

Upper Crust

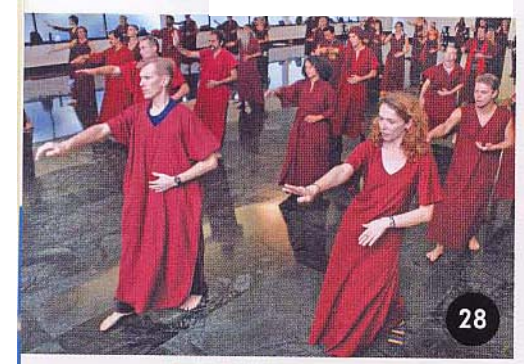
India's food, wine and style magazine
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UPPER CRUST
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ENTREES

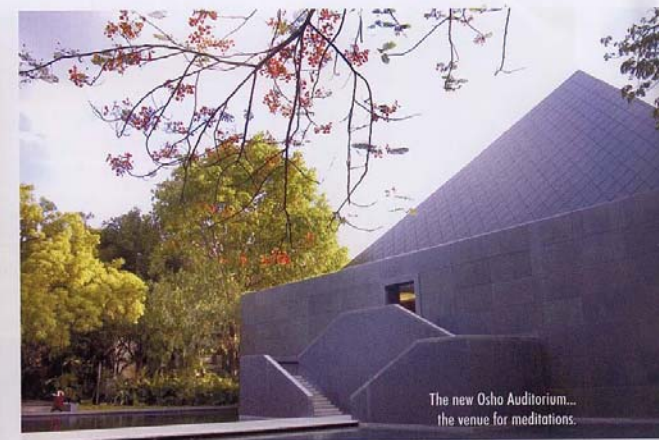
28 The Osho Meditation Resort

Farzana Contractor takes her jaded city spirit to the Osho Meditation Resort in Poona and comes out rejuvenated after a weekend of meditation, massage and healthy dining.





Outside the Osho Center...
a quiet street in Koregaon Park, Poona.



The new Osho Auditorium...
the venue for meditations.



A high-energy dancing
celebration is part of
the meditation workshops.

Nirvana In Poona!

FARZANA CONTRACTOR spends a weekend at the Osho Meditation Resort in Poona and comes away rejuvenated in body and soul. She recommends it as a great spiritual getaway.

IT was a wet weekend that found me in Poona. No, it was not an impulse that took me there, rather it was a pre-meditated, well-planned, and thought about visit. I was going to attend a few courses at the Osho Meditation Resort. Learn about meditation, stay in the new resort, relax by the lagoon-shaped swimming pool, give my over-worked mind a break, understand my body — or at least give it a little attention it deserved, a massage or two? I wanted to see for myself what the Osho culture 10

years after the Master 'had left his body', was like.

So I woke at dawn in my apartment in Bombay, got into my car and drove to the neighbouring town, now just three hours away, bless the new Expressway.

Driving in Poona city for someone not conversant with the streets can be a bit of a nightmare, but arriving at

The high-energy dancing, a celebration of the self, is where you allow yourself to just go and the more totally you dance, the more you are able to relax. Most of the times your eyes are shut and you sense more than see.

your destination is not very difficult since everyone knows the directions to 'Osho Ashram' and is happy to guide you there.

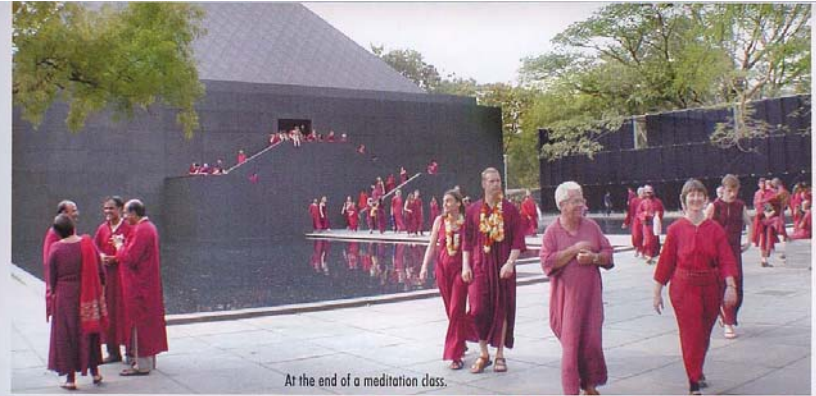
On reaching the place I was met by Amrit Sadhana, one of the disciples of Osho, there since the last three decades. There are certain entry ➤



