



Osho is a contemporary spiritual mystic who, before his death in 1990, spoke for over 30 years to throngs of devoted disciples and spiritual seekers from all around the world. He had a talent for combining stories, jokes and anecdotes with his teachings, thereby making them accessible to everyone. He was light and playful; with a great sense of humour. **Prasado Daniel Munch** reports.

Osho gave discourses on all religions and mystic traditions, including Christianity, Judaism, Hinduism, Buddhism, Sufism, Taoism. He spoke about enlightenment and enlightened mystics – ancient and modern, about meditation, yoga, consciousness, psychology, politics – actually on just about everything. There are more than 600 published titles to his name. He taught a pathless path to awakening that transcends the boundaries of different religions. Many meditations have been revived by him and new ones devised, especially the active meditations of which Kundalini and Dynamic are the most famous. These meditations incorporate active stages like shaking, vigorous dancing, breathing and cathartic emotional expression. They were devised to help contemporary men and women to release so much of the physical, mental and emotional tension and stress that are burdening many of us. Once some of that tension has been released, one can settle into the silent stages of these meditations and find true peace of mind. In essence, all his teachings are about meditation, which is the development of choiceless awareness, a silent watchful awareness that spreads beyond the meditations into the whole of your life. Osho has encouraged a non-dogmatic unorganised movement around him, his teachings lead to a lifestyle that is sincere, playful and intense. His way goes through total acceptance of our human nature and limitations, embracing our body, sexuality and materiality and transforming them gently through fully living them instead of repressing and denying them. Osho offers an invitation to explore oneself and enter a journey of transformation into dimensions that are rich both materially and spiritually.

Osho's teachings distinctly depart from any current and previous religious movements through his unique ability to destroy any kind of 'ism' or organisation around him, and still have an ever-expanding movement of individuals benefiting from his vast resource of teachings and energy. He also departed dramatically from the current Judeo-Christian

# love life laughter



teachings of God outside yourself, heaven, hell, guilt and belief, by teaching direct internal self knowledge, adopting the fact that we and this earth are the divine, that there is no duality of spiritual and material, and giving us full responsibility to be the begotten sons and daughters of the divine that we already are, but have forgotten. Osho has given the liberating teaching of being yourself fully and living your life fully to the extent that he discouraged strongly any worship of him or anyone else. He assisted us to be ourselves and live life the way we want it to be, authentically and spontaneously.

## OSHO COMMUNE

Osho Commune International is like a beautiful pond that people from all over the world flow into. When you enter the gates, you leave the world behind and you enter a different world. Osho 'left the body' in 1990, some years before we came to the commune, so we never met him physically, but connected directly with his presence, which is very strong on the commune. The ashram is large, like a university campus, with many buildings housing different faculties: School for Creative Arts; School for Centering and Zen Martial Arts; Centre for Transformation; International Academy of Healing Arts; Institute for Love and Consciousness; Meditation Academy; School of Mysticism. There are several vegetarian restaurants, coffee shops, a gift shop, a bookshop, a library, an internet café, and sports facilities including tennis courts and swimming pool. The buildings are surrounded by beautiful gardens, ponds with graceful white swans, fountains and intimate benches where one can sit and contemplate life.

Osho had style – he was not called the 'Rolls Royce Guru' for nothing. His ashram is a beautiful spiritual oasis for seekers of the truth. Osho was an authentic Indian guru, who combined the magic and mystery of India with the style and sophistication appealing to most Westerners. The Osho meditation resort is a five-star destination for discerning spiritual seekers who are still attached to the comfort and convenience of a Western lifestyle. It is one of the largest spiritual growth centres in the world, with hundreds of meditations, classes, groups, therapies and trainings. This is a spiritual supermarket deluxe. Counsellors are available to help plan your schedule of daily meditations and courses, depending on your needs, time and finances.

Some courses focus on the body, such

as reiki, rebalancing, craniosacral balancing, chakra balancing, Tibetan pulsation, breath training, shamanic energy work, martial arts, tai chi and chi kung, reflexology and various types of holistic massage. Some courses focus on the mind and include meditation and awareness training, while some focus on developing your creativity, through painting, music and dance. They help you to get in touch with your creativity and express the unique and original creation that you are. Some courses are healing, and help you release repressed emotions and negative limiting patterns from the past and some are therapeutic, designed to help you get in touch with yourself and discover your inner beauty and 'Buddha nature'.

## DISCOURSES AND MEDITATIONS

There are morning and evening discourses. Special white robes are worn to the evening gathering of the Osho White Robe Brotherhood. A beautiful atmosphere is created on the ashram, with everybody floating serenely around in flowing white robes, like human candles coming to receive and carry the light. The evening starts with dancing to live music played by Osho sanyassins. This is followed by a short silent meditation, and then a huge electronic image of Osho talks for about two hours. After the discourse there is more music and dancing. An amazing spiritually nourishing alternative to your usual evening entertainment.

Meditation is seen as the essence of spiritual life, daily meditations are held in the Buddha Hall and are free of charge: dynamic, vipassana, kundalini, nadabrahma, Sufi whirling, no-mind and samadhi meditations. Osho developed some unique meditation techniques, specifically designed for contemporary life that allow modern man to experience the silence of meditation more easily. Many of his meditations have an active stage before the silent sitting stage, the purpose of which is to release body and mind tensions so that a peaceful and thought-free state of mind can be experienced. In this way, Osho makes meditation available to people who have no prior experience and might find it difficult to sit still and silently. A taste of 'no-mind' and you will know that this state of mind is worth cultivating.

## KNOW THYSELF, HEAL THYSELF

You come to the ashram looking for enlightenment, and quickly realise just how unenlightened you are. Your mind is full of nonsense, and you are completely caught up

in and identified with your thoughts, feelings and emotions. Your unenlightened behaviour is highlighted in ways that you cannot avoid, so best learn how to meditate and deal with your mind, so you can start becoming its master instead of its victim. An enlightened person is master of his being. This is a great place to start a spiritual journey, to open your mind and release it from limiting beliefs and to explore different spiritual paths.

Osho sanyassins are warm, loving, carefree people who create a warm and loving atmosphere on the commune. It is a gift to experience a place where people have open hearts and minds. Here is a place where people smile, laugh, hug and care for each other, where you feel accepted no matter who you are, where you come from, what you do. Here is a place to find yourself, if you have lost touch with yourself and are free to be yourself, however that expresses itself in the moment. This experience of freedom is wonderfully supportive, healing and nourishing. The commune remains Osho's gift to the world – a place where people have the freedom to experiment, a place that supports you in your growth and transformation. Such places are rare and precious.

I remain grateful to Osho for creating such an open space, where people can come to seek their own answers. ○

## OOPS

So somehow in our write-up on Osho in our previous edition, a primary source for much of the information in that article entitled **Love Life Laughter** (pg 81) was not acknowledged. We wish to apologise to those responsible for the website [www.satchitanad.co.za](http://www.satchitanad.co.za) for this oversight. The founders of Sat Chit Anand, Leela and Maurice, say that they explored the Osho way for several years before becoming Buddhists. They now run a Buddhist retreat centre in Plettenberg Bay, which hosts monthly weekend retreats. For further info go to [www.satchitanad.co.za](http://www.satchitanad.co.za) to contact Leela on [satchitanad@global.co.za](mailto:satchitanad@global.co.za).