

OSHO INTERNATIONAL MEDITATION RESORT IMPRESSIONS



OIMR Interview

I was brought up by an Iranian mother in Canada and have been working as an art dealer and curator in Toronto. I began painting in oils at the age of five, and loved my job passionately as creativity and art are what drive me.

However, I found myself going through a period in my life when everything was perfect on the outside but I was feeling that something was missing. My mind was very active as I tried to find answers to my problems. I was sharing with a friend on the phone about how I couldn't control my mind's overdrive. He read me a page from an [Osho book](#) in Persian. The title can be translated as, "Love Is a Dance of Life." For the very first time I felt silence in my life, I had goose bumps all over and was deeply touched. When I enquired what the piece was, he said he had given me the same book three years ago, and it had been lying on my shelf unopened because I wasn't ready to read it. That same day I read the book from cover to cover, and I was in Pune, India, a week and a half later. I had never meditated before, never made any inquiry into spirituality, never been to India; it was a crazy decision for sure.

I travelled for forty hours to reach Pune, and utterly exhausted I reached the [OSHO International Meditation Resort](#) at 6 am. It was monsoon season and the gate watcher was just opening the gateless gate, and for me it was as if the gates of the heaven were opened: the monsoon mist, the fragrance of lush green plants, and the freshness of air came over me as if to greet me. Then he sat me down and brought me some chai – it was a welcoming and deeply touching experience.

After that I was full on! After two days I booked a breath course in the [OSHO Multiversity](#) that was too much for me as it was very strong. But it brought up many issues hidden inside me, so thereafter I did course after course; seventeen of them in a row. I had come for ten days but stayed for three months. In the Primal course I went deeply into the experience of the time when I was in my mother's womb, and I felt great pain, a burden which I was still carrying. Something must have happened to my mother at the time, and when I called her she affirmed that she had indeed gone through a traumatic incident when she was carrying me.

In June 2013 I joined the [Work as Meditation Living In Program](#). I started in the [OSHO Multiversity](#) office and at the information desk in the Multiversity Plaza. In the beginning, for the first few weeks, I was confused and wondering what am I doing here? One day I almost packed and was ready to leave, but that very day I extended my program for three months because I wanted to challenge myself, I wanted to see why three months is a recommended amount of time for participation in the program.

It was after a while that I began to taste the fruits of this program. Outside I tend to work a lot; I don't have a balance, sometimes work gets serious, even in the creative industry people are very much in the mind. Here I am playful because there are so many people with this quality that I am influenced by them. Work is a dance. Being in the middle of nature wearing flip flops and the maroon robe is so liberating. The key that opened many a door within me is non-doing. No one else uses it in the sense Osho does. I try to practice this quality throughout the day. Before I thought non-doing meant not doing anything, but instead it means going with the natural flow of thing; not pushing but helping it and allowing it. This is also part of the instruction for OSHO Kundalini Meditation, and these words are so important, I practice them in everything in life and this is changing the quality of my life.

The aura of this place, the buddhafield here, works energetically with people – and the environment supports it. Buddha Grove is heaven on Earth and dancing there is the ultimate ecstasy. Here I am dancing with the bamboos, the marble, rain, sky, people, alone with myself yet not alone. I love OSHO Dynamic Meditation; it's my favorite way to start the day feeling juicy energetic and silent.

At first it was difficult to go back to a routine, but now more and more of these qualities are becoming part of my life. Now I don't multitask anymore and I am much more relaxed. I feel I have this little pouch inside me, in my guts, from which I can pull an answer if needed. More than anything I love myself. I was my own sternest critic but ever since I have found meditation I feel fulfilled. Nothing on the outside has changed, the change is all inside.

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