

OSHO International Meditation Resort

Written by: Eduardo Moises

Close your eyes for a moment and be silent, let all the thoughts stop, remain in peace. Impossible, right? But the case is just the opposite. We had the opportunity of visiting the Osho International Meditation Resort in Pune, India and we became aware that it is possible to let go, even if just for few moments, of all thought -- and to experience a feeling of peace and silence that is so wonderful, it seems not to belong to this world.

After a little bit of investigation we became aware that here the great masters, the founders of the great world religions -- Jesus, Mohammed and Gautama the Buddha, as well as other masters not so well known, such as Ma Tzu, Meera and J. Krishnamurti, to mention some amongst the hundreds of "buddhas" that we discovered -- are respected in the same way. Because, according to Osho, all of them reached the same enlightenment. We discovered as well that the word "Buddha" means "the awakened," and that contrary to what we have always assumed, each person who has transcended the mind is known as a Buddha. In this sense, Osho is considered to be the latest Buddha to have appeared among us, leaving more than 600 books in his name, one of the most prolific authors in the history of humankind. It must be said that all of these books are transcriptions of talks given during more than 40 years to audiences that sometimes exceeded 50,000 persons. Impressive, don't you think?

This beautiful place of 40 acres, located 120km from Mumbai (previously known as Bombay), hosts people from every part of the world. We meet people from Argentina, New Zealand, Ecuador, Australia, England, United States of America, Czech Republic, Egypt and, obviously, México, amongst others.



In this oasis, where golden eagles soar overhead, something has been achieved that exists nowhere else in the world: a balance of the beauty of nature with the ever-expanding needs of today's human beings, but with the addition of the magic touch – *consciousness*. And to create that, who better than a Buddha?

After being received in the Welcome Center, we are requested to undergo a painless test to detect AIDS. (This rule comes from Osho, and it has been applied since the beginning of the 80's, established so the Resort remains free of this disease.) After waiting few moments, trusting in our past good behavior, we are told that we can get our gate passes, and from there we can go to our room in the OSHO Guest House.

For anybody who likes comfort, the OSHO Guesthouse is an ideal place to stay when you arrive in this hot city; the entire complex is provided with air conditioning, which makes it really pleasurable by night after an intense day of meditation, or simply after having spend the whole day in the spectacular Olympic swimming pool in a shape of a lake (which, by the way, is heated in the winter months). The architecture of this place has been referred to many times, in a misuse of the word, as "minimalist" -- but it is not that, it is "Zen" in its ultimate splendor.



Zen enjoys big spaces, and only contains essential elements, which makes it appear as "minimalist" but to those who know, Zen in architecture reflects the harmony achieved through meditation as it is manifest in the outside world. Minimalism is just an imitation of Zen but without meditation. This is the small but important difference.

Osho's vision is to be "total" in any thing you do; it makes no difference whether you are working, studying, sharing with your beloved or, as he says, if you are in the marketplace. "It does not matter what are you doing, but how are you doing it." We did travel halfway around the world to come here and experience this international phenomenon called Osho, so how can we do otherwise than go into it, and trust in his vision during the time we are here?



In this place, full of beautiful gardens, peacocks, rivers, and streams, lakes and lagoons, a kind of homogeneity pervades, from the effort shared by all to "reach the unreachable," as Gautama the Buddha described enlightenment, through the vegetarian food -- presented in the artistic small dishes like sushi, pasta and, you may not have guessed, Mexican food -- to the maroon robes worn by both men and women. It gives the feeling of being transported to memorable times in old Japan, China or India -- this time with the difference that here we walk down marble pathways, we drink bottled water and we meditate in a gigantic pyramid that protects us from the sun.

Now, we offer an explanation about the framework that has supported, supports, and will support what the Buddhas of all the times have called "the only hope for the world."

THE MEDITATIONS

In the words of Osho, "there is one basic meditation, the foundation stone of all the teachings of anybody who has truly achieved the "kingdom of heaven": **Watching**. From this essential point (watching the mind) arise the thousands of techniques that have been developed to help people to achieve "enlightenment," or the state of nirvana.

The most popular meditations, because you can feel their impact immediately, are the following:

OSHO Dynamic Meditation
OSHO Kundalini Meditation
OSHO Nadabrahma Meditation
OSHO Nataraj Meditation

The OSHO International Meditation Resort is the number one place in the whole world offering whatever concerns meditations, healing therapies and massage. No other place on the planet has the facilities, knowledge and human resources that are available here. Thousands and thousands of therapists have been trained here, under Osho's guidance and using his meditations.

In the OSHO Auditorium, from 6 a.m. in the morning till 11 p.m. at night, all kinds of active and passive meditations take place that in their different stages include breathing, catharsis, dance, a display of lights, whirling, music, crying, laughter and, of course, silence.

Last but not least are the programs and sessions offered in massage. During its busy season, this place offers a variety of more than 30 different massages, from the Ayurvedic to the Hawaiian, and including reflexology and craniosacral as well -- a variety unique in the world. Not to mention that as opposed to other places, here the massages become a meditation.

We have tried to summarize in these brief lines an uninterrupted work of more than 40 years -- an impossible task, for which we ask you, dear reader, to excuse us for omitting other points that you might have liked to know. The only thing we can do is to recommend a visit to the web page www.osho.com, to buy a book, or decide to travel to this pearl of the East. (By the way, the OSHO International Meditation Resort is the second most popular tourist destination in India, surpassed only by the Taj Majal).