formalities everyone coming into the meditation resort has to undergo. A detailed resume is fed into the computer, the computer camera also photographs you and issues an identity card which you have to have on you at all times to move about on the vast area, all of 40 acres. But the most important part of the registration is that you have to go through a blood test. This is to

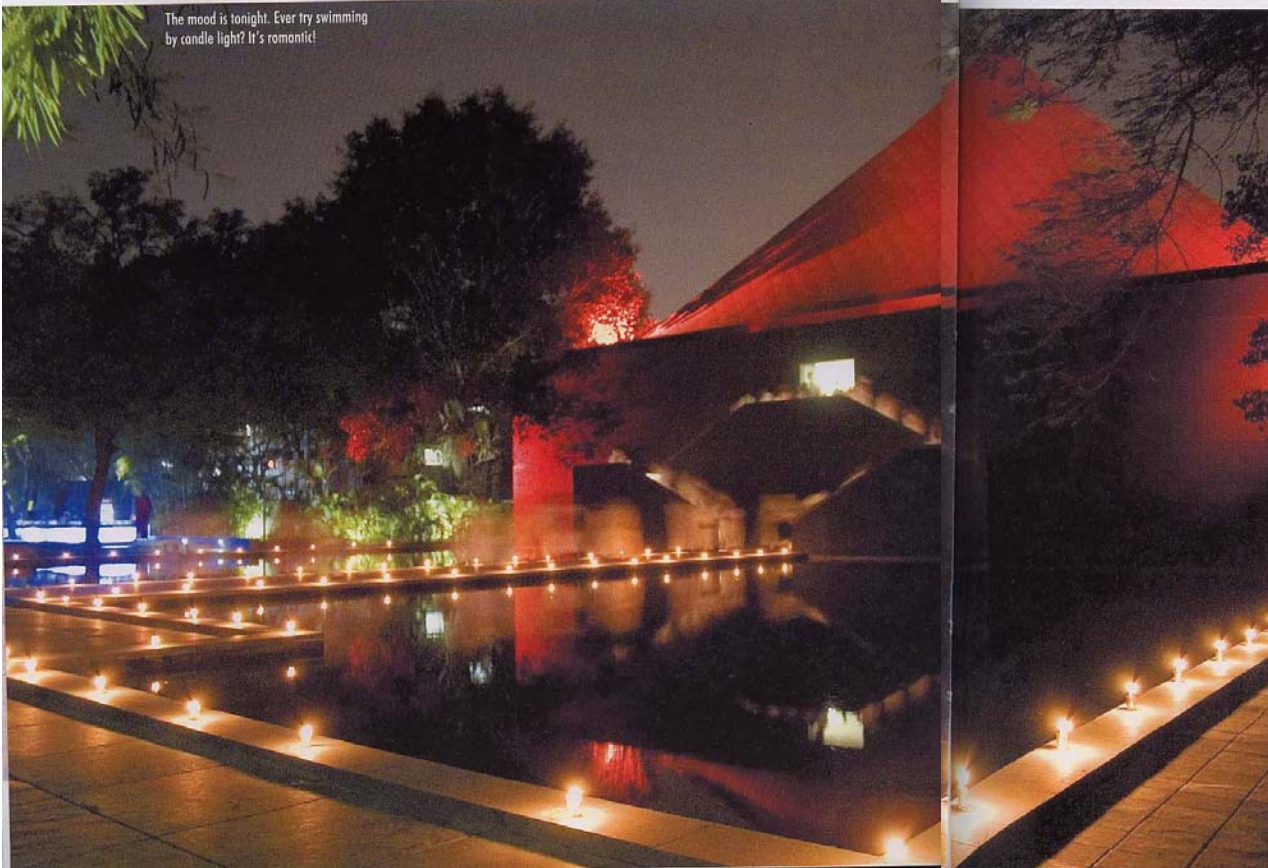
The Osho Meditation Resort has a lovely ambience — one of friendliness, but not over-friendly and certainly not like people who have never visited there imagine. You don't see people coupling for example, that's rubbish. But everyone is always willing to help.

