



deconditioning

we are all deeply conditioned by family, society and religion. your conditioning is so deep and pervasive that you are unaware of most of it. conditioning is going on continuously every day as you absorb your environment's subliminal messages. **deconditioning is the main spiritual work for the mind.** all religions give you a new conditioning to change to. their belief and value systems are mostly irrational, so you are required to surrender your intelligence and replace it with conformity. even osho, one of the greatest deconditioners of our time, creates a new conditioning based on his experience and beliefs. his people are largely free from conventional social conditioning and have mostly transcended their religious conditioning from childhood. but they unconsciously adopt osho's ideas, without experiential verification. most other groups are in worse shape. **deconditioning is difficult. it needs support from a living buddha and relocation away from your social and family environments. this book can help you get started.** drop all irrational beliefs and become an inner scientist.