

Get out of your head
and get into your heart.
Think less, feel more

Osho

Life is an open secret.
Everything is available,
nothing is hidden. All that you
need is just eyes to see

Osho

THE SPIRIT OF OSHO

There were two sides to this controversial mystic: the 'sex guru' and 'Godman' with the big personality – often surrounded by scandals and wealth; then there was his soulful side: expressed through his teachings on meditation, psychology and a playful approach to spirituality. We prefer the latter.

'Take life easily, lovingly, playfully, non-seriously. Seriousness is a disease, the greatest disease of the soul and playfulness the greatest health.'

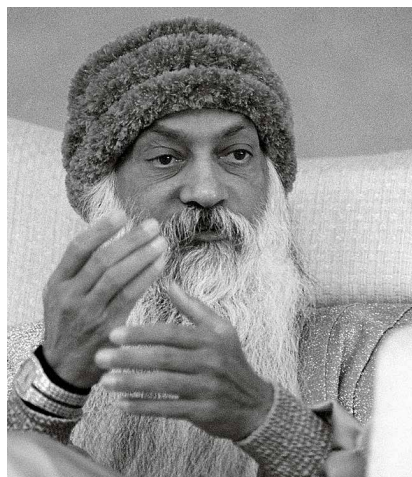
That was Osho (1931–1990) – one of the most famous, as well as the most controversial, spiritual leaders of the 20th century. His teachings placed a lot of emphasis on the importance of meditation, creativity, celebration, love, awareness, courage and humor – quite unusual for a spiritual leader. His open, modern attitude towards sexuality was also shocking to many people, making him possibly too far ahead of his time. He was the founder of Osho International Meditation Center, where he taught visitors a number of meditation techniques and so came to be known as a spiritual therapist. Osho's followers were avid believers – his combination of

spirituality and psychology made him popular with Westerners seeking enlightenment.

Osho's life wasn't without drama, however. His flashy wealth – think diamond watches, a fleet of Rolls Royces – as well as sex scandals at his ashrams, dubious associates who brought him into disrepute worldwide and caused his consequent deportation from the US, meant that melodrama was never too far away. But his message continues to resonate with many people today.

OSHO AND MEDITATION

We're inspired by Osho's belief in the 'science of transformation through meditation'. He encouraged more than a hundred meditation techniques, particularly the method of 'active meditation', which consists of wild physical release, ending in silence. ▶



The most famous of these is Dynamic Meditation. Performed with closed or blindfolded eyes, Dynamic Meditation is made up of five stages. Follow these steps if you'd like to give it a spin: first, practice ten minutes of rapid breathing through the nose. The second ten minutes are for release: 'Let whatever is happening happen. Laugh, shout, scream, jump, shake – whatever you feel to do, do it!' he explained. Then, for the next ten minutes, jump up and down with your arms in the air, shouting Hoo! each time you land on your feet. For the fourth, silent stage, you suddenly stop moving and become completely still for 15 minutes, being aware of everything that is happening around you. The fifth and final stage of the meditation consists of 15 minutes of dancing and celebration. As the man himself said, 'We have to change this world by celebrating, by dancing, by singing, by music, by meditation, by love, not by struggle.'

FOLLOWING HIS OWN PATH
We like that Osho didn't follow tradition or have a strict 'thought system' – he encouraged

people to find their own way on life's journey, just as he did. 'I can give you encouragement to move on your own,' he said. 'I can trigger a process of inquiry in you; but I will not give you a system of thought, I will not give you any certainty. I will only give you a pilgrimage... a pilgrimage which is hazardous, a pilgrimage which has millions and millions of pitfalls, a pilgrimage in which you will have to face more and more dangers every day, a pilgrimage that will take you to the top of human consciousness, to the fourth state. But the higher you go, the more is the danger of falling.' He was about taking risks, and this is one of the reasons why he was ahead of his time. Perhaps the world just wasn't quite ready for him. 'I can only promise you a great adventure, risky, dangerous, with no promise that you will attain it – because the unknown cannot be guaranteed.'

