

# Orientation Information for

# OSHO CENTERS

## OSHO GLOBAL CONNECTIONS

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<b>INTRODUCTION</b>	<b>5</b>
<b>SPIRITUAL AFFILIATION</b>	<b>5</b>
<b>A BRIDGE TO THE OSHO INTERNATIONAL MEDITATION RESORT</b>	<b>5</b>
<b>ECONOMICS</b>	<b>6</b>
<b>RIGHTS AND RESPONSIBILITIES</b>	<b>6</b>
<b>OSHO MEDITATION CENTERS</b>	<b>6</b>
<b>OSHO INFORMATION CENTERS</b>	<b>7</b>
<b>OSHO INSTITUTES</b>	<b>7</b>
<b>CONDITIONS FOR THE USE OF THE OSHO® TRADEMARK</b>	<b>7</b>
OSHO Center Names – phone book – directory listings - advertising	8
<b>OSHO CENTER ACTIVITIES</b>	<b>8</b>
<b>OSHO Active Meditations</b>	<b>8</b>
Guidelines and Instructions for the OSHO Meditations	9
OSHO Meditation Facilitator Training at the OSHO Multiversity, Pune	9
Setting Up the Space for an OSHO Meditation	9
Introducing the OSHO Meditations	10
After the OSHO Meditations: Dealing with Questions and Feedback	11
OSHO Evening Meditation Meeting	11
OSHO Meditations for Children	12
A note about fees	12
<b>OSHO Meditative Therapies</b>	<b>12</b>
OSHO Meditative Therapies Training - For Facilitators	13
OSHO Mystic Rose	13
OSHO No-Mind Meditation	13
OSHO Born Again Meditation	13
OSHO Reminding yourself of the Forgotten Language Talking to your Mind and Body	14
<b>Other Therapy and Transformation Programs Within OSHO Centers</b>	<b>14</b>
Duration and Kinds of Programs to Offer	14
Who Can Lead Personal Growth Courses at OSHO Centers	14
<b>OSHO MEDIA AND PUBLICATIONS</b>	<b>15</b>
<b>OSHO Books</b>	<b>15</b>
<b>OSHO Times</b>	<b>17</b>
<b>Website – www.OSHO.com</b>	<b>17</b>
<b>OSHO Audio</b>	<b>18</b>
<b>OSHO Video</b>	<b>18</b>
A Note about TRANSLATIONS FOR AUDIO AND VIDEO	18
<b>OSHO Meditation Music</b>	<b>19</b>

<b><i>COPYRIGHT &amp; TRADEMARK INFORMATION</i></b>	<b><i>19</i></b>
<b>Use of copyrighted material by OSHO Centers</b>	<b>20</b>
<b>Trademark Information</b>	<b>21</b>
<b>Use of trademarks and logos by OSHO Centers</b>	<b>22</b>
Sample trademark notices:	22
<b>The OSHO Logo</b>	<b>23</b>
Examples of using the OSHO Logo with an OSHO Center name	23
The OSHO Affiliation Logo is available for all OSHO Centers and other authorized licensee web pages. Please use this Affiliation Logo to create a link to the www.osho.com website:	24
Download the OSHO Affiliation Logo from here.	24
Other uses of trademarks and logos	24
<b><i>ADDITIONAL GUIDELINES FOR OSHO CENTERS</i></b>	<b><i>24</i></b>
Meditation Robes	25
AIDS Awareness	25
Drugs	26
Sannyas	26
<b>Press Relations</b>	<b>27</b>
FILMING at the OSHO Resort and in OSHO Centers:	27
<b><i>SUPPORT AND RESOURCES AVAILABLE FOR OSHO CENTERS</i></b>	<b><i>28</i></b>
<b><i>USEFUL CONTACT ADDRESSES</i></b>	<b><i>29</i></b>

"If through our meditation, love, and celebration we can create 10,000 buddhas, that will be enough to save this beautiful planet. This is a crucial moment of great responsibility and of great challenge. We have to create a tremendous consciousness around the globe. This is our protection against the destructive science, religions, and politics.

Your responsibility is great, but it has to be a joy, your sharing of love, your blissfulness, aliveness, your songs, your dances. I want my people to be what they want to say to others.

So be meditative, be loving, be accepting; don't be judgmental – be human, be respectful. And something will start radiating from you; you will be radiating an atmosphere full of fragrance, rich of clarity, overflowing of love.

