Take it very very seriously osho

take it very very seriously osho is a phrase that encapsulates the profound and often misunderstood teachings of Osho, one of the most influential spiritual teachers of the 20th century. His approach to life, meditation, and enlightenment urges individuals to embrace their inner truth with utmost seriousness, deep commitment, and an open mind. Osho's philosophy challenges conventional notions of spirituality by emphasizing authenticity, presence, and the importance of experiencing life fully. In this article, we explore the essence of Osho's teachings, what it truly means to "take it very very seriously" in the context of his philosophy, and how applying this mindset can lead to profound personal transformation.

Understanding Osho's Philosophy

The Core Principles of Osho's Teachings

Osho's teachings draw from a wide array of spiritual traditions, including Zen, Taoism, Sufism, and Western psychology. His central message revolves around the importance of being fully present in each moment, living authentically, and shedding societal conditioning that obstructs true self-awareness. Key principles include:

1. **Mindfulness and Presence:** Emphasizing the importance of being fully aware of one's thoughts, feelings, and actions in the present moment.
2. **Individual Experience:** Encouraging personal exploration and experiential understanding over dogma or rigid beliefs.
3. **Freedom and Acceptance:** Advocating for unconditional acceptance of oneself and others, fostering a sense of inner freedom.
4. **Celebration of Life:** Promoting joy, laughter, and playfulness as integral parts of spiritual growth.

The Significance of Taking Spirituality Seriously

Unlike superficial or ritualistic approaches, Osho's philosophy insists that spiritual pursuit is a serious endeavor. It's about transforming every aspect of life — mind, body, and soul — and embracing the depth of existence with commitment. He often emphasized:

1. **Deep Commitment:** Genuine spirituality requires dedication and seriousness, not casual interest.
2. **Authentic Engagement:** True understanding arises from wholehearted involvement in one's inner journey.
3. **Responsibility:** Recognizing that personal growth depends on one's own efforts and sincerity.

What Does "Take It Very Very Seriously" Mean in Osho’s Context?

Living with Intent and Awareness

Taking life or spirituality seriously, according to Osho, is about living with intentionality. It involves consciously choosing your thoughts, words, and actions, and understanding their impact on your growth. Key aspects include:

1. Being mindful in everyday activities, from work to relationships.
2. Not dismissing moments of discomfort or challenge as insignificant but viewing them as opportunities for growth.
3. Prioritizing inner development over superficial pursuits.

Deepening Self-Understanding

Seriousness in Osho’s view means relentlessly exploring the depths of one’s mind and emotions. It’s about honesty and courage to confront one’s shadows and limitations. Practical ways to embody this include:

1. Engaging in regular meditation and self-reflection.
2. Seeking therapy or counseling to address unresolved issues.
3. Journaling thoughts and feelings to gain clarity.

Commitment to Personal Transformation

Osho believed that superficial change is ineffective; true transformation demands unwavering commitment. This can involve:

1. Consistent practice of meditation and mindfulness.
2. Adopting new perspectives and shedding old beliefs that hinder growth.
3. Maintaining discipline in spiritual practices, even when faced with distractions or doubts.

Applying Osho’s Teachings in Daily Life

Practicing Mindfulness and Meditation

Central to Osho’s philosophy is the practice of meditation as a tool for deepening awareness. Tips for integrating meditation into daily routines:

1. Create a dedicated meditation space at home.
2. Begin with short sessions, gradually increasing duration.
3. Focus on breath and present sensations, cultivating mindfulness.

Embracing Authenticity and Self-Expression

Osho encouraged individuals to be true to themselves, breaking free from societal expectations. Ways to cultivate authenticity:

1. Express feelings honestly and openly.
2. Engage in activities that resonate with your inner self.
3. Question societal norms that suppress individuality.

Living with Joy and Playfulness

Taking life seriously doesn’t mean neglecting joy. Osho believed that celebration is vital for spiritual health. Incorporate joy into daily life by:

1. Laughing freely and often.
2. Engaging in creative pursuits like dance, music, or art.
3. Spending time in nature and appreciating beauty.

The Benefits of Taking Osho’s Philosophy Seriously

Inner Peace and Clarity

A serious approach to spirituality fosters deep inner calm, helping individuals navigate life's challenges with resilience.

