



SPRING RESURRECTION WITH DYNAMIC MEDITATION

DYNAMIC MEDITATION CYCLE, MARCH 1-21, 2019

Meditated at:

Zenhall, Pavasario Str. 21D, Vilnius and Buddhahall – Resort, Mishkiniai v. 8, Nemenchine eld.
Mon-Sat 6.30 AM; Sun 9.30 AM



We may grow health, joy and happiness because everything is growing on Earth.

Osho Dynamic meditation is meditated with an empty stomach. It continues for 1 hour. It is easier to meditate the 21-day cycle in a group as more energy is created, the deeper cleansing, transformation and growth processes of an individual are happening.

Polluted atmosphere and changing climate are the consequences of polluted mind and heart. It is easier to stay healthy and happy in a modern world which is highly contaminated on a physical and psychological plane if Osho Dynamic Meditation is being meditated.

It is created very wisely and meditated easily. That shows the deepest insight of Osho into the science of body and spirit unification.

It cleanses, refreshes and develops the body, mind and soul incredibly well and also shows how to unite them harmoniously and live.

“Like water wells are hidden deep under the ground your bliss also lies deep within you. Everyone has a possibility, but reaches only that who is digging. I showed you how to dig and what tools to use, but you have to dig on your own.” Osho

The newcomers may join on Friday. The newcomers have to arrive 30 minutes before the beginning of meditation to learn the meditative laws and regulations. It is recommended to wear light hygienic clothing, have a personal identification document.

Those who are late will not be admitted.

During the Dynamic meditation the subtle energy fills in and soaks within me from my soul to body. I feel indescribable kindness and tenderness within me. Joy, inspiration, thankfulness to existence, Dynamic meditation, Prembuda and to myself are rising. After the Dynamic I feel awakening, pleasure to stay in my body, tenderness and inspiration. Shaida.

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