



OIMR Interview

Who is the most blessed person in the world right now? The answer is Prem Siyari, my sannyas name. Presently I am sitting in paradise: [Zorba the Buddha](#) poolside eatery that is part of the [OSHO International Meditation Resort](#) in Pune, India. The setting is just like being in the countryside, surrounded by nature with rolling hills, large green trees with their canopy being home to colorful birds and cool wind blowing in my hair. I hear laughter in the air and see friends from Asia, Europe, Australia, Mexico and Russia among over a hundred countries. This is one of the most cosmopolitan places on the planet, with individuals arriving from all over the world, taking a break from their day-to-day lives to pause and take responsibility for their individual growth, and to ask themselves the most fundamental question – who am I?

I was born and raised in Mumbai by an Indian Sikh mother and a Persian father. Both rebels, they eloped to follow their hearts, and got married. They were undeterred by society and by religious norms, which luckily for me meant less conditioning. My childhood was tumultuous yet I grew up with freedom and independence due to the early demise of my mother, and my absentee father who was a captain in the navy. I left home after college to travel and seek new life experiences. I most recently returned from the US after completing my MBA from MIT Sloan. Prior to that, I was Director of Global Sales working for technology multinational.

My inner journey search began ten years ago following a traumatic divorce. I had to escape from an abusive, now ex-, husband to save my life. I was completely shattered; my world collapsed and I dealt with this entire trauma alone. I had to heal myself. I didn't want this experience to tarnish my future relationships, so I started to enquire, but I was clear that I did not want to be a follower of any religious guru. Fortunately my search began and ended with [Osho](#), when my college professor recommended I read a book by Khushwant Singh entitled *Introduction to Osho*. I read two pages and the words started flying off the pages and I felt this deep connection with Osho as if he is my best friend who understands me deeply! I soon jumped into a car from Mumbai to Pune and never looked back. I continue to return every year for my personal growth and to recharge my batteries. My love for Osho only deepens as he reminds me that his effort is to get me to meditate and to know myself. The energy field here is magical and enables my meditations to be total, which deepens my process of self-discovery, and of staying connected with myself. The beauty of being here is that I can experience and experiment with many types of meditations which involve dance and music, as celebration is a way of life here and I enjoy being non-serious.

The environment is beautiful, clean, and green, with music and laughter in the air creating a positive, fun, celebratory energy. I love the nightly events that burst with creativity, be it painting, karaoke, jewelry-making, dancing, talent shows, etc. This is nature's paradise with bamboo groves, peacocks strutting, and the sound of waterfalls amidst meditating Buddha statues.

But most of all it's the people here; over the last decade I have developed many loving and nurturing relationships. I have been inspired and encouraged to be the best version of myself, and I'm grateful for the loving support and compassion I receive, especially because my family is critical of me. This is the only place in the world where I feel that I am not being judged, and where I have personal freedom and space to be my authentic self. I finished the [Who Is In?](#) course for the second time and it has given me new insights into the patterns of my mind; I have a deeper understanding of myself, and feel a lightness of being present. This is the best "present" in the world I could have given myself.

I have also participated in the [OSHO No-Mind](#), [OSHO Born Again](#) and [OSHO Mystic Rose Meditative Therapies](#), and they were life-transforming for me, allowing me to emotionally cleanse myself with catharsis in a safe way, and to make space for me to connect with myself. I had a direct experience of distancing myself from my thoughts and emotions, and watching them without being identified with them. This watchfulness gives me clarity and understanding that I am not my mind and hence I stopped reacting hastily. This is the most precious thing I take away with me, and the golden keys are awareness, relaxation and totality.