ensure that the resort remains an AIDS-free zone. The procedure completed, one of the sanyasins accompanies you to the Guesthouse of the new Osho Meditation Resort. The rooms are modern, minimalistic and very tastefully appointed. The resort I found had a sense of calm, an ideal environment in which to relax, recharge your batteries and make wellness a reality. ➤



At the end of a meditation class.

The mood is tonight. Ever try swimming by candle light? It's romantic!





More or less the first thing you do is get into the maroon robe that is provided to you, as part of the Wellness Weekend package. The act of shedding my city clothes and getting into this soft, flowing, comfortable garment, for me was itself an act of... how shall I put it... of getting out of a society mask and just being me. It felt free, and

The first thing you do is get into the maroon robe that is provided to you, as part of the Wellness Weekend package. The act of shedding city clothes and getting into this soft, flowing, garment, is like getting out of a society mask.

very normal. I was to wear these robes for the next three days (it's compulsory) and believe me, I loved it.

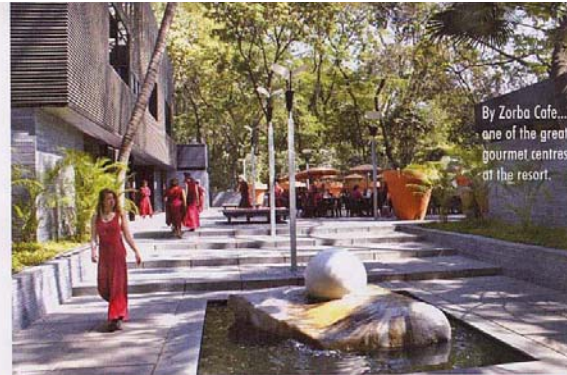
This was not my first visit to Osho's. I was there four years ago to check out on its state-of-the-art kitchen for a story for *UpperCrust*. But I noticed there were many changes in these interim years. For starters, there is the new

meditation hall, the Osho Auditorium. Phew, difficult to describe. You just have to see it for yourself to know what it is. Experience a meditation class in there to feel the feeling... Pyramid-shaped, the entrance to the meditation hall is flanked with a 90 feet expanse of water with a central walkway. As you quietly walk inside you are awe-struck. It is huge, cold, silent, dimly but very beautifully lit, the ceiling well above six storeys high. An architectural marvel, the floor space is 18,000 square feet.

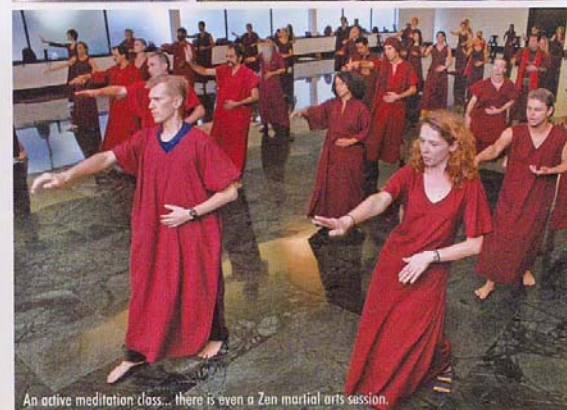
There are many different kinds ➤



Everybody does their own thing... you get out of the city clothes and society-mask and into the maroon robe, and that itself make you feel so free!

