



Camps and Groups....

The Golden Week Meditation Camp

May 3 ~ 5 (Fri 19:00 ~ Sun 15:00)
Osho Prem Commune
¥35,000
(Meals & Accommodation included.)



Meditation Camp

June 14 ~ 16 (Fri night ~ 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 soundless words of existence.

One day Meditation

May 19 (Sun) 10:30 ~ 18:00
June 2 (Sun) 10:30 ~ 18:00
Osho Sakshin Meditation Center
¥8,000
Lunch & dinner included. Reservation needed.

When you are full of tears you smile, when you are angry you don't show it, you go on repressing it. Naturally this whole process creates a division in you. The tears were real but you did not allow them, you pushed them back. And the smile was false but you tried to smile. it cannot go very deep, it is only on the lips, nothing to do with you.

Morality is just like that: a false smile. You practice morality but that does not give you dignity of character.

Dignity of character comes through meditation.

You are not practicing anything as far as your character is concerned, but your insight grows. You start seeing things as they are, and your whole life is transformed in this new light, in this new vision.

You cannot deceive anybody because now through meditation one knows that we are not separate. You cannot be violent, you cannot enjoy hurting anybody because now you know that the other is part of you. We are part of the organic universe. We are not separate entities at all.

Then of course you will have a dignity of character and dignity will come through integrity. So remember, meditation has to be the source of real character. One can forget all about character - just put your whole energy into

today. And slowly slowly you also become drunkards with me, so you go on forgetting. Hence it appears every day fresh and new, because neither I remember nor you remember! And there is no need to remember either.

The new priest at his first mass was so afraid he could hardly speak. Before his second week at the pulpit he asked the other priest how he could relax.

The priest replied, "Next week it may help if you put a martini in the water pitcher. After a few sips, everything should go smoothly."

The following week, the young priest put his elder's suggestion into practice and really talked up a storm. After his sermon, he asked the other priest how he liked the sermon.

The elder priest replied, "There are a few things you should learn before addressing the congregation again:

1. Next time sip instead of gulp the martini.
2. There are twelve disciples, not ten.
3. There are ten commandments, not twelve.
4. David slew Goliath, he did not kick the shit out of him.
5. We do not refer to our savior Jesus Christ and his disciples as J.C. and the boys.
6. Next week there is a taffy-pulling contest at Saint Peter's, not a peter-pulling contest at Taffy's.
7. We do not refer to the Cross as the Big T.
8. The Father, Son and Holy Ghost are not referred to as Big Daddy, Junior and Spook.

Osho Times Publishing Event

Date / May 11 (Sat 19:00 ~ 21:30)
Place / Osho Sakshin Meditation Center
Fee / ¥ 1,500
***Dinner inc. Reservation needed.**



Commemorative event of publishing Osho Times Asian (Japanese) edition.

The initial number will be issued on May.

At the event, the video on Osho Times which is talked by Osho will be played, and to all of whom

come to the event, The Osho Experience, beautiful book which introduces Osho and his work, published in Pune, will be given. And of course dinner will be served.

Well, Sahajanand, they can't have everything!

How do you manage to speak year in, year out, and still it is always as fresh as the morning rays

Suryananda, I am a drunkard! I don't know what I have said yesterday. In fact I don't know what I have said

May

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

June

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

— At the center —

Conuseling with Sw. Satyarth 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 : 60min)
7:00 ~ 8:00
Osho's original meditation which has deep, fast breathing and catharsis.
- **Kundalini Meditation** (4 stages : 60min)
17:30 ~ 18:30
Shaking body from your feet as energy moves, then dance
- **Nataraj Meditation** (3 stages : 65min)
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.

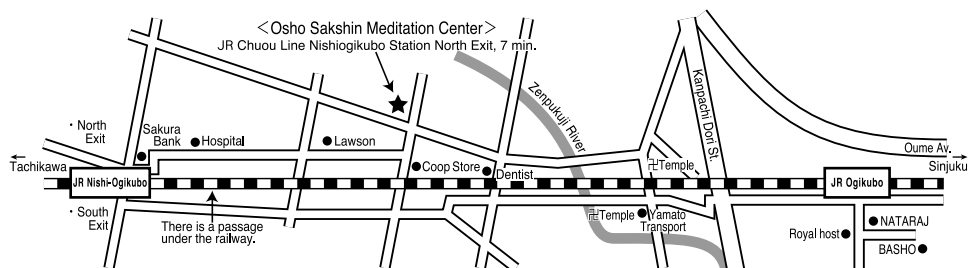
One Meditation ¥800 (White Robe ¥400)
11 Tickets ¥7,000 (Valid 3 months)
One Month Ticket ¥15,000 (No charge for the first meditation of the day and all additional meditations at half price.)
Zorba Pass (10% discount at Nataraj restaurant) will be given to every meditation participant.
Family memberships 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.



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

OSHO SAKSHIN MEDITATION CENTER

〒167-0042 (POSTAL CODE)
1-7-19 NISHIOGI-KITA SUGINAMI-KU TOKYO
TEL 03-5382-4734 FAX 03-5382-4732
Account Number of Post Office 00100-3-547887
E-Mail: osho@vir.bekkoame.ne.jp
Internet: http://www.bekkoame.ne.jp/~osho/