

OSHO INTERNATIONAL MEDITATION RESORT IMPRESSIONS



OIMR Interview

I am Anand Sujati, and since childhood I have been deeply in touch with music. My musical journey began with vocal singing when I was twelve. Soon after I found an ancient sitar at my home and started playing it; it was as if the instrument had pulled me towards it. My father was a singer and he gave me full support in learning sitar.

I feel immensely lucky that my father was also an [Osho sannyasin](#) since 1979, so our house was full of taped discourses and meditation music. I grew up listening to the sound of Osho's voice resounding throughout the house, and his meditations were a daily feature. My father started taking me to Osho meditation camps and I would do the meditations as much I could.

I first visited the [OSHO International Meditation Resort](#) in 2001. As I entered the gateless gate I felt as if I had come home. Tears of joy started flowing down my cheeks. I felt blissed out when I entered the gorgeous Chuang Tzu Auditorium. I had a glimpse of no-mind; it was an incredible experience.

The greatest moment was when I changed my name to Anand Sujati in [Celebrating Sannyas](#). For the first time I felt I had met myself. From this moment my life took a new turn, my music was going deeper and deeper as it touched new creative realms. Now my life revolved around two wings: music and meditation.

Soon I became part of the music group and started playing sitar in the [Evening Meeting Meditation](#). I couldn't believe that I was sitting right there playing while others were dancing all around. Playing in the Evening Meeting is meditation, it is not a performance, and I had to change my whole approach towards music for that. Especially the sudden stops during the "music and silence" stage are therapeutic, yet they are also unsettling for a trained musician. We are trained to complete a phrase, and this sudden stoppage in the middle of the phrase throws one off balance. But that's the fun because the mind also stops with it. The environment of the Meditation Resort is so energetic, it supports and enhances creativity. It helps me rise in love with my music every time I play.

I would strongly recommend the [Work as Meditation Living In Program](#) to everyone who wants to experience this place. It was not until I joined this program that I learnt how to work with awareness. Nowhere in the world is work combined with meditation, so this process is unique to the Meditation Resort.

During this period I also participated in two [OSHO Meditative Therapies](#); [OSHO Mystic Rose](#) and [OSHO No-Mind](#), as well as the [Awareness Intensive: Who Is In?](#)

When I went back to work, my life was totally transformed. I joined a college in Chandigarh as a teacher and started teaching music. That's when I realized that the skills I had learnt in Pune are so useful in changing work into meditation: not taking life seriously, being flexible, playful, aware and sincere are great values which I have imbibed and am putting into practice. Being in the market place doesn't disturb me as my meditation continues while working. I can say that music is my meditation and meditation is my life.

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