meditation, conveying the essential science and methodology of the practice with a freshness and spontaneity that is rarely found in contemporary spiritual works. The book is a guide for inner discipline and transformation that is also highly accessible, incorporating light, often humorous question-and-answer sessions between the author and his audience that help listeners make the practical connection between spiritual theory and meditation as a lifestyle.

In 28 talks alternating between commentaries on Atisha and responding to questions, Osho takes us into a world of wisdom.

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