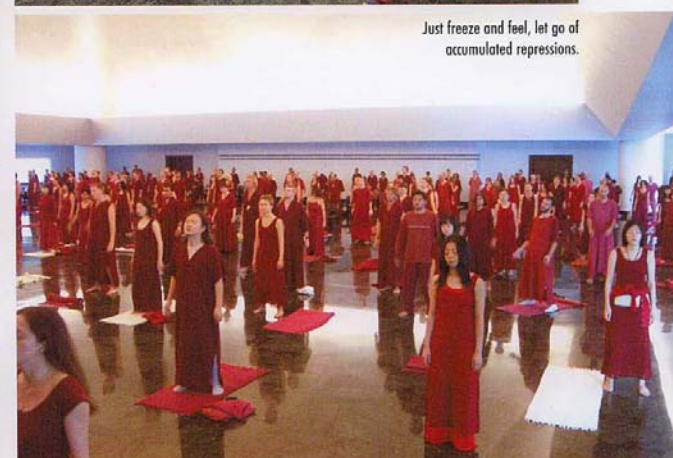


By Zorbo Cafe... one of the great gourmet centres of the resort.



An active meditation class... there is even a Zen martial arts session.

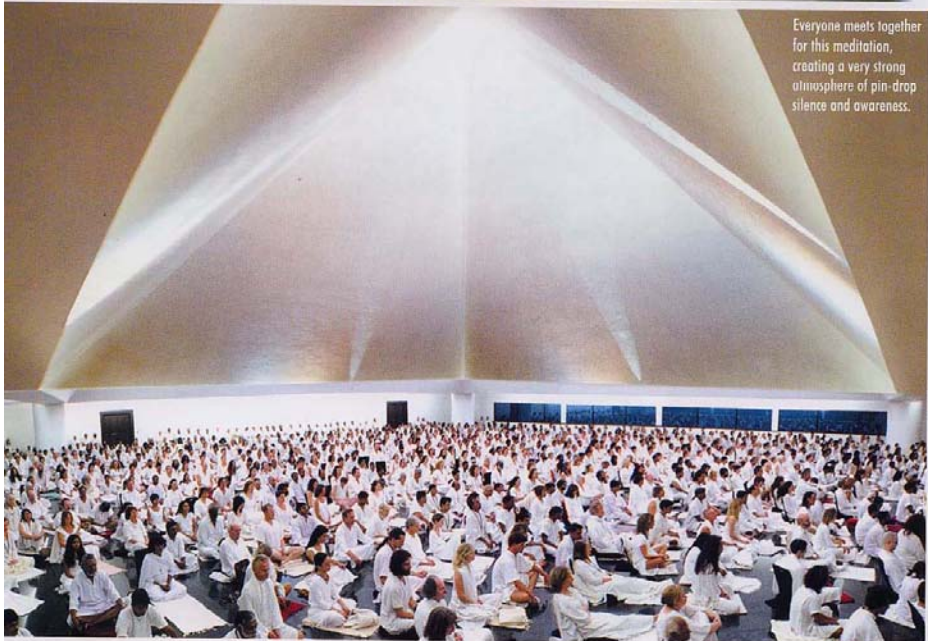
Just freeze and feel, let go of accumulated repressions.



The Evening Meeting of the Osho White Robe Brotherhood... the highlight of the day.



Everyone meets together for this meditation, creating a very strong atmosphere of pin-drop silence and awareness.



of meditations. I went for many, and as early as 6 a.m., which is the Osho Dynamic Meditation. An active meditation it involves deep, chaotic breathing, a powerful technique that provides one with an opportunity to let go of any accumulated repressions. I believe if we include this technique in

