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intuition knowing beyond logic osho

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Intuition: Knowing Beyond Logic in Osho's Teachings

In a world that prizes data, analysis, and evidence, the idea of "knowing beyond logic" can feel almost mystical. Yet, for millions of seekers who have turned to the teachings of Osho, intuition is not a vague concept but a powerful, practical tool that bridges the rational mind and the deeper realms of consciousness. This article explores Osho's perspective on intuition, how it operates beyond conventional logic, and practical ways to cultivate this inner knowing in everyday life.

What Does "Knowing Beyond Logic" Mean?

Logic, as we learn in school, relies on premises, deduction, and a step by step chain of reasoning. It is a powerful tool for solving problems, but it has limits. Osho often described intuition as a "third way" – a direct, immediate form of knowing that bypasses the linear processes of the intellect. Instead of asking, "What is the cause of this?" or "What is the solution that fits the data?" intuition simply "is." It is a sense of presence, a gut feeling, or a sudden insight that feels unmistakably true.

In Osho's words, "The mind is a great instrument, but it is not the only instrument. The heart, the soul, and the subtle energies are also instruments of knowing."

Key Differences Between Logic and Intuition

- Process – Logic follows a linear, step by step path; intuition arrives spontaneously.
- Evidence – Logic requires evidence or data; intuition often lacks tangible proof but is felt as undeniable.
- Time – Logical reasoning can take minutes, hours, or days; intuition can surface in an instant.
- Scope – Logic excels at problem solving; intuition excels at insight, creativity, and inner guidance.

Osho's View on Intuition

Osho, also known as Bhagwan Shree Rajneesh, was a spiritual teacher who combined Eastern mysticism with Western psychology. He emphasized that the human mind is a "machine" that can be trained, but true wisdom comes from the "intuitive heart." For Osho, intuition is not a mystical gift reserved for a few; it is an innate faculty that everyone can awaken.

Intuition as a Natural State of Being

Osho described the human being as a "living organism" with multiple dimensions: physical, emotional, intellectual, and spiritual. Intuition is the spiritual dimension's voice, speaking directly to the body and mind. It is always present; the challenge is to listen.

He said, "When you are in the present moment, you are in a state of pure being. In that state, intuition is the natural way of knowing."

Intuition and the "Third Eye"

In many Eastern traditions, the "third eye" is a metaphoric center of intuition and insight. Osho referred to it as the "inner eye," a gateway to deeper perception. He encouraged practices such as meditation, breathwork, and mindful

awareness to open this center. When the inner eye is open, the mind's chatter diminishes, and intuition can shine through.

Intuition Versus Ego

Osho warned against the ego's tendency to misinterpret intuition. The ego might claim "I know" and justify its desires. Intuition, by contrast, is non judgmental and unconditional. It offers guidance that aligns with the deeper self, not the ego's agenda.

How Intuition Works Beyond Logic

Intuition operates on a level that transcends conscious reasoning. It taps into patterns, memories, and subtle energies that are beyond the reach of logical analysis. Below are key mechanisms by which intuition functions:

1. Pattern Recognition – The brain stores vast amounts of data. Intuition quickly recognizes patterns that the conscious mind may not consciously notice.
2. Synaptic Resonance – Neural pathways resonate with certain stimuli, creating a "gut feeling" that signals the right choice.
3. Subconscious Accumulation – Experiences, emotions, and beliefs accumulate in the subconscious. Intuition draws from this reservoir.
4. Energy Flow – In Osho's view, subtle energies flow through the body. Intuition senses the flow, indicating alignment or disharmony.
5. Presence – When fully present, the mind's noise subsides. Intuition becomes audible as a quiet, unmistakable voice.

Practical Ways to Cultivate Intuition

Developing intuition is not an abstract endeavor; it requires intentional practice. Below are actionable steps inspired by Osho's teachings that you can incorporate into your daily routine.

1. Meditation and Mindful Breathing

Osho's meditation techniques emphasize breath awareness and letting go of thoughts. By quieting the mind, you create space for intuitive signals to surface.

- Step 1: Sit comfortably with a straight spine.
- Step 2: Close your eyes and focus on your breath.
- Step 3: Notice any sensations or feelings that arise without judgment.
- Step 4: Gently bring your attention back to the breath if thoughts intrude.

