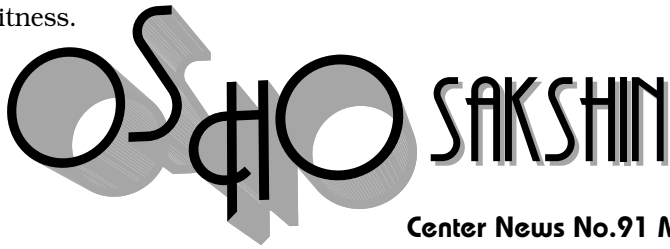


Sakshin means witness.



Center News No.91 Mar. & Apr. 2002



It is love that has given the first glimpse of god and then people have felt the urge to seek and search deeply. It is through love that they discovered meditation. Love is a natural phenomenon, meditation is a deliberate science. in love you are just at the mercy of the winds..... Love seduces everyone into meditation. And if love cannot seduce you into meditation, then nothing else can. That is a only hope, the only promise. But it always succeeds, it has never failed, it cannot fail. It is inevitable that after a deep experience of love, meditation follows. And meditation opens the door to the temple of god. Osho

Golden Week special events

10 DAY's Vipassana Retreat

at OSHO Prem commune (Yamanashi)

Date / April 26 (Fri) ~ May 5 (Sun)
Place / Osho Prem Commune
Fee / ¥58,000

(You can participate partially. Please consult. You need to reserve.)

VIPASSANA brings you many gifts, though it is a simple technique of having noticed all movements of your body and breathing. We aim at being more consciously in all our gesture, separating from daily life, being wrapped in Nature, while passing in the environment that one can face to himself easier. Walking, eating, taking shower..... Let's carry out fully being conscious of each movement which is unconcerned. We have time to sit down for gazing at breathing in the Pyramid house which is for one person and meditation hole. A candidate can participate also in field work. And the dynamic meditation in early morning, the kundarini meditation in the evening so on, by incorporating active meditation, it is made easy to go into VIPASSANA more smoothly. 5/3 ~ 5/5 We join a meditation camp, and rounded off with Celebration. Both beginner and experienced person can participate. Please surely come to this opportunity for these ten precious days.



Vipassana Retreat SCHEDULE (plan)
6:00 ~ 7:00 Dynamic mditaion
Breakfast
9:30 ~ 10:15 VIPASSANA (pyramid house)
Lunch
Free time
17:30 ~ 18:30 Kundarini
19:00 ~ 20:00 VIPASSANA (meditation hole)
Dinner
(5/3 ~ 5/5 we join a meditation camp.)



Golden week Meditation Camp

5/3 ~ 5/5 (Fri 16:00 ~ Sun 15:00)
Place /Osho Prem Commune
¥35,000
Meals & Accommodation included.
Reservation needed.



Osho Enlightenment day Celebration

3/21 (Thu 19:00 ~ 21:30)
Osho Sakshin Meditation Center
¥3,500
Dinner included. Reservation needed.

Meditation & Celebration...



One day Meditation

3/10 (Sun) , 4/14 (Sun) 10:30 ~ 18:00
Osho Sakshin Meditation Center
¥8,000
Lunch & dinner included. Reservation needed.

Meditation Camp

3/22 ~ 24 (Fri night ~ Sun 15:00)
Place /Osho Prem Commune
¥30,000
(Meals & Accommodation included.)

Being apart from the daily life and through gathering your energy inward, meditation camp will work on you, purify your body and mind, give a golden opportunity for you to be aware your self-being.

The Osho Prem Commune, its beautiful nature and the great pyramid meditation hall will help you to jump into the ocean of the existence easily.

Full, silent and blissful three days. Something will flower in you.

Kid's Camp in Spring

Date / 3/29~31 (Fri 15:00 ~ Sun 15:00)
Place / Osho Prem Commune
Fee / Adult (As a member of family) ¥12,000
Primary and junior high school ¥10,000
3~5 Years ¥8,000
Adults ¥15,000

*More than three persons of a family will be discounted.

Meals & Accommodation included. Reservation needed.

A fresh wind strokes your cheek, straining your ears quietly-- you will hear the sounds of spring. In mountains and fields, plants bud all at once. Let's play joyfully, feeling the beat of Nature for this moment when flowers also bigen to blossom. At the starry night, let's sing and dance, around the campfire. let's plant the seeds of vegetable in the fields. Art group, music group, and meditation of Osho and so on. Expect what will happen!! We say welcome to grown-ups who are very fond of playing with child. For three days which will wake up to createve energy and meet an inner child.



