

David Fuller, London, UK Documentary

OSHO International Meditation Resort is a place where I am learning to drop the roles, expectations and baggage of living my “regular” life and drop into who I really am, through the meditations, workshops and celebrations. The topic of this newsletter is love, and love is what comes through naturally when I drop everything else. This place has been marinated in love for so many years that I can feel it, subtle, yet present, as soon as I step through the gate. I love coming here and feeling an increased sense of openness and aliveness each time. Every time I come I meet incredible people and learn exactly what I need for my own growth. Life has a way of providing what I need at the right time, and here that learning seems to happen in an accelerated way. My personal issue has always been isolation, and only love is the cure for that. All I can say is that I always feel the love here.

Each time I try to take more of what I have learned here back into my life, it’s a slow process, and I can say that the quality of my relationships with myself and others has improved. I’ve learnt to be kinder to myself and others, and to allow more of the meditative silence into my life.



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