



A man without meditation knows nothing of the splendor of existence, knows nothing of the glorious opportunity that has been given to him. He is fast asleep, unaware of the songs and music. The flowers are blooming but he is fast asleep - in the garden of Eden itself!

All that is needed is an awaking so he can see the flowers, the stars, the birds, the trees, and this immense glory of existence. It is unbelievable, incredible!

We have been given the most beautiful and the most perfect existence possible. Existence cannot be more perfect than it is but we have to discover it. That is a challenge! And it is good that there is a challenge in life, otherwise life will be dead; it is the challenge that makes it alive.

And meditation is the greatest challenge in life: it is discovering your wakefulness, it is destroying your sleepiness, your samnambulism, it is a tremendous

Milarepa is revisiting Japan with a gentle breeze of music, meditation and celebration. Heart meditation, Vigyan Bhairav Tantra meditation, Evening Satsang, etc. All are played in live performance! Enjoy the three days live event in the Prem Commune, being in the bosom of beautiful nature. It is now in

## The One Sky Meditation & Celebration Festival



Silence has a music of its own. It is not dead, it is very much alive, it is tremendously alive. In fact, nothing is more alive

**Date / Nov 2~4 (Sat 18:30 ~ Mon 16:00)**  
**Place / Osho Prem Commune**  
**Fee / ¥38,000**  
**(Meals included. Reservation needed.)**



## 'Awareness' is the golden key!

One Saturday night George ended up at a party in an unfamiliar apartment building. He got very drunk and somehow found his way home in the wee hours. When he woke up the next afternoon with a terrible hangover, he realized that he had left his jacket, tie, shirt and shoes at the party. With much difficulty he found the

apartment building, but he had no idea which apartment he had been in. The only thing he remembered about it was a magnificent gold toilet. So he knocked at the first apartment. The door was opened by a man with a hangover. "Hello," said George. "Did you have a party here last night?" "We sure did!" groaned the man. "And do you have a gold toilet?" "A gold toilet? No, we sure don't." So George had to go to the next door, and so on for three floors.

## Camps and Groups....

### Osho Mahaparinirvana Celebration

Sep. 8 (Sun 17:30 ~ 21:30)  
Osho Sakshin Meditation Center  
¥3,500  
(Dinner included. Reservation needed. )  
Celebrating that all the people will move to nirvana someday. Let's sing and dance with Osho's presence.



### Meditation Camp

Sep. 14 ~16 (Sat 19:00 ~ Sun 15:00)  
Oct. 12 ~14 (Sat 19:00 ~ Sun 15:00)  
Osho Sakshin Meditation Center  
¥30,000  
(Meals & Accommodation included. )

Being apart from the daily life, focusing your energy on meditation, You will have some strong influence which is created by your own energy going inward, and that will work upon your body and mind, purifying them and giving you a great opportunity to know your real self-being.

A pyramid meditation hall and the Osho Prem Commune's right environment for meditation, all around affluent nature, will help you to jump into the vast ocean of the existence.

The most full three days, veiled in bliss and silence.

### One day Meditation

Sep. 29 (Sun) 10:30 ~18:00  
Oct. 27 (Sun) 10:30 ~18:00  
Osho Sakshin Meditation Center  
¥8,000  
Lunch & dinner included. Reservation needed.

Every one was recovering from a party, but no one knew anything about a gold toilet. By the time he go to the last apartment, George was beginning to think he had imagined the gold toilet. The door was opened by a man with a hangover. "Uh, hello," said George. "Did you have a party here last night?" "We sure had a party here!" groaned the man. "And do you by any chance have a gold toilet?" There was a long silence.

# September

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

# October

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

# November

	7:00~8:00		17:30~18:30	19:00~
1 Fri	Dynamic		Kundalini	Nadabrahma
2 Sat				White Robe & Video
3 Sun	<b>Milarepa Group</b>			Chakra Sounds
4 Mon				Nataraj

## — At the center —

**Conuseling** with Sw. Satyathirth Bharti  
60 min: ¥20,000. Reservation needed.  
Problems of daily life, questions about meditations, etc. Liberating yourself in conversation, awareness and deep understanding can happen. A good opportunity to see yourself.

**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

**Tibetan Pulsing Healing** with Ma Antar Gyano.  
Individual sessions only. 90 min : ¥15,000. Healing session

### Meditation schedule

**Dynamic Meditation** (5 stages: 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

**Nataraj Meditation** (3 stages: 65 min)  
Nataraj is dance as a total meditation.

**Vipassana Meditation** (2 stages: 60min)  
Sitting silently just watching your breath.

**Chakra Sounds Meditation** (2 stages: 60min)  
Focus on each chakra while making sound with your mouth

**Nadabrahma Meditation** (4 stages: 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.)  
**Zorba Pass** 10% discount at Nataraj restaurant) will be given to every meditation participant.  
**Family memberships** available ( ¥50,000) for long-term meditators. (30% 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

### 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.

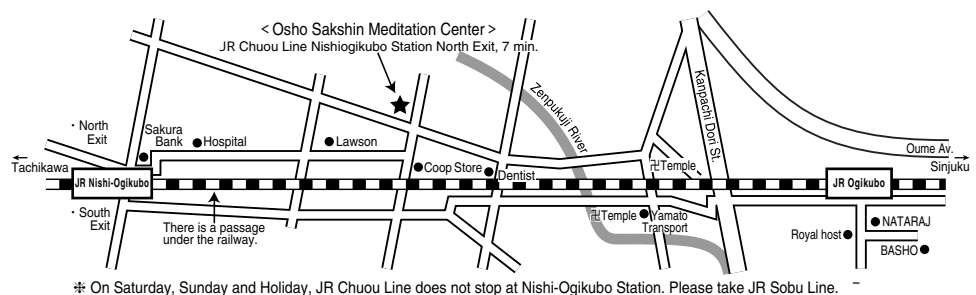
HIV tests are required, and should be less than 6 months old.

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

### 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.

You can have a test in some medical clinics or the public health centers. A test through saliva is also possible.



## OSHO SAKSHINMEDITATIONCENTER

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