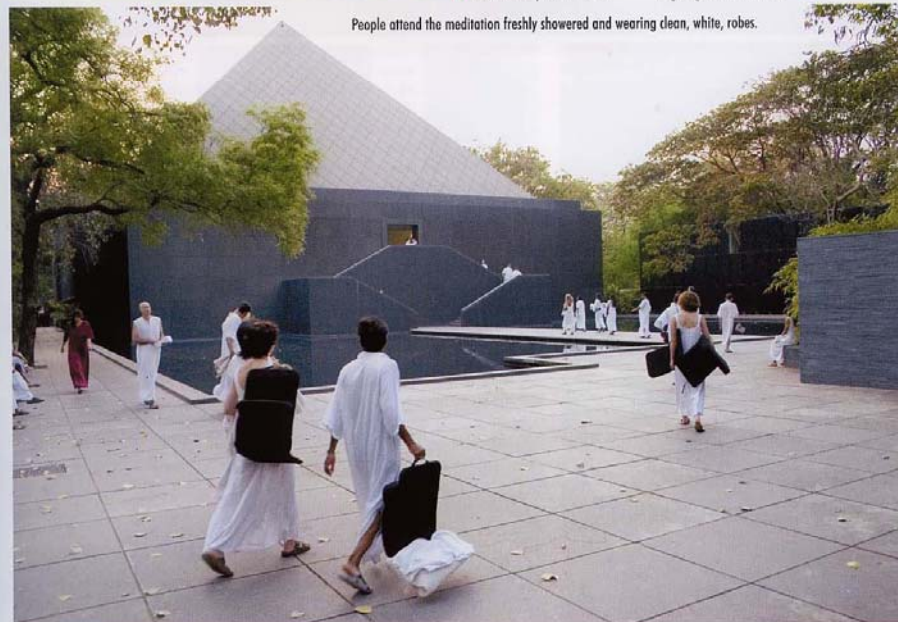
“ This place has to leave in you a memory of sheer enjoyment, of silence and beauty. And people who are non-interfering with you, are happy in your happiness. Nobody is jealous, nobody is competitive. Nobody is even comparing. But it all depends on you. I have created the space here. Now how you use it is up to you. – Osho ”

Pyramid-shaped, the entrance to the meditation hall is flanked with a 90 feet expanse of water with a central walkway. As you quietly walk inside you are awe-struck. It is huge, cold, silent, dimly but very beautifully lit, the ceiling well above six storeys high. An architectural marvel, the floor space is 18,000 square feet.

our daily program for 21 days we will find it really helps. In the Osho Kundalini Meditation you simply allow the body to shake so that “your solidity, your rock-like being, should shake to the very foundations so it becomes liquid, fluid, melts, flows. And when the rock-like being becomes liquid, your body will follow. Then there is no shake, only shaking; then nobody is doing it, it is simply happening. Then the doer is not”.

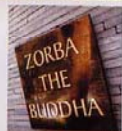
But the Evening One, which is known as the Osho White Robe Brotherhood, is the highlight of the day. >

People attend the meditation freshly showered and wearing clean, white, robes.





There is some wonderful food to be had at Zorba, the a la carte restaurant. Situated by the pool, it offers international cuisine.

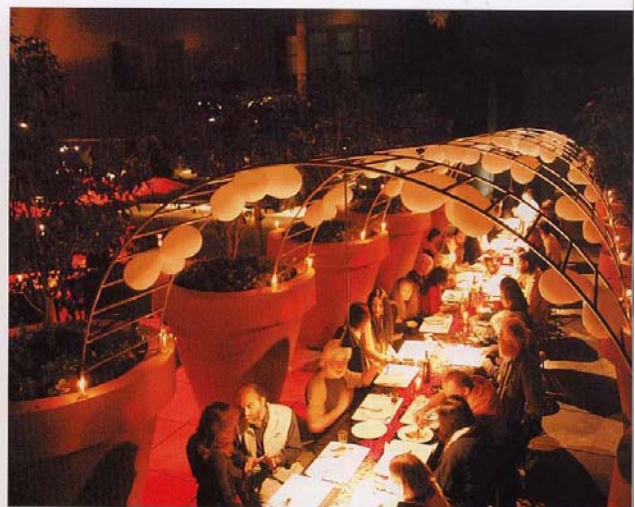
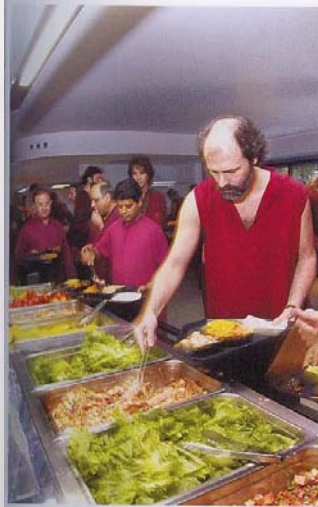
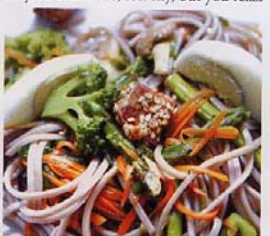


