

## The Heart Sutra: Becoming a Buddha Through Meditation



The Heart Sutra, originally a very short set of verses, was given in privacy as a message to one of Buddhas close disciples, Sariputra, specifically addressed to him. Over time the Heart Sutra became one of Buddhism's core teachings. In these 10 talks, Osho presents the powerful message of these ancient words and brings them to a modern audience - one with different minds and needs than the original audiences of Buddha more than 2,500 years ago. Osho's message is not about Buddha the historical figure; instead he addresses his listeners and encourages them to discover their own inner realities, their own buddhahood. Like Buddha, Osho's message is about meditation and meditation alone - rely only on your meditation and nothing else. Osho also speaks on the seven chakras, the energy centers of the human body, and their corresponding relationships to the physical, psychosomatic, psychological, psychospiritual, spiritual, spiritual-transcendental, and transcendental aspects of human growth and consciousness.

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