Authentic Relationships

By being honest and present, relationships become more genuine and fulfilling.

Personal Growth and Freedom

Committing fully to self-awareness leads to liberation from conditioning and societal constraints.

Enhanced Creativity and Joy

Living with seriousness and mindfulness opens channels for creative expression and spontaneous joy.

Overcoming Challenges in Taking It Seriously

Dealing with Distractions and Doubts

It’s natural to encounter skepticism or distractions. Osho advised embracing these as part of the journey rather than obstacles. Strategies include:

1. Practicing patience and non-judgment.

2. Returning to meditation and mindfulness practices regularly.
3. Seeking community support for accountability and encouragement.

Balancing Seriousness with Lightness

While seriousness is vital, Osho also emphasized the importance of laughter and play. Finding this balance prevents spiritual rigidity. Tips to maintain balance:

1. Engage in playful activities regularly.
2. Practice humor and light-heartedness.
3. Remember that spiritual growth is also about enjoying life’s wonders.

Conclusion

Taking it very very seriously, in the context of Osho’s teachings, is about embracing life, spirituality, and self-discovery with wholehearted dedication. It means living intentionally, practicing mindfulness, and committing to authentic growth. When approached with sincerity, this mindset can lead to profound inner peace, genuine relationships, and a life filled with joy and purpose. Osho’s philosophy invites us to shed superficiality and step into a deep, serious engagement with ourselves and the universe — a journey that promises transformation and liberation when taken with the utmost seriousness it deserves.

Take It Very Very Seriously Osho: An In-Depth Investigation into the Controversial Spiritual Leader Osho, born Rajneesh Chandra Mohan Jain in 1931 in Kuchwada, India, remains one of the most provocative and enigmatic figures in modern spiritual history. Known for his charismatic personality, revolutionary teachings, and controversial lifestyle, Osho's influence continues to permeate spiritual circles and popular culture worldwide. His insistence on radical honesty, the importance of individual freedom, and a provocative approach to traditional religious doctrines have garnered both fervent followers and vehement critics. This article aims to probe deeply into the multifaceted life, teachings, controversies, and enduring legacy of Osho, exploring why he remains a figure of intense debate and fascination.

Early Life and Spiritual Awakening

Osho was born in a small village in central India, where from a young age, he exhibited a questioning mind and a natural inclination towards spirituality. Raised in a relatively traditional Hindu household, he was deeply influenced by religious scriptures and philosophical discourses. However, by his late teens, he began to challenge orthodox beliefs, seeking a more authentic spiritual experience. In the 1950s, while studying philosophy at the University of Jabalpur, Osho started delivering lectures that drew attention for their boldness and originality. His early teachings emphasized meditation, awareness, and the importance of personal experience over dogma. By the early 1960s, he had become a popular spiritual teacher across India, known for his charismatic presence and revolutionary ideas.

The Evolution of Osho’s Teachings

From Traditional Spirituality to Radical Individualism

Initially, Osho's teachings drew heavily from Zen Buddhism, Tantra, and Hindu mysticism. He encouraged meditation practices, mindfulness, and the pursuit of inner peace. However, as his following grew, he began to incorporate more provocative elements, emphasizing the importance of embracing life fully, including sexuality, materialism, and personal freedom. He famously challenged traditional religious authorities, advocating for a more liberated approach to spirituality that rejected societal constraints. His teachings urged followers to question authority, embrace their desires, and live authentically. This approach was encapsulated in his famous phrase, “Take it very, very seriously,” which he used to emphasize the importance of genuine commitment to one’s spiritual journey.

Key Principles of Osho’s Philosophy

- Meditation as a Central Practice: Osho developed numerous meditation techniques, including dynamic meditation, designed to help individuals release pent-up emotions and achieve heightened awareness. - Freedom and Individuality: He emphasized personal freedom and the importance of self-acceptance, often criticizing societal and religious norms that suppress individual expression. - Celebration of Life: Osho promoted a joyful, playful approach to existence, encouraging followers to find happiness in the present moment rather than in future goals or afterlife promises. - Rejection of Asceticism: Contrary to many spiritual traditions that advocate renunciation, Osho believed that enjoying life’s pleasures was compatible with spiritual growth.