Obviously you wear white and assemble by 6.30 in the Auditorium, freshly showered, no perfumes, as this can disturb others.

Everyone attends this meditation, creating a very strong atmosphere of pin-drop silence and awareness. It begins with a high-energy dancing, a celebration of the self, where you allow yourself to just go and the more totally you dance, the more you are able to relax. Most of the times your eyes are shut and you sense more than see. At first, because you are a newcomer you may be conscious, feel shy, but you relax

soon enough for you realise nobody cares, they are in their own selves, doing their own thing. That, I found, was the essence of my meditative experiences. And that is what should be our motto in life: live, and let live.

But there is lots more to the place than just meditations, though everything is designed to lead to it, for meditation is the ultimate. At the Osho Multiversity there are many courses, workshops and training sessions. All these are geared towards personal transformation, an approach to awareness and self-discovery. The programs include the healing arts of the East and the West, esoteric sciences, centering, Zen martial arts, and Tantra. To give you an idea,



At Osho's food is given as much attention as any other aspect. Lama Muris, the chiselled Dutch beauty who first came to Osho's in 1987 and baked cookies, has returned to take charge of the kitchens. Only vegetarian food is cooked or served here. And it is prepared in extreme hygienic conditions.



here are names of a few courses and what they try to arrive at: CHANGING THE WAY WE LIVE OUR LIVES. The conditioning we have unconsciously picked up from our parents and others is running our lives at present. Learn techniques to live your own, authentic life, relaxed and natural. DIE BEFORE YOU DIE: A SUFI CENTERING THROUGH LIFE AND DEATH. Experiments with Sufi paradoxes >





that allow your energy to withdraw from attachments and take you home to the very center. **PRIMAL DECONDITIONING:** An intense process using regression techniques to release chronic body tensions. Fears and repressed emotions from the past. There are many others, like Mystic Rose, Satori, Reiki, Sufi-Zen, Vipassana and also various Transomatic Dialogue

At Zorba, the a la carte restaurant by the pool serving international cuisine, the most expensive dish does not cross Rs. 170! Inexpensive considering that they use the best virgin olive oils, quality balsamic vinegar, Italian sun-dried tomatoes...

Therapies.

At Osho's food is given as much attention as any other aspect. Lama Muris, the chiselled Dutch beauty who first came to Osho's in 1987 and baked cookies, has returned to take charge of the kitchens. She took me around to give me a firsthand view of the behind-the-scenes functionings at Meera and Zorba, the eating



places on the campus. To start with, only vegetarian food is cooked or served here. And it is prepared in extreme hygienic conditions in ultra modern cooking environment. The kitchens are large and well laid out. All recipes are computerised with every detail marked in. Formerly the sanyasins used to cook, now it's different. There are 17 cooks and three bakers. Bread is

At Meera and Zorba, the eating places on the campus, only vegetarian food is cooked or served. The kitchens are large and well laid out. All recipes are computerised with every detail marked in. Formerly the sanyasins used to cook, now it's different.

baked every day and most of the vegetables come from their own 30 acres of organic farm, 20 minutes from the Osho Meditation Resort. As well as the unfertilised, free range eggs.

I had some wonderful food at Zorba, the a la carte restaurant. Situated by the pool, it offers international cuisine. And the most expensive dish on the menu >





By the lagoon, pool, and at the tennis courts... the resort is a place where you can choose if you want to do something or simply want to rest, swim, do a few workshops... or just be.

