Osho opens this compilation in his own words: "My beloved ones, Man is a disease. Diseases come to man, but man himself is also a disease. This is his problem, and this too, is his uniqueness..."

From Medication to Meditation by Osho is a treasure trove of answers to common questions like: What is Health? What is the connection between mind and health? How does Acupuncture work? How do we stay relaxed while working? What exactly is the function of the healer? What is the relationship between food and emotions? Can a chain smoker become a meditator?


With his answers, Osho gives us a hint to look at ourselves with new eyes, to look and become aware of how we relate with the body-mind and with our well-being. He describes many ways of supporting our feeling of well-being, and the role meditation can play in this.

From Medication to Meditation is a handbook for people working with people, as well as supporting everybody interested in the miracle called body - mind and meditation.

"These brilliant insights will benefit all those who yearn for..."
experimental knowledge of the field of pure potentiality inherent in every human being. This book belongs in every library and in the homes of all those who seek knowledge of the higher self, " said noted author Deepak Chopra commenting on the value of this book.

**Relationship Between Mind, Body and Health**

People can be helped with diseases, because almost seventy per cent of diseases are mental. They may be expressed through the body, but their origin is in the mind. And if you can put in the mind the idea that the disease has disappeared, that you need not worry about it, it does not exist any more, the disease will disappear....

The mind has tremendous power over your body. The mind directs everything in your body. Seventy per cent of your diseases can be changed by changing the mind, because they start from there; only 30 per cent of diseases start from the body. You fall down, and you have a fracture -- now, that fracture cannot be helped by hypnosis, saying that you don't have any fracture. You will still have the fracture. The fracture has started from the body and the body cannot be

hypnotised. The body has its own way of functioning. But if the process starts from the mind and extends to some point in the body, then it can be easily changed.

Religions have exploited it. There are many religions in India - Muslims do it, Tibetans do it, Burmese do it... dancing in the fire without being burned.

But these are not ordinary people, these are monks. For years they have been hypnotised, and this thing has settled in their unconscious - that fire cannot burn them. But remember, only 70 per cent... There used to be a sect in America... I think it still survives in a few places, but at the beginning of this century it was very prominent. It was a Christian group, they used to call themselves Christian Scientists. They believed that everything can be cured, you just have to believe in Jesus Christ, and that your diseases are nothing but your beliefs - you believe that you have tuberculosis, so you have tuberculosis.

One young man met an old woman on the road and she asked, "I don't see your father at the meetings..." They used to have meetings every Sunday. He said, "He's sick, very seriously sick." The old woman said, "Nonsense, because we are Christian Scientists. He is a Christian Scientist; he only believes that he is sick." The young man said, "If you say so, perhaps he only believes that he is sick."

After two, three days, he came across the same woman again and she asked, "What happened?" The young man said, "Now he believes he is dead, so we had to take him to the graveyard. We tried to shake him and shouted, 'Don't believe such a thing. You are a Christian Scientist. Believe that you are alive!' But nothing happened and the whole neighbourhood laughed. Now the poor man is in a grave, still believing that he is dead." The body does not have beliefs or disbeliefs, but the mind does. And the mind has immense control over the body.

-Osho, *From Medication to Meditation*