

# OSHO INTERNATIONAL MEDITATION RESORT IMPRESSIONS



## OIMR Interview – Alex

For the last year and a half I was living in China, teaching English to kids in kindergarten. I reached a point in my work where I felt I was not developing inwardly. Creativity had disappeared from my life, I had settled into a routine, and I was moving like a robot between work and home.

I was born and brought up in Ukraine. Ukrainians are strong people; they work hard and they always find a way to survive. Family is not so tight or highly glorified as in Eastern countries. There is freedom in the family and divorce is common; my own parents are divorced. That may be the reason people learn to take care of themselves and not become dependent. When you are by yourself you start looking at yourself as there is no one else, and this is where meditation has a great role to play.

I came across [OSHO Meditations](#) in Kiev in 2011. I met a girl who knew a friend who had participated in some of them, and there was a place where people could come for meditation and then leave for work. I started to practice [OSHO Dynamic Meditation](#) with others there. My first experience of catharsis was a relief such as I had not experienced before. It only showed me that there is much more inside. I felt that at the end of the breathing stage something is coming up and begging to get out. This I found new and unusual. After the meditation I realized that reality is not actually what I see, and I realized that I had been looking at myself as if from the outside.

Due to my experience of OSHO Dynamic Meditation it was a natural step for me to land in Pune, India, at the [OSHO International Meditation Resort](#). Basically I have been bitten by the proverbial travel bug, and India was a land of mystery at the back of my mind, and on my list of places to visit. Lots of people I know talked about India as a special place, so I dropped everything in China, left my job, detached myself from everything and took a leap into nowhere.

When I was planning my Indian sojourn the OSHO International Meditation Resort was the main place on my list. I wanted to stay here so I had already applied for the [Work as Meditation Creative Living Program](#). I couldn't think of being here doing nothing. Work together with meditation sounded like a nice option for me. The first impression of this place was friendly, almost like coming home; it was as if I was meant to be here. I was given office work in the Work as Meditation office.

I have worked in offices before, and finding it like being in prison I have tried to escape, but here I find it interesting and exciting. I am in a communicative position, and being with people is great fun and I meet people from many countries. Everyone has their own reason for being here, and my initial resistance was overcome by witnessing my reactions.

I am also facilitating the Welcome Morning, the orientation program for new visitors to the Meditation Resort. There was a fear in me of public performance but now I can improve my skills and watch my fear. I enjoy these sessions very much. In the [Evening Meeting Meditation](#) I practice the art of listening. I play with it; sometimes I listen from my belly or listen to the gaps in Osho's words. As a result I find that my listening has changed during the daytime. I can be calm while the other is speaking and let him finish what he has to say. My relations with people have improved; now I enjoy people. I find listening such an important part of communication.

[OSHO Whirling Meditation](#), [OSHO Chakra Sounds Meditation](#) and [OSHO Chakra Breathing Meditation](#) also give me tremendous experience. While doing whirling I experience that I am centered, and all the images around me are floating by like a dream. This generates so much love inside me, it is incredible.

I've done the [Meditation in Depth](#) course, which is part of the Creative Living Program. It gave me a deeper view of Osho's meditations and also an opportunity to facilitate and share Osho's meditations. The icing on the cake is the certificate given at the end of the course!

When I go back I will practice these meditations to manage my life and stay centered. I will be doing them regularly, like going to a gym, and in the same way as muscle develops the more it is worked on, so I will be developing my awareness. Working here is transformation. It happens unknowingly. I may not be aware of it as it happens yet I am certainly enjoying the benefits and the results.

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