2. Journaling Without Judgment

Writing down your thoughts and feelings can help differentiate between logical analysis and intuitive insight. Use a journal to record moments when you sense a strong gut feeling.

1. At the end of each day, write down three moments where you felt "knowing" something without logical explanation.
2. Describe the context, your feelings, and the outcome.
3. Review your entries weekly to spot patterns or recurring themes.

3. Trusting Your Body

Osho often spoke about the body as a reliable guide. Pay attention to physical sensations—tightness, warmth, tingling—and interpret them as signals.

- When you feel a knot in your stomach, consider whether the decision may be causing stress.
- When you feel lightness, it may indicate alignment with your true path.

4. Engaging in Creative Expression

Art, music, dance, or writing can unlock intuitive pathways. The creative process bypasses logical constraints, allowing intuition to flow freely.

1. Set aside 15 minutes daily for free writing or sketching.
2. Let the medium guide you; do not edit or judge.
3. Afterward, reflect on any insights that emerged.

5. Practicing “Open Listening”

Osho emphasized the importance of listening—both to others and to yourself. Open listening involves fully engaging without formulating a response.

- When someone speaks, focus on their words and body language.
- After they finish, pause before responding, allowing your intuition to process the conversation.

6. Using Osho’s Meditative Practices

Osho introduced several meditation techniques that specifically nurture intuition:

- Dynamic Meditation – A 15 minute practice combining breath, movement, and silence.
- Osho’s “Open Presence” – A state of relaxed awareness where thoughts naturally dissolve.
- “Intuitive Listening” – A guided meditation that encourages listening to inner sensations.

Intuition in Decision Making

One of the most common areas where people seek intuition is in decision making. Osho’s approach suggests that the best decisions arise when logic and intuition are in harmony.

Step by Step Decision Framework

1. Gather Information – Use logic to collect relevant facts.
2. Pause and Breathe – Take a brief meditation break to clear the mind.
3. Notice Your Intuition – Ask yourself, “What does my gut say?”
4. Weigh Both – Compare logical data with intuitive feeling.
5. Choose – Make a decision that aligns with both reason and inner knowing.

Common Pitfalls

- Over Analyzing – Excessive analysis can drown out intuition.
- Ignoring the Ego – Letting the ego dictate decisions leads to regret.
- Fear of Uncertainty – Intuition often involves stepping into the unknown.

Intuition in Relationships

Relationships thrive when partners trust each other’s intuition. Osho believed that a healthy relationship requires the ability to sense the other’s needs without words.

Signs of Intuitive Connection

- Feeling a deep sense of understanding even before words are spoken.
- Knowing when to give space or to provide support.
- Experiencing a “shared breath” during conversations.

How to Strengthen Intuitive Bonds

1. Practice active listening without interrupting.
2. Engage in shared meditation or breathwork sessions.
3. Encourage honest, non judgmental sharing of feelings.
4. Respect each other's intuitive cues as valid.

Intuition and Spiritual Growth

For Osho, intuition is the gateway to spiritual awakening. It allows individuals to transcend the limitations of the ego and connect with higher consciousness.

Key Spiritual Practices

- Silence Retreats – Spend time in silence to hear the inner voice.
- Chakra Balancing – Focus on the "third eye" chakra to enhance intuitive vision.
- Mantra Repetition – Use mantras to shift the mind's frequency.

Recognizing Spiritual Intuition

Spiritual intuition often manifests as:

- A sense of unity with all beings.
- Sudden clarity on a life purpose.
- Feeling guided by a higher power or universal energy.

Integrating Intuition Into Everyday Life

Beyond spiritual practice, intuition can improve daily living. Below are simple ways to incorporate intuitive awareness into routine activities.

1. Eating Mindfully

Instead of following a rigid diet plan, listen to your body's hunger cues. Osho encouraged eating with gratitude and presence.

2. Choosing Your Path

When selecting a career or hobby, ask yourself what feels right, not just what is logical.

3. Managing Stress

Use intuitive breathing—notice how your body feels when stressed and breathe accordingly.

4. Setting Goals

Set goals that resonate with your inner values rather than external expectations.

Common Questions About Intuition and Osho

- How can I differentiate intuition from anxiety? – Anxiety often feels uneasy and vague; intuition feels clear and grounded.
- Does intuition always lead to the right decision? – Intuition is a guide, not an absolute. It should be balanced with logic.

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