The Controversies Surrounding Osho

Despite his popularity, Osho’s life and teachings have been embroiled in numerous controversies that continue to spark debate. Critics accuse him of promoting hedonism, fostering a cult-like environment, and being involved in criminal activities. Supporters argue that these accusations are misrepresentations or attempts to discredit a revolutionary figure.

The Rajneeshpuram Incident and Bioterrorism Allegations

One of the most notorious episodes in Osho’s history relates to the establishment of the commune in Oregon, USA, in the 1980s, known as Rajneeshpuram. The commune became a focal point of media scrutiny and legal battles. - The Establishment of Rajneeshpuram: Osho’s followers purchased a large ranch and established a thriving community that attracted thousands of devotees. The commune was characterized by its unconventional lifestyle, meditation centers, and a distinctive approach to community living. - Conflict with Local Residents: Tensions escalated with local residents, leading to allegations of political manipulation and attempts to influence local elections. - Bioterrorism Attack: In 1984, followers of Osho were implicated in a bioterrorism attack where Salmonella bacteria were used to contaminate salad bars in local restaurants, aiming to influence an election. This

incident resulted in over 700 cases of food poisoning and multiple arrests, including Osho's personal secretary. Although Osho denied direct involvement, he was ultimately deported from the United States after pleading guilty to charges of immigration fraud.

Legal Troubles and Deportation

Osho's legal issues extended beyond the bioterrorism case. His interactions with law enforcement included charges related to immigration fraud, tax evasion, and other allegations. Critics argue that these legal troubles were a consequence of his provocative stance against societal norms and his refusal to conform. Supporters contend that the legal actions were politically motivated attempts to silence or discredit him.

Accusations of Cult-Like Control

Osho's management of his followers has been scrutinized for fostering a cult-like environment. Critics point to: - Authoritarian Leadership: Allegations of control over followers' lives, including strict meditation schedules, communal living arrangements, and financial contributions. - Financial Exploitation: The commercialization of Osho's teachings, including the sale of books, recordings, and meditation retreats, has led to accusations of profiteering. - Psychological Influence: Some former followers have claimed that the intense emotional and psychological influence exerted by Osho and his inner circle borders on manipulation. Supporters argue that Osho's emphasis on meditation and personal growth naturally creates a close-knit community and that any perceived control is a misunderstanding.

Legacy and Continued Relevance

Despite the controversies, Osho's teachings persist in the form of meditation centers, online courses, and a global community of followers. His discourses, recorded and published as books, continue to inspire many seeking alternative spiritual paths.

Osho's Impact on Modern Spirituality

- Fusion of East and West: Osho's ability to blend Eastern spiritual traditions with Western psychological insights made his teachings accessible and appealing to a global audience. - Promotion of Personal Experience: His emphasis on direct, personal experience over dogma has influenced contemporary mindfulness and meditation movements. - Challenging Conventional Morality: His provocative stance on sexuality and materialism continues to resonate with those seeking a more liberated approach to life.

Criticisms and Reassessment

Recent scholarship and journalistic investigations have sought to reassess Osho's life, separating his spiritual contributions from the scandals. Some scholars view him as a visionary who challenged societal norms, while others see him as a product of his tumultuous environment, whose actions sometimes undermined his teachings.

Conclusion: Why Take Osho Very Very Seriously?

Osho’s life exemplifies the complex interplay between spiritual innovation and human fallibility. His insistence on taking life—and spirituality—very seriously, combined with his provocative methods, makes him a figure worth examining deeply. Whether viewed as a enlightened master or a controversial charlatan, Osho’s influence on modern spirituality is undeniable. His teachings continue to inspire millions to question established norms, seek authenticity, and embrace life’s full spectrum of experiences. However, it is equally important to critically evaluate the controversies and legal issues that shadow his legacy. In doing so, we gain a nuanced understanding of a man who dared to challenge the status quo, prompting us to consider how spiritual authority is constructed, maintained, and challenged. Ultimately, Osho’s story serves as a reminder of the importance of discernment, personal responsibility, and the ongoing quest for truth in the complex landscape of human spirituality. Taking him very, very seriously means acknowledging both his revolutionary insights and the tumultuous history that accompanied his rise and fall—a balanced perspective that invites ongoing inquiry and reflection.

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ready whenever questions appear, offering not closure, but continuity.

