



To meditate in Ojas is healthy, easy and ecstatic!

RESURRECTION WITH SPRING AND OSHO DYNAMIC MEDITATION!

Spring Cycle, March 1-21, 2022 in Vilnius, Kaunas and Klaipeda

Osho Dynamic Meditation relaxes, cleanses and resurrects in the most wonderful way

The cycle is meditated:

In Ojas Zenhall, 21D Pavasario Str., Vilnius, and in Ojas Buddhahall, Resort, Mishkiniai vil. 8, Nemenčinės eld.,

Vilnius county, Lithuania - in both places at 6.30 AM Mon-Fri, 8.00 AM Sat and 9.30 AM Sun;

and in meditation activities: **Sadhaka**, 83 Kestucio Str., Kaunas, and **Adar**, 27A Puodziu Str., Klaipėda.

Osho Dynamic Meditation lead by Prembuda takes place on Sundays at 9.30-10.30 AM. The live ZOOM streaming in meditation activities. There is an option to order the live Zoom streaming individually or by group.



We explored and know that it is natural to live healthy, well and happily, because everything is growing on the Earth. If you saw a seed, you harvest ten, hundred or thousand. Where it is difficult and harmful – cooperate, employ science and technologies. For that you need to learn, go with science and meditation.

Prembuda has been meditating since 1992 and for almost 30 years already he hasn't had a single sick-leave day. Now Prembuda lives better and happier than ever before. In fact, better than anybody, because it is possible to find the endless relaxation and flow of happiness only with naturalness, truth and meditation. That is natural for everyone. It is the destiny of a human being to guide the nature and life to wellbeing and happiness. Osho Dynamic Meditation is the best for that. It is meditated ecologically – in the cleansing way, easily and ecstatically; (EEE – Eco, Easy, Ecstasy). This way after the meditation life is also lived. Then all the viruses not only COVID-19 are not scary.

There are two paths now – follow old paths of faiths, traditions and mind to an obvious deadlock, climate change, etc., and later to change yourself through suffering and misfortunes as done by the majority, or to change yourself easily already right now, along with evolution and consciousness. That is the wonderful and inspiring path!

Dynamic Meditation is meditated in the morning on an empty stomach. It continues for 1 hour. When the 21-day cycle is meditated in a group and particularly with a guidance or together with a master, it is meditated much easier and more higher energy is created and transformed, much deeper processes of individual cleansing, wellbeing, transformation and becoming happier are happening. Questions are many, but the basic answer is one – meditation, magnificent harmony – leading and flowing of body, mind and soul, and living from consciousness. Method, state and path.

Dynamic Meditation is created very wisely and meditated very easily. It incredibly well cleanses, rejuvenated and develops body, mind, heart and soul, and shows how to unite them and live harmoniously.

With spring and resurrection with meditation for health, wellbeing and happiness. **You are invited to join!**

Newcomers may join on Sunday. Please arrive 30 minutes before the meditation to get to know the meditation laws and rules, wear light hygienic clothing and have a personal identification document. Those who are late will not be able to meditate.

“The life-force is within us, but it cannot manifest itself unless it reaches that center which can make manifestation possible. <... > The bulb is always waiting for the current to reach it. But the electric current cannot appear on its own, even if it is racing through the wire; it needs the bulb too. Both the current and the bulb are equally needed for the light to become manifest.

In fact, it is only when we have pressed all our energy into meditation that there arises the need for the reserves of energy lying in the reservoir, to wake up and come to our aid. It is only then that the life force begins to rise, and not before.” Osho.

For me the invitation of Prembuda to go along with easiness while meditating Dynamic revealed the possibility to stay with easiness in life.

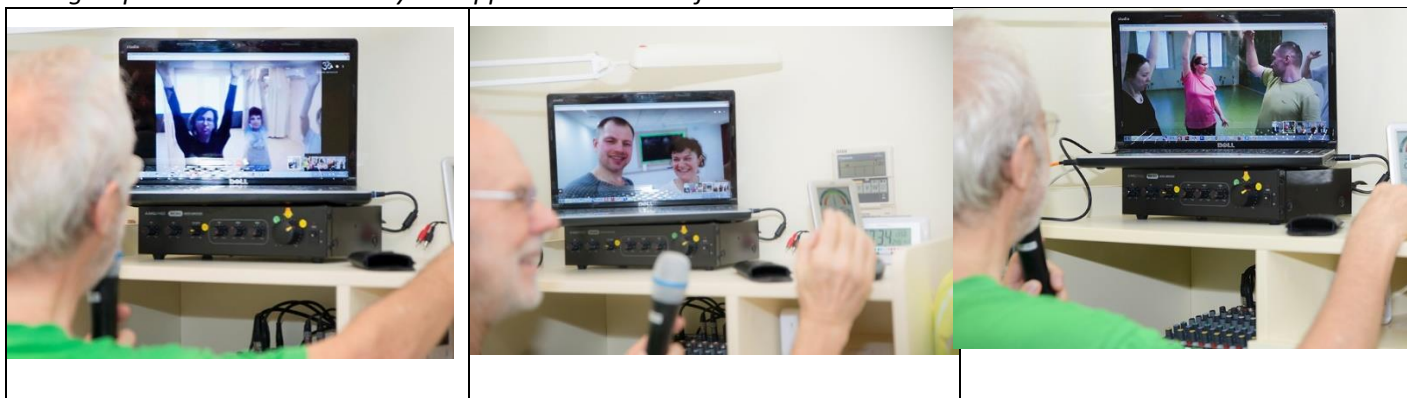
The Master is necessary for the Dynamic because of an inner correction to avoid thinking, dreaming, imagining that “I am meditating rightly”, etc. but to let the energy of Master, his consciousness inside. Then I see that still there is much to let go, many clinging, darkness and unconsciousness. And such self-correction inside, letting in the consciousness is very health bearing. Without that meditation would be a little bit grim, uninteresting and uninspiring. Thus, I am very thankful to the Master, that I met him in life and go, and I am ready to go further and continue all of this after my death. Thank you to all meditators. Povilas.

I have been meditating the 21-day Osho Dynamic Cycle since the year 1996. I feel that I am tuning to the common energy field of awakening spring, to the buddhafiield of Prembuda, an inspiration of Dynamic Meditation, and that additionally lifts the wings while meditating. It is always good for me to meditate. When I meditate it is always very good for me, because continuity and inner discipline as well as the space of meditation grows me, centers and brings real answers. After many years of meditation I see fruits – the new inner experiences, depth and height. I also see the changes of consciousness, behavior in life and that rejoices me much. I was always looking for this, I found that and now I just need to meditate and keep further awakening. Šaida.

I have been meditating the Osho Dynamic Meditation for 20 years, 5-7 times per week, because it reminds me the charging of a battery cell: my body and mind are charged, I also receive an impulse to live and act. My body became healthier. Before I was sick for 10-15 days per year. During the last 5-6 years, I have been sick for only a half day per year.

In my youth I lived as a man who had money and overspent them, basically for pleasures. I wasn't thinking about what awaits me further. I was using drugs, was in a gangster group, my health got worse and general wellbeing was complicated.

I started looking for spiritual teaching, spiritual thread. Having attended a course lead by Prembuda and started meditating the new dimensions of life opened to me. Flowing of goodness after choosing a right step, spiritual flowing inspires me to live in a way to support this thread of meditation. Artūras



Dynamic Meditation lead by Prembuda via Zoom at meditation activities Sadhaka (Kaunas), Adar (Klaipeda) and Zenhall (Vilnius).

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