

# OSHO INTERNATIONAL MEDITATION RESORT IMPRESSIONS



## OIMR Interview

If you are passing by the lush green Buddha Grove sometimes you see huge, life-size paintings, their freshness beckoning you from the easel. They are painted by meditators who don't know how to paint, meditators who are guided by facilitators who are not trained as painters! This is no surprise because, "Creativity is our nature," says Dhyana Shakti, the creator of this course.

Originally from China, Shakti lives in Kiev, Ukraine, where she runs an Internet shop.

"I was born in China and was about twenty-one when I moved to Ukraine, studying culture and language at the university. After a few years I happened to meet people who knew about Osho. The first Osho book that I read was in Russian, about the Zen Master Ta Hui. I dropped the book. I couldn't understand how on one page Osho says, "Yes" and on another page he says, "No." Nonetheless there was something that attracted me to Osho, and I read more of his books. After that my friends introduced me to meditation, and then within one year I participated in [OSHO Born Again](#), [the Awareness Intensive: Satori](#), and [OSHO Mystic Rose](#). While participating in Satori I received a direct experience of who is in – or who is not in! – and from that moment there was no way I could drop meditation. Coming to [OSHO International Meditation Resort](#) was a natural progression of meditation, having first organized my business in such a way that I could be in Pune.

"My first visit was for just three weeks. Being here is just so relaxing that I kept sleeping everywhere! Whether in the [OSHO Auditorium](#), at the pool or just sitting silently, I would fall asleep. It is not normal that people go somewhere and fall asleep all over the place! It happened because for the first time I allowed myself to be as I was. Perhaps this was the beginning of my inner opening: living naturally without forcing myself. The next visit was spent not in sleeping, but participating fully in the meditations, OSHO Multiversity courses, and trainings. From 2009 onwards I started to facilitate [OSHO Mystic Rose](#), the [Awareness Intensive: Who Is In?](#), and OSHO Reminding Yourself of the Forgotten Language of Talking to Your BodyMind.

"Participating in the OSHO Meditative Therapies so many times I am learning that being loving, caring, and not judging, opens everything. The more space there is inside the more space there is outside, and this supports the natural flow of creativity. Creativity comes out of non-doing, and [OSHO Dynamic](#), [OSHO Kundalini](#) and the [Evening Meeting Meditations](#) help it to blossom. These meditations are the key to all the many activities here; they are balancing, harmonizing and integrating our energies.

"The Meditation Resort provides the soil for this creativity to flower. This place, this environment, supports relaxation, and this is important because the more relaxed I become the easier it is to meditate. This is a place where I can allow things to happen. This is a place for me to recharge myself, and the [Work as Meditation Living In Program](#) helps me learn the value of learning to be present in everyday life. It's easy to get lost in the world – in daily life, the business, the competition, the overall stress. Then coming back here recharges and refreshes. In the everyday world any experience takes longer for me to understand, yet here it is much faster, much more intense. Each time I am surprised to be here, and each time I gain more understanding and clarity of my inner journey."

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