



## Freedom: The Courage to Be Yourself (Osho, Insights for a New Way of Living Series)

By Osho

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### Freedom: The Courage to Be Yourself (Osho, Insights for a New Way of Living Series) By Osho

In *Freedom*, Osho outlines three stages of freedom. The first is "freedom from," which is a freedom that comes from breaking out of what he calls the "psychological slavery" imposed by outside forces such as parents, society, or religion. The next stage is "freedom for," a positive freedom that comes from embracing and creating something---a fulfilling relationship, for example, or an artistic or humanitarian vision. And lastly there is "just freedom," the highest and ultimate freedom. This last freedom is more than being for or against something; it is the freedom of simply being oneself and responding truthfully to each moment.

The Insights for a New Way of Living series aims to shine light on beliefs and attitudes that prevent individuals from being their true selves. The text is an artful mix of compassion and humor, and readers are encouraged to confront what they would most like to avoid, which in turn provides the key to true insight and power.

*Freedom* helps readers to identify the obstacles to their freedom, both circumstantial and self-imposed, to choose their battles wisely, and to find the courage to be true to themselves.

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### Editorial Review

#### About the Author

**Osho** is one of the most provocative and inspiring spiritual teachers of the twentieth century. Known for his revolutionary contribution to the science of inner transformation, the influence of his teachings continues to grow, reaching seekers of all ages in virtually every country of the world. He is the author of many books, including *Love, Freedom, Aloneness; The Book of Secrets; and Innocence, Knowledge, and Wonder*.

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