



Zen: The Path of Paradox

Osho

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In *Zen: The Path of Paradox*, Osho suggests Zen as a possible bridge between East and West, and between the scientific and the spiritual. "Without science," Osho said, "the East has lost much; without meditation, the West has lost much. I am trying to bring together East and West, because together they will create the whole." Osho encourages the reader to throw off the accumulated "knowing" of a lifetime--to let go of physical, mental, and emotional tensions, to relax into the flow of an extraordinary discourse and become receptive to the present moment and the potential within.

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