



# **The Journey of Being Human: Is It Possible to Find Real Happiness in Ordinary Life? (Osho Life Essentials)**

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## The Journey of Being Human: Is It Possible to Find Real Happiness in Ordinary Life? (Osho Life Essentials) Osho

Man is a bridge, says Osho, between the animal and the divine – and our awareness of this dual aspect of our nature is what makes us human. It is also what makes us restless, full of conflict, so often at the crossroads of selfishness and generosity, of love and hate, frailty and strength, hope and despair. *The Journey of Being Human* looks into how we might embrace and accept these apparent contradictions, rather than trying to choose between them, as the key to transforming each twist and turn of life's journey into a new discovery of who we are meant to be.

The Osho Life Essentials series focuses on the most important questions in the life of the individual. Each volume contains timeless and always-contemporary investigations and discussions into questions vital to our personal search for meaning and purpose. The Osho Life Essentials series focuses on questions specific to our inner life and quality of existence, for example: Is it possible to have an authentic spirituality without a belief in God? What is meditation and how does it work? What can I do as an individual to make the world a better place?

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