

Put everything at stake.  
Risk everything, because the next moment is not certain,  
so why bother?  
Why be concerned?  
Live dangerously, live joyously.  
Live without fear, live without guilt.  
Live without any fear of hell, or any greed for heaven.  
Just live.

OSHO

---

● writer Pia Muggerud

# meditating

at the Osho International  
Meditation Resort in Pune, India

---

It is just past seven am  
and I am sitting by the resort pool watching the sun's rays slowly  
beam through the branches of the luscious trees surrounding me.  
The pool water is still, and some steam rises up into the cool  
morning air. A male peacock strolls nonchalantly past me, stopping  
briefly to have a sip from the spring water pool and then continues  
on his merry way. This scenario could be taken from fairy tale, but  
it is very much real to me sitting here at the Osho International  
Meditation Resort in Pune, India.





Osho was an Indian mystic and spiritual teacher who reached enlightenment in 1953 at the age of 21. Trying to define Osho is like trying to imprison a rainbow or catch a cloud. The guru's teachings emphasise the importance of meditation, awareness, love, celebration, creativity and humour – qualities that he viewed as being suppressed by adherence to static belief systems and religious tradition.

Although there are active Osho centres all over the world, Pune is definitely a pivotal hub that carries a special energy. You can either stay at a hotel located near the campus, or right next to it in the newly opened Osho Guesthouse, which provides the comforts of home (air-conditioning, attached bathrooms and double beds) for a good price.

The campus itself is a huge compound that includes a 12-acre Zen garden, space-age pyramids and club meditation area, where you can enjoy facilities such as a gym, swimming pool, sauna and Jacuzzi. It also has two restaurants serving organic, self-grown vegetarian food. Even with these luxuries surrounding you, the retreat still feels like a spiritual oasis, offering a multitude of possibilities for inner discovery and exploration. I'm not the only one to think so; thousands of visitors from over 120 countries and every cultural tradition come to visit every year to take 'time out' from the external stresses of life and nourish the soul, via various courses in meditation and personal transformation.

I am no different. I have been coming yearly for the last four years. Along with the meditations, I return to connect with my inner being and with friends I have made along the way; like-minded people that are looking for the same as I am in my life.

From the very first moment I step into the resort, there are open arms welcoming me and I feel instantly connected to a beautiful, serene place inside myself. It's as though I have more 'space' when I am here; like being tapped into a feeling of love that is nearly tangible.

This is my fifth visit to the resort and although I had tried a number of different methods of meditation – from silent sitting to chanting – somehow they didn't offer me what I had been looking for: peace, joy and a sincere connection with myself.

It is certainly not often I am up and active at five o'clock in the morning but in this place, there is something very magical about this time of day. The silence feels like a warm blanket surrounding me, only briefly interrupted by the awakening birds that are enjoying the lush greenery that envelops the majority of the resort.

As much as I can feel the benefits of meditation, it continues to be a daily challenge to get out of bed at six am. In anticipation of this, the resort has a morning shuttle available to all so that no-one can use the 'it's too early and too far away' excuse. Although I can only muster a grunted 'morning' and stay silent until I reach the meditation auditorium, the

presence of other sleepy faces that are committed to starting their day like this is both comforting and inspiring.

According to Osho, there are 112 known forms of meditation believed to have been given by the God Shiva to his consort Devi. It was Osho's belief that by going through the 112 varieties you would inevitably find the one that suits you best.

The way the resort is designed and run, meditation can happen both within one of the many scheduled guided meditations or simply when you are in nature enjoying some quiet time. I am somebody with a lot of energy and sitting still for hours has always been a challenge for me, which is why 'dynamic meditation' suits me so well. Dynamic meditation is one of Osho's signatures and consists of five stages: chaotic breathing, cathartic, physical movement and mantras, meditation and dancing.

Chaotic breathing takes place accompanied to music and involves rapid breathing through your nose for 10 minutes. It's said that if you fully embrace the breathing in this first stage, the rest of the meditation is a breeze. Thanks to the intensity of increased oxygen intake, the first few minutes of rapid breathing really pumps up your energy and wakes up every part of your body. Since the rest of the meditation requires all your energy, this first stage is essential to commit fully. I often felt a little dizzy by the 10-minute mark, yet empowered; if nothing else, it's a great way to clear up your sinuses for the day.

The cathartic stage (also set to music) is a cleansing process created to release suppressed emotions before meditation begins. The first few times I did this I was startled by all the energetic activity that happened in this stage. People around me were screaming, yelling and crying, yet feelings of anger, sadness and rage are emotions that I rarely give myself room to experience and I always thought I didn't have them.

At first I was a little shy, thinking someone would be watching me or listening to my process, yet one morning when the catharsis stage started, I was surprised to find myself like a child in the 'terrible twos' stage, lying on the floor kicking my legs, crying, screaming, and even shouting profanities! Obviously I had plenty of unexpressed baggage that I'd been carrying around and felt a fantastic release of energy afterwards that left me feeling aware of a new 'lightness'.

The third stage involves jumping up and down with your hands in the air, shouting the mantra "ho, ho" for 10 minutes. The combination of the jumping and the mantra moves your sex energy and life force. I have chronic lower back pain and was very nervous about this stage before I realised the jumping can work as a form of massage. The vibrations of the jumping made my back feel better so I jumped to my heart's content. When "stop" is shouted, everyone stops exactly where they are; if your arms are up, your arms must stay up for the 10 minutes of profound silence and stillness that follows.

The first three stages prepare you for a kind of exhaustion that allows the fourth stage – meditation – to happen on its own accord. By this I mean all else falls away and you have a chance to be truly intimate with the silence within yourself.

In the final fifth stage, the group dances in celebration, and that too happens on its own accord. Osho was a great believer in celebrating joy and a sense of freedom through dance and music and I cannot imagine a better way to honour his legacy than by dancing around the room.

Leaving the hall is a beautiful experience. If you look closely at people's faces there are no traces of strain or exhaustion, only peace and calm. Through this practice I have started to understand that meditating is not just about sitting silently in a cave, but embracing every moment of the meditation space dynamically.

[www.osho.com](http://www.osho.com)