Questions & Answers About take it very very seriously osho

No	Question	Answer
1	What is the core message behind Osho's phrase 'Take it very very seriously'?	Osho emphasizes the importance of fully committing to spiritual practice and life’s responsibilities, encouraging individuals to approach their growth and experiences with utmost sincerity and awareness.
2	How can applying 'Take it very very seriously' improve one’s meditation practice?	By taking meditation seriously, practitioners deepen their focus, discipline, and mindfulness, leading to more profound insights and a greater transformation in their inner lives.
3	Is 'taking life very seriously' in line with Osho’s teachings on joy and playfulness?	Yes, Osho advocates balancing seriousness with joy, suggesting that sincere effort does not exclude playfulness; instead, true seriousness can lead to deeper spontaneous joy.
4	What are common misconceptions about Osho’s advice to 'take it very very seriously'?	A common misconception is that it promotes rigidity or seriousness in a negative sense, but Osho actually encourages genuine commitment with a compassionate and mindful approach.
5	How does Osho suggest one should 'take life very seriously' without becoming overwhelmed?	Osho advises cultivating awareness, presence, and detachment, so that one remains committed without attachment to outcomes, thus avoiding overwhelm.
6	Can 'taking it very very seriously' be applied to personal growth and relationships according to Osho?	Yes, Osho encourages sincere effort and mindfulness in all areas of life, including personal growth and relationships, to foster genuine connection and transformation.
7	What role does mindfulness play in the concept of 'taking it very very seriously' in Osho’s philosophy?	Mindfulness ensures that seriousness is balanced with awareness, preventing rigidity and helping individuals stay present and authentic in their efforts.
8	How has the interpretation of 'take it very very seriously' evolved in contemporary discussions of Osho's teachings?	Today, it is often seen as a call for authentic commitment and deep engagement in spiritual and personal pursuits, emphasizing balance with joy and lightness rather than rigidity.

Osho, meditation, mindfulness, spiritual growth, inner peace, self-awareness, consciousness, enlightenment, philosophical teachings, inner journey

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Best Practices for Everyday Use
Establishing good daily habits reduces the likelihood of technical issues and improves overall efficiency when using Take It Very Very Seriously Osho. Simple practices, when applied consistently, create a stable and productive digital environment.

Organizing files immediately after download prevents clutter and confusion. Assigning files to the correct folders and renaming them clearly saves time in the future. Regular maintenance sessions—such as weekly or monthly reviews—help keep the library clean and up to date.

Keeping software updated is another essential practice. Updates often include bug fixes, performance improvements, and enhanced compatibility. Staying current ensures that Take It Very Very Seriously Osho functions smoothly across devices and platforms.

Security and privacy awareness
Avoid opening files from unknown or unverified sources. Even if a file claims to contain Take It Very Very Seriously Osho, it may include malware or unwanted scripts. Using antivirus software and trusted platforms protects both data and devices.

Optimizing the reading experience
Adjusting display settings such as font size, background color, and brightness improves comfort and reduces eye strain. Comfortable reading environments support longer sessions and better comprehension, especially for extensive materials.

Advanced problem prevention
Preventive measures reduce the need for troubleshooting altogether. Maintaining backups, using stable file formats, and documenting changes create a resilient system that withstands

technical challenges.

Version tracking prevents confusion when multiple editions exist. Clearly labeled files and documented updates ensure that users always know which version they are using and why. This practice is particularly important in collaborative or academic environments.

When to seek support
If issues persist despite troubleshooting, consulting official documentation or support forums can provide solutions. Many platforms offer detailed guides, FAQs, and community discussions addressing common problems. Reaching out to official support channels ensures accurate and secure assistance.

Future-proofing your use of Take It Very Very Seriously Osho
Technology continues to evolve, and future-proofing ensures long-term access. Using widely supported formats, maintaining updated backups, and periodically reviewing compatibility help protect against obsolescence. These strategies safeguard investments in digital learning and research materials.

Final thoughts on troubleshooting and best practices
Troubleshooting is an essential skill for maximizing the value of Take It Very Very Seriously Osho. By understanding common issues, applying best practices, and adopting preventive strategies, users can maintain a smooth and reliable digital experience. With proper care, Take It Very Very Seriously Osho remains a dependable resource that supports learning, research, and professional growth without unnecessary interruptions.