

OSHO INTERNATIONAL MEDITATION RESORT IMPRESSIONS



Ekta

[Osho](#) says, "Love and Freedom are two sides of the same coin. It is one flower, and it can blossom only when both are allowed dignity and respect." I came across this quote in one of the [OSHO Newsletters](#) last year and it hit me like a rolling stone. Perhaps this was what I was looking for in my life. My name is Ekta, and since

graduating from the Pearl Academy of Fashion in New Delhi I had been running a big clothing showroom, a family store, but no credit was given to me for my work. I had all the luxuries you can imagine but no freedom in which to enjoy them. The family told me that they love me very much, but their love did not include my freedom; they wanted me to be a society animal, a showpiece.

I found myself going through a period where everything looked perfect from the outside, but inside something was missing deep down. Whenever I was upset I would go to [YouTube](#), watch videos of [Osho talking](#), or read his books, and would feel more grounded. I wanted to find out more about myself, and felt very connected to whatever Osho said about women. My next step was to be away from everybody and to focus on meditation, and this is how I landed in this heavenly [OSHO International Meditation Resort](#) in Pune.

I was experiencing both happiness and nervousness at leaving behind my luxurious golden prison. Here I was welcomed by beautiful meditators that made me feel very warm and secure. This place is just like a countryside resort; surrounded by greenery, peacocks, the chirping of colorful birds, the Olympic-sized pool in [Basho](#), and [Zorba the Buddha](#) poolside eatery, making it the most cosmopolitan of places. With people arriving from all over the world, and everyone wearing beautiful maroon robes, something which touches my sense of fashion, I found arriving here very liberating, yet simple and grounding.

Here I am a "Wamy," i.e. I am participating in the [Work as Meditation Living-In Program](#). I work in the [OSHO Multiversity Office](#), at the information desk in the Multiversity Plaza, and I also facilitate Welcome Morning and meditations in the [OSHO Auditorium](#). As a floater I take rounds in the Basho pool area, and once a week I work in the Plaza Café, where evening events take place. The events each evening are the best way to unwind after a beautiful day. I have attended courses named [Fast-Track to Yourself](#), [Inner Skills – Stress, Relaxation, Communication, and Inner Skills – Playing with Change](#). These courses have filled me with joy and acceptance about my being and the situations surrounding my daily life. I even

earned a meditation facilitation certificate in the Meditation Facilitation course I did. When I go back I would love to work as a facilitator and would like other people to experience such a positive change in their lives.

The [Evening Meeting Meditation](#), [OSHO Kundalini Meditation](#), [OSHO Whirling Meditation](#), [OSHO Heart Meditation](#), [OSHO Gourishankar Meditation](#) and [OSHO Devavani Meditation](#) are a few of my favorites. They help me to be more grounded and in a no-mind space, distancing myself from thoughts and emotions, watching my emotions and seeing myself growing vertically. Catharsis makes me feel much lighter and relaxed.

I want to take this experience of working parallel to meditations back with me. Now it is easy to understand work, and competition in the business world, and at the same time remain centered and grounded; it is a touching experience. Now that I have been here once I feel like coming again and again because I keep learning new things, new aspects of myself and life. It is endless. I am full of gratitude.

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