

# OSHO INTERNATIONAL MEDITATION RESORT IMPRESSIONS

## OIMR Interview - Akshar



I was born and raised in Mozambique, a country in south-eastern Africa, facing the Indian Ocean. My mother was a single parent and I was her only child until I was ten years old. I was born into Christianity, but my mother's second partner was a Muslim so I got converted into Islam too. Both these conditionings gave me a lot of guilt and fear about God and about going to hell. I was taught many moral values like charity, social service, and celibacy until marriage, which may sound like good things, but I found them limiting and repressive.

Maybe because of this background, when I came across Osho for the first time through one of the books in my mother's library, it was a liberating experience. Something pulled me specifically towards one book in particular, [\*Fear: Understanding and Accepting the Insecurities of Life\*](#). I was instantaneously captivated from the first page, where Osho tells a short story about a man who spent an entire night out in the darkness, clinging to a rock, scared of falling into an abyss that didn't even exist because he could not see he was just a few meters above the ground.

That was after I had just finished my final year in college, where I had studied Translation and Interpreting for Portuguese and English. I had already been working with languages (including German) and I still do this for a living. However, after having read my first Osho book, an amazing inner journey began. My focus shifted from being concerned only with making a career and becoming successful to also, and mainly, discovering myself and going deeper into my being.

I kept reading Osho books, and the more I did that the more I started seeing life with brand new eyes and a fresh and conscious approach. Then came the realization that existence is perfect exactly as it is, with all its imperfections; I just need to know myself and live with totality and awareness to start seeing the tremendous and indescribable beauty and mystery of what it means to be alive.

Before that I was living in anxiety, insecurity, and with the constant feeling of never being "good enough." This meant trying to please everybody and being afraid to be myself regardless of other people's opinions. Freedom, acceptance, and self-respect are the most important lessons I have been receiving from Osho and from life.

This inner journey carried on for almost three years with just the help of [books](#), [YouTube](#) videos, and the [osho.com](#) website. After reading [\*Autobiography of a Spiritually Incorrect Mystic\*](#), I did not hesitate, I took the decision to come to [OSHO International Meditation Resort](#) in Pune. Simply reading and watching from a distance was no longer enough for me. I really wanted to learn the [OSHO Active](#)

[Meditations](#), so all I was learning wouldn't turn into just another theory or philosophy.

It is the thirst in me for truth and the secrets of life that made me come here and have a closer and deeper look into the message that has helped me change my life from within, and is constantly helping me grow more and more through my experiencing.

The Meditation Resort is home to me. Here I feel all the time blissful, in tune with myself, with others and with the universe. Coming here was without a doubt the best decision I have made in my life so far. I knew it would be good, I just didn't know that these would turn out to be the best days of my life. It is a place where people meet, meditate, celebrate, dance, go deeper into themselves and much more; where the material and the spiritual come together and the bird finally has both wings and is ready to fly for the first time.

I am participating in the [Work as Meditation Living-In Program](#), learning how to bring meditation into my everyday activities. I have shared tasks, from sitting at the Main Gate and receiving newcomers to helping with the website's online shop, and also from working at the Plaza Café once a week to facilitating meditations and teaching traditional African dance.

Though my body will be leaving here soon, I will be carrying this place, all the beautiful and unique people I've met, the experiences and love I have been receiving here with me in my heart and I'll be coming back as soon as possible.

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