



Last in the Evening: 365 Relaxing Moments to Enter the Night Consciously

Osho

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Falling asleep in front of a TV or computer screen, as many people do these days, is not the most relaxing way to end a busy day. What we do in the evening can affect our night's sleep, disturbing our sleep patterns and dreams. Last in the Evening is Osho talking on a variety of subjects specially selected for the evening. It gives you a different option for ending your day, a taste of meditation that can carry you through the night.

Simply find time in the evening to sit quietly, be with yourself, and read the suggested passage. The extracts here, and in the companion volume First in the Morning, are taken from intimate one-on-one talks with Osho, and he suggested this compilation of his insights on a variety of subjects that include the nature of bliss, joy, and meditation.

Whether you are familiar with meditation or a newcomer to the inner world, these two invaluable books, separately or together, can make a real difference to how you approach each day, and your life.

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