

OSHO International Meditation Resort Impressions



Crina Braileanu – Romania – Fashion Industry

[OSHO Born Again Meditative Therapy](#), a one-week process offered by the [OSHO Multiversity](#), helped me to meet with myself in an environment where I felt safe. I was able to relive past events and emotions, identifying patterns built in my early childhood, and to understand how these were formed and what effects they have had on my later life. The most revealing thing for me came when I realized that these patterns and habits were

created by myself, and this revelation came about through doing various playful and light-hearted exercises. It was surprising how through playfulness and fun I was able to open doors which had seemed very difficult to open before. Once I took responsibility for my patterns I found that I was the one who created the grooves I'd been running along up till now, and that only I can change them, using awareness to find new solutions, new paths. I really am born again!

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