



# Emotions: Freedom from Anger, Jealousy and Fear

*Osho*

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# Emotions: Freedom from Anger, Jealousy and Fear

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## **Emotions: Freedom from Anger, Jealousy and Fear Osho**

This book is a simple guide to a better understanding of emotions. Anger, jealousy, and fear are the three big topics of this book, together with some simple meditations to deal with these emotions. The book consists of short quotes and text excerpts, giving the reader unusual and new insights into an understanding of emotions. Our feelings play a profound role in how we feel about ourselves, and they can even affect our physical health. Often we are trapped in the dilemma between "expression" and "repression." Although expressing our emotions can easily scare or hurt others, by repressing them we risk hurting ourselves. Osho offers a third alternative: to understand the roots of our emotions and develop the knack of watching them and learning from them as they arise, rather than being "taken over" by them. Eventually we find that even the most challenging and difficult situations no longer have the power to provoke us and cause us pain.

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