

OSHO INTERNATIONAL MEDITATION RESORT IMPRESSIONS



OIMR Interview

I was born in São Paulo, Brazil in 1980. Always questioning life, I had my first contact with [Osho](#) at the age of twenty-four, when I attended an OSHO meditation event. Doing those meditations calmed my mind, my questions no longer made sense, and I found that the answers have always been inside me.

[OSHO Active Meditations](#) changed my life, and then in 2007 I arrived at the [OSHO International Meditation Resort](#) for the first time. It was like coming home after many years away. Everything here is very beautiful and well-maintained, simple details make all the difference to my eyes, leading me quietly and easily into a peaceful, meditative state. The twenty-one days I spent here were intense: from dawn and into the night I attended all possible meditations. Of course I also found time to enjoy "non-doing" in the [pool](#), surrounded by trees and birds.

This second time here, after a six-year gap, I decided to try the [Work as Meditation](#) Living In Program. In the six months I've been here, much has been added to my life. Working and meditating daily has brought me to a deeper state. I came to learn how to face the difficulties in my life, and to grow within them, and this is what has happened. Every day a different feeling arises. Every day is a celebration. Here I am falling in love, laughing, crying, and discovering the truth of my being. The Meditation Resort offers various different programs, with something to suit everyone. There's so much to do and also there is "nothing to do."

As I was nearing the end of my Work as Meditation program, I decided to participate in the [Multiversity Plus](#) Program for the two months I had left before returning to Brazil. I signed up for the [OSHO Mystic Rose](#) Meditative Therapy course, one of the nicest courses I have seen happening here. Staying here for a while has meant I can see changes in others as well as in myself, and in this course particularly it's beautiful to see people coming and going, on their own or with one another, in a state of complete peace and harmony with themselves. Meeting people from all over the world, all vibrating on the same wavelength, open to life and meditating, makes this the most amazing place I have ever been in my entire life.

I run a large, family business with many shops, dealing mainly in car parts. I have learnt to be more present in the work, and to apply the tools from the [Inner Skills](#) for Work and Life training. I can now stop, breathe and then respond, taking responsibility, one moment at a time. I'm not into thinking even about the weekend as I work every day, seven days a week. Working with family can be difficult, as there is an emotional bond with them, yet here I have learnt to respect the other person's point of view, to look at myself, and to find a balance between the two. Now I will be working so that I can come here again.

I am so grateful for all that this place has given me, the prosperity that has been brought to my heart and my mind. And I'm also grateful to the people who keep this place exactly according to the vision of Osho. Life happens in the here and now. There is no future to worry about while living in the present moment. This will be the biggest lesson I'll take with me when I leave.

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