

Meditation: The Real Empowerment of Women

Recently, Satya Nadella, the new Microsoft CEO, created a storm among working women with his casual statement at the Grace Hopper Celebration of Women in Computing: "It's not really about asking for the raise, but knowing and having faith that the system will give you the right raises as you go along...."

There was uproar among women in the Microsoft Corporation, who are paid overall 78% of what **equally qualified men received**, and all over the U.S. there were many comments and tweets condemning Nadella's chauvinistic attitude. This remark in **TIME** magazine represents the bitterness of all women regarding the gender bias: "Smile pretty and don't be so unbecoming as to ask for a salary bump. After all, a raise is a lot like a male suitor, and if you pursue it, you might just drive it away."

Since Nadella's comments were shared and appropriately lambasted all over the Internet, the Microsoft head has tweeted that he did not properly articulate his own message.

If this is the case in an advanced country, and within a high-tech company, think of other, less awakened places, where women are still struggling to prove their mettle. They have accepted their role among men and are playing it unconsciously. Just look at all the qualities attributed to the "ideal woman" – nothing but echoes of ideas propagated by men: beautiful, shy, petite, loving, caring, surrendered, sacrificing herself, mothering... and so on, and women have accepted them without question. It is interesting to note that among the qualities of ideal woman, those of being a meditator, an individual, or a light unto herself, have never featured, as if these areas are reserved for men. It was man who left the house to become a monk, and all the paths of yoga, and other spiritual streams, were developed for man's body and mind.

But the wheel of time moves round and things change; change that has given women a voice, an identity, and Osho is the harbinger of change for women. So how has he brought about this change? By opening the floodgates of meditation to all the women of the world without questioning their capability. His trust in the wisdom and capacity of women is unconditional. He creates a space inwardly and outwardly where women feel safe, and can grow their potential. His insight is that it is very easy for women to go into meditation because on the journey to the being,

the heart is halfway there, which encourages them to take this road less traveled by their mothers and grandmothers. Women live more closely to the heart, which is the doorway to trust, love, intuition, aesthetics, poetry and intelligence. They are intimately and strongly rooted in their bodies. When women meditate they unearth the subtle sensitivity of the body, their senses blossom like flowers. For the first time they acquire a beauty and grace which is not merely physical.

There are thousands of women from around the world who come to the OSHO International Meditation Resort for meditation. They feel respected and accepted here, and this helps them glide easily into meditation.

Monica, a business woman from Italy says, “These meditations involving body, senses, and emotions are more practical and more grounded than the traditional ones. There is a holistic view, not just about the soul and mind. It is the body! The Osho vision stimulates me to be more complete, to work more; not just be spiritual. The beauty is that I am not separated from the world.”

Corina is a journalist from Romania who says that so far, living alone has been a curse to women, that if they are alone they are looked upon as being abnormal. Doing the OSHO Meditations is bringing her to an enjoyment of her aloneness, and this carries with it a tremendous inner power.

This inner power is the real empowerment of women.

“Man has ruled over women for millennia. He has been given every opportunity and chance and woman has been repressed continuously, has been crippled. She has not been allowed to compete with man shoulder to shoulder in life. That’s why we don’t know how many Gautam Buddhas on the women’s side did not get the opportunity to blossom. We don’t know how many Albert Einsteins have simply been denied any possibility for growth.”

Osho, *The Book of Women*

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