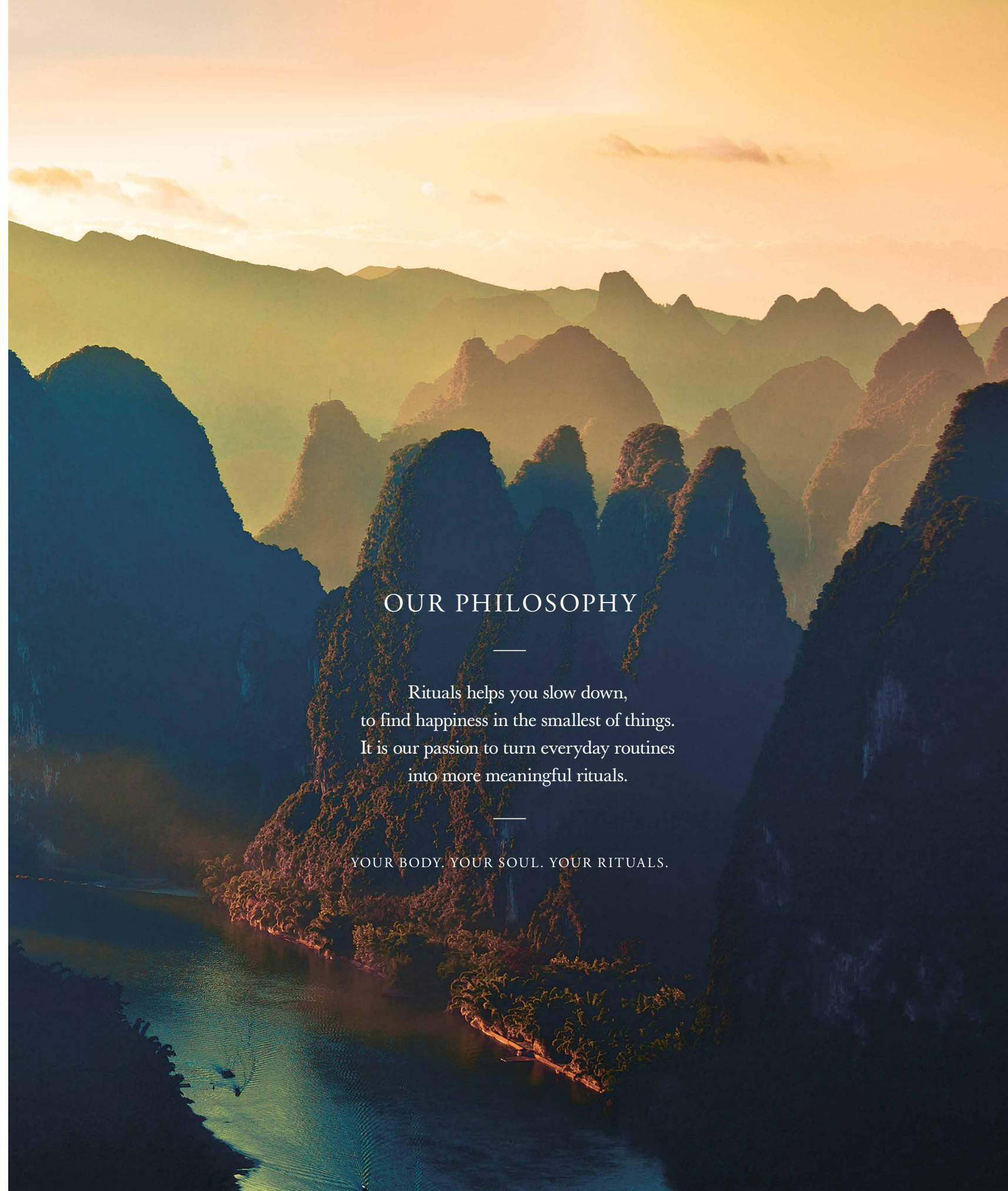
OSHO THE EXISTENTIALIST
A strong element of Osho's philosophy was the here and now:
'Tomorrow: drop that word from your vocabulary!' he said. 'Tomorrow does not

exist, it cannot exist: it is not in the nature of things. Only this day exists.'

He also said that without blissfulness, we can't be truly aware of our own existence. 'So my whole approach here is to help you to be cheerful, blissful, singing and dancing,' he said, 'so that you can relax, come out of your conditioned sadness, seriousness, so that you can be children again, running on the sea beach collecting seashells, colored stones, running after butterflies, collecting wild flowers with great wonder and awe.'

His philosophy was focused on our earthly plane, rather than based on religious ideas of heaven. This world has to be loved, he said. 'This world has to be respected, this world has to be your temple, your mosque your church. This world has to be your gratefulness, your gratitude. Enlightenment is not something of another world. Enlightenment happens now and here.'

And on that note, let's give Osho the last word: 'If you live with love, through love, you will live a great life, because love makes everything great.' ■



OUR PHILOSOPHY

Rituals helps you slow down, to find happiness in the smallest of things. It is our passion to turn everyday routines into more meaningful rituals.

YOUR BODY. YOUR SOUL. YOUR RITUALS.