

How to use the body-mind connection to support their health and well being?

Try an amazing technique: Osho Reminding Yourself of the Forgotten Language of Talking to the Body and Mind.

Doctors and scientists have now come to recognize what common sense has always told us – that there is a deep connection between body and mind, and it profoundly affects our overall physical health and sense of well being.

Researchers have found that nearly half our physical ailments are stress-related. And the “placebo effect” – where people get better just because they believe that a certain treatment or medicine is going to help them, even if they are only taking a sugar pill – is well documented.

Osho points out often in his talks, the thin layer of the conscious mind – the part that intellectually understands something – is only a tenth of our reality. The unconscious layers are far bigger, and when we’re not in touch with them they can be far more powerful.

It is this set of relationships – between the conscious and unconscious layers of the mind, and their influence on the body and our overall sense of well being – that Osho addresses in a revolutionary technique he developed in 1989, just two months before he left the body. It started as an experiment with his own body, when his shoulder was giving him a great deal of pain. According to notes taken by his secretary at the time, Osho told his shoulder to “drop the pain” and it did – literally! – as the pain dropped from the shoulder first into the arm, and then the leg. But he kept on experimenting, and invited others also to experiment with a technique of talking to the body and asking it to drop the pain, that it was no longer needed and once gone there was no need to bring it back.

Over the next few days and weeks, a new meditative therapy of “**Reminding Yourself of the Forgotten Language of Talking to the Body and Mind**” was born. It is now offered as a seven-day series of one-hour sessions at the OSHO

International Meditation Resort in Pune, India, and offered around the world by individuals who have been trained in the process.

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