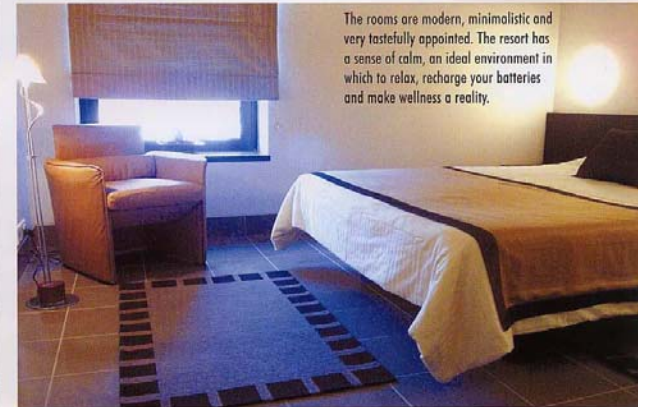


does not cross Rt. 170! Inexpensive, considering the fact that they use the best virgin olive oils, the best quality balsamic vinegar, Italian sun-dried tomatoes, seaweed from Japan. What's nice is every Sunday evening there is a special pool party. We've all had candle-lit dinners but have you ever gone swimming by candle light? It's romantic.

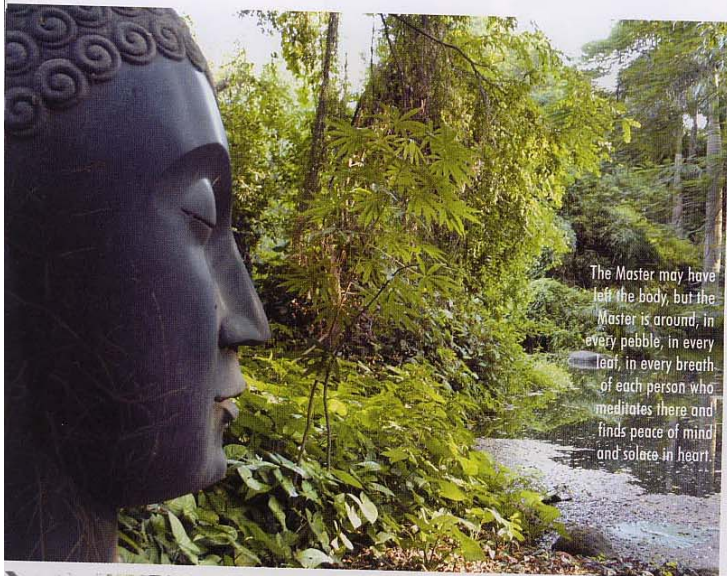


Forty-two acres is a lot of land and you do end up walking quite a bit in the campus itself, but there are certain parts that were my favourite. And I found myself going there for contemplative walks. Called the Osho Theerth Park, it used to be a *nallah* with foul-smelling water, till the Osho workers stepped in. Now transformed, it is a beautiful Zen garden, evoking a sense of peace. Very conducive for creating some comfort in the mind.

To surmise what I set out to find. I found in Osho Meditation Resort a lovely ambience — one of friendliness, but not over-friendly and certainly not like people who have never visited there imagine. You don't see people coupling for example, that's rubbish. But everyone is always ➤



The rooms are modern, minimalistic and very tastefully appointed. The resort has a sense of calm, an ideal environment in which to relax, recharge your batteries and make wellness a reality.



The Master may have left the body, but the Master is around, in every pebble, in every leaf, in every breath of each person who meditates there and finds peace of mind and solace in heart.

willing to help everyone. The place runs with extreme efficiency and clockwork precision. It's not as if there are no rules and regulations, they are there, but very easy to follow. Hats off to the people who have continued what Osho set out to do. They have done him proud. The Master may have left the body, but the Master is around, in every pebble, in every leaf, in every breath of each person who meditates there and finds peace of mind and solace in heart.

Check: www.osho.com



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