At the center

Friday in dinner after night meditation every week.
(20:15~, reservation needed until 18:00)

¥1,000 (meditation and dinner.)

March

| Thu | 7:00~8:00 | | 17:30~18:30 | 19:00~ |
|--------|---------------------------|---|-------------|--------------------|
| 1 Fri | Dynamic | | Kundalini | White Robe & Video |
| 2 Sat | " | Nataraj (15:00~16:00) | " | Nadabrahma |
| 3 Sun | " | | " | Chakra Sounds |
| 4 Mon | " | | " | Vipassana |
| 5 Tue | " | | " | Nataraj |
| 6 Wed | " | | " | Nadabrahma |
| 7 Thu | " | | " | Chakra Sounds |
| 8 Fri | " | | " | Nataraj |
| 9 Sat | " | Nataraj (15:00~16:00) | " | White Robe & Video |
| 10 Sun | One Day Meditation | | | |
| 11 Mon | " | | " | Nadabrahma |
| 12 Tue | " | | " | Chakra Sounds |
| 13 Wed | " | | " | Vipassana |
| 14 Thu | " | | " | Nataraj |
| 15 Fri | " | | " | White Robe & Video |
| 16 Sat | " | Nataraj (15:00~16:00) | " | Nadabrahma |
| 17 Sun | " | | " | Chakra Sounds |
| 18 Mon | " | | " | Nataraj |
| 19 Tue | " | | " | Nadabrahma |
| 20 Wed | " | | " | Chakra Sounds |
| 21 Thu | " | | " | Celebration |
| 22 Fri | " | | " | Vipassana |
| 23 Sat | " | Meditation Camp | " | White Robe & Video |
| 24 Sun | " | | " | Nataraj |
| 25 Mon | " | | " | Nadabrahma |
| 26 Tue | " | | " | Chakra Sounds |
| 27 Wed | " | | " | Nataraj |
| 28 Thu | " | | " | Nadabrahma |
| 29 Fri | " | | " | White Robe & Video |
| 30 Sat | " | Kid's Camp Nataraj (15:00~16:00) | " | Chakra Sounds |
| 31 Sun | " | | " | Vipassana |

April

| Sun | 7:00~8:00 | | 17:30~18:30 | 19:00~ |
|--------|---|---------------------------|-------------|--------------------|
| 1 Mon | Dynamic | | Kundalini | Nataraj |
| 2 Tue | " | | " | Nadabrahma |
| 3 Wed | " | | " | Chakra Sounds |
| 4 Thu | " | | " | Nataraj |
| 5 Fri | " | | " | Nadabrahma |
| 6 Sat | " | Nataraj (15:00~16:00) | " | White Robe & Video |
| 7 Sun | " | | " | Chakra Sounds |
| 8 Mon | " | | " | Vipassana |
| 9 Tue | " | | " | Nataraj |
| 10 Wed | " | | " | Nadabrahma |
| 11 Thu | " | | " | Chakra Sounds |
| 12 Fri | " | | " | White Robe & Video |
| 13 Sat | " | Nataraj (15:00~16:00) | " | Nataraj |
| 14 Sun | " | One Day Meditation | | |
| 15 Mon | " | | " | Nadabrahma |
| 16 Tue | " | | " | Chakra Sounds |
| 17 Wed | " | | " | Vipassana |
| 18 Thu | " | | " | Nataraj |
| 19 Fri | " | | " | Nadabrahma |
| 20 Sat | " | Nataraj (15:00~16:00) | " | White Robe & Video |
| 21 Sun | " | | " | Chakra Sounds |
| 22 Mon | " | | " | Nataraj |
| 23 Tue | " | | " | Nadabrahma |
| 24 Wed | " | | " | Chakra Sounds |
| 25 Thu | " | | " | Vipassana |
| 26 Fri | " | | " | White Robe & Video |
| 27 Sat | " | Nataraj (15:00~16:00) | " | Nataraj |
| 28 Sun | 10day's Vipassana retreat Nadabrahma | | | |
| 29 Mon | " | on Apr.26~May 5 | " | Chakra Sounds |
| 30 Tue | " | | " | Nataraj |

The Golden Week Meditation Camp on May 3~5.

