"Hello, meet me. I am myself." One needs Osho to know oneself. In this book, Osho talks directly to you to introduce you to your body and mind. The functioning of the body and tricks played by the mind are all in here. The first three sections describe the maladies that afflict us all in some degree or another. These range from the abuse of the body to negative feelings. These symptoms and their solutions are found in the fourth section.

Enough of theory. Now for some techniques and the last section has the ones devised by Osho. The CD guides the reader through these different meditations with the voice of Ma Anando, an Osho disciple.

There you have it! A total package of getting to know what is wrong, what are the answers and finally, the techniques that will get rid of them. However, it is very clearly cautioned right at the beginning of this book that the advice or techniques are not intended to replace the services of a physician or a psychiatrist. Obviously, one cannot find medical treatment or psychological counselling between the pages of this book or in the CD. But what one can discover is the marvellous miracle that is one's body and the immense and usually unrealised potential of one's mind. The meditation techniques, if carried out faithfully and regularly, do help one to realise one's potential. Then one can reply oneself - "Nice meeting you!".

The Book of Man by Osho (Penguin) Pages 277 (Penguin) 2004 Rs 250.

The Book of Woman by Osho (Penguin) Pages 222 (Penguin) 2002 Rs 250.

God first created man in his own image. The first man Adam said, 'This is now bone of my bones, and flesh of my flesh: she shall be called Woman, because she was taken out of Man' says the Bible. Not Osho. Penguin first published 'The Book of Woman' and after its success, it went on to publish 'The Book of Man'. The word 'woman' contains 'man' and so it was pertinent to publish just the book on woman that covered special topics such as women's lib, sexuality, motherhood and family and birth control. Osho also talked about marriage, love, relating, creativity, body, mind, meditation and wholeness. Now that men could understand women much better after reading Osho's book, it is only fair that women should be given an equal chance to understand men! So here is
an equal chance to understand men! So here is this book on Man. Again, Osho talks about some unique dimensions of a man like Adam, slave, son, robot, animal, sex maniac, monk, homosexual and finally Zorba. The last mentioned Zorba refers to Osho’s original insight called ‘Zorba the Buddha’ the concept of a total man who celebrates life to its fullest and also meditates to realise his total potential.

One just slides from page to page when reading these books and keeps on telling oneself - “Yes, these are my innermost thoughts. He is talking about me and what I think.” True, if only we all could express it all in this simple, poetic and soft manner to touch on some eternal truths. Since we live in a world of both women and men, it is better to understand both the sexes and read both the books.

Annual Horoscope 2005 by Ma Prem Usha and Ma Prem Ritambhara (Fusion) Rs 195.

What’s my future in the New Year? Here two Osho disciples and Tarot readers tell you with lots of sayings of Osho and his way of life. Ma Usha and her daughter, Ma Ritambhara have combined their talents with their unlimited love of Osho to present unique guidelines of unlimited love of Osho to present unique guidelines of what may happen in your life in 2005. Even if it does not all come true as in the case of most astrologers before the last election! The Osho dimension in this book is a beacon for sailing through choppy waters.

The inspiration behind all this Osho and this is made very clear on its first page. After an introduction to Tarot and its powers of prediction, the book explains the different spiritual levels of consciousness. The predictions from Osho’s well-known Zen Tarot Cards are given for every sign of the Zodiac and how they affect us all in 2005. This is not just a book of predictions on your love or marriage life, wealth, travel, business or career, property and relationships but it is a book that provides you with a spiritual message for every month. These messages are designed to increase your awareness to travel of the path of spirituality.

….and nothing has ever happened by Swami Chaitanya Bharti (Zen Publications) Rs 295.

Everyone who has been exposed to Osho perceives him through his personal perspective. But Osho is oceanic. And every drop has the same taste of the ocean. But the drop is not the ocean. Here are the musings of a long-time Osho disciple laced with Advaita Vedanta. This is a collection of his selected dialogues and monologues during the various meditation camps conducted by him and so have an informal approach. The usual topics that concern people going into meditation are tackled with a light touch.