Meditation schedule

Dynamic Meditation (5stages:60 min)

7:00 ~ 8:00

Osho's original meditation which has deep, fast breathing and catharsis.

Kundalini Meditation (4 stages:60 min)

17:30 ~ 18:30

Shaking body from your feet as energy moves, then dance and

Nataraj Meditation (3stages:65 min)

Nataraj is dance as a total meditation.

Vipassana Meditation (2stages:60min)

Sitting silently just watching your breath.

Chakra Sounds Meditation (2stages:60min)

Focus on each chakra while making sound with your mouth open.

Nadabrahma Meditation (4stages:60min)

Sitting in a relaxed position and humming, then hands move in circles.

White Robe Meditation & Discourse on Video

19:00 ~ on Saturday. Music and silence with Osho.

One Meditation ¥800 (White Robe ¥400)

11 Tickets ¥7,000 (Valid 3 months)

One Month Ticket ¥15,000 (No charge for the first meditation of the day and all additional meditations at half price.)

Family memberships available (¥50,000) for long-term meditators. (50% discount on meditation camp, 10% discount on celebration, one day meditation, etc.)

*At the center, we have large assortment of Osho's book, music tape, CD, video, pictures, etc. We also accept mail order. Please ask for detail.

For Participation in Center Activities

Those who you want to participate in daily meditations, please make a call for reservation. For newcomers, we give instructions before the meditation.

For groups, private sessions, camps, call for a reservation or ask at the center in person.

Please be aware of personal cleanliness. Avoid strongly scented products, e.g. perfume, shampoo, body creams, that can disturb other participants.

HIV tests are required, and should be less than 6 months old.

First-timers are required to pay half the fee as deposit to participate in camps or groups. Deposits should be sent by registered mail to the center or brought in person. Notice of cancelation must be given at least three days prior to groups or camps. Otherwise, a late fee will be charged. It may be possible to apply deposits to future camps.

AIDS CHECK

To participate in any meditation, celebration, or any camp, all visitors are required to have a negative AIDS blood tests for HIV-1 and HIV-2. The test should be less than 6 months old. As early as 1984, Osho directed attention to the necessity to prevent the spread of AIDS around the world. As a matter of fact, AIDS has been spreading with alarming speed. So we ask all visitors to Osho communes or meditation centers to cooperate in AIDS prevention. Each meditator has to be more conscious about how he / she is living.

For more information about the test, please call us.

Tai-Chi Class with Sw. Soham

1 hour lesson: ¥2,000 / 4 lessons: ¥5,000. Reservation needed. You can take a lesson of Chin-ja Tai-Chi.

Osho Multidimensional Body Work with Sw. Prem Soham.

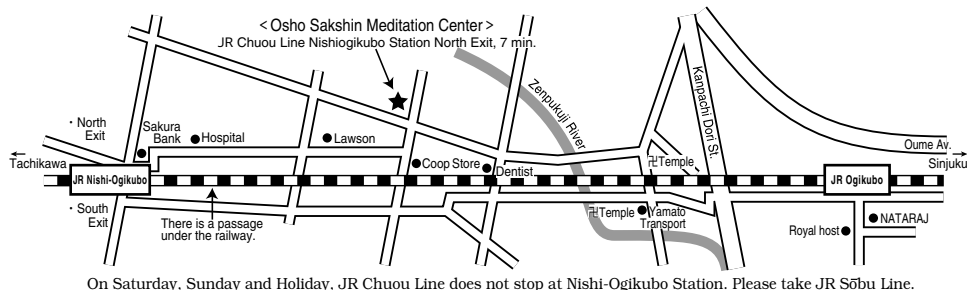
90 min: ¥12,000. Soham uses Rebalancing, Craniosacral Balancing, Reiki, Chakra Balancing and colour puncture in his session.

Tibetan Pulsing Healing with Ma Antar Gyano.

Individual sessions only. 90 min : ¥15,000. Healing session available.

Three In One Concept with Sw. Shanti Takeshi.

Most recent techniques of kinesiology. Relieve your tension and stress in a scientific way. Individual session 90 min. ¥12,000 (Reservation Needed)



On Saturday, Sunday and Holiday, JR Chuo Line does not stop at Nishi-Ogikubo Station. Please take JR Sobu Line.



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