This is for the first time that you are required to be buddhas not just for you, but to create an atmosphere in which a third world war cannot happen. A wild fire of consciousness has to be created around the globe. And if you catch fire, there is no need to spread it – it will spread on its own."

- Osho

*The Buddha: The Emptiness of the Heart*

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## **INTRODUCTION**

### **SPIRITUAL AFFILIATION**

In the mid-1970s, when increasing numbers of Westerners were traveling to India to see Osho, learning meditation and participating in workshops, many of these visitors wanted to continue their meditation together with like-minded people in their home countries. Osho suggested creating centers that could offer the meditations he had created, and make available the books and recorded discourses he had authored. These suggestions have been implemented since that time by a foundation set up in his name.

Centers that were opened in these early years could ask for a unique center name to be used in publicizing their activities. In 1987 this practice of giving unique names was discontinued and instead all centers now use the name Osho Meditation Center. Although OSHO Meditation Centers, Information Centers, and Institutes are now, and have always been, independent entities, the privilege of using the OSHO Meditation Center, OSHO Information Center or OSHO Institute name is granted according to an agreement to comply with certain guidelines, which are outlined in this publication.

All policies and guidelines specified herein have been designed by OSHO International Foundation and OSHO Global Connections, are consistent with guidance given by Osho during his lifetime, and are enforced by OSHO International Foundation and OSHO Global Connections accordingly.

OSHO Global Connections maintains a list of recognized OSHO Meditation Centers, Information Centers and Institutes, and publishes contact information for these entities on the Worldwide Web at <http://www.osho.com/centers>.

In addition, the list contains contact information for individuals or groups that offer a regular program of OSHO Active Meditations to the public. The latter are listed as "Meditation Activities."

### **A BRIDGE TO THE OSHO INTERNATIONAL MEDITATION RESORT**

One of the primary functions of an OSHO Center or Institute is to serve as a bridge to the OSHO International Meditation Resort in Pune, India. People who participate in activities at OSHO Centers and Institutes should be made aware that the full breadth and depth of the transformative work developed by Osho is available in Pune. The Centers are available to offer a "taste".

Updated program schedules, travel information, and answers to common questions are all available on the osho.com website. OSHO Centers are encouraged to familiarize themselves with the website and help those planning to

travel to Pune (especially for the first time) to make use of the website to plan their trip and find any other information they may need.

## **ECONOMICS**

OSHO Centers are encouraged to operate on an economic model that is self-sustaining and to ensure that operating an Osho Center does not become an economic burden to any person or group of people. All OSHO Centers are based upon meditation and contribution.

## **RIGHTS AND RESPONSIBILITIES**

### **OSHO MEDITATION CENTERS**

An OSHO Meditation Center is a place where OSHO Meditations should be offered on a regular basis (minimum 5 times per week), particularly the **OSHO Active Meditations** like OSHO Dynamic Meditation, OSHO Kundalini Meditation and the OSHO Evening Meditation Meeting.

OSHO Centers provide a **drug free environment** for their participants, and observe guidelines regarding **AIDS awareness** and prevention. OSHO Meditation Centers also may conduct workshops, individual bodywork or healing sessions, and related activities.

As a requirement to open an OSHO Meditation Center one first needs to participate in the **OSHO Meditation Center Training Program**. This is an individual program offered regularly by OSHO Global Connections and it is meant to give a taste of the OSHO International Meditation Resort in Pune, India, and to support bringing this flavor back to the OSHO Center. The program is free of charge and lasts for a minimum of one week.

In addition to the Meditation Center Training Program, it is strongly recommended that at least one member of the OSHO Center staff should have completed the OSHO Meditation Facilitator Training. (see below under "Center Activities")

An OSHO Meditation Center also serves as a contact point for information as described in the functions of an OSHO Information Center, below.

## **OSHO INFORMATION CENTERS**

OSHO Information Centers are contact places where people can find information related to visiting the OSHO International Meditation Resort, and about OSHO books, videos, audio tapes, CD's and the OSHO Times. They are also places where people can receive information about how to contact other places in their country that offer OSHO Meditations.

OSHO Information Centers can offer introductions to the OSHO Active Meditations once or twice a week, and make people aware of the [www.osho.com](http://www.osho.com) website, including the "self sufficient meditator" section on this site. They can also refer people to the list of "places to meditate" around the world published at [www.osho.com/centers](http://www.osho.com/centers).

The most important function of an OSHO Information Center is as a **contact point**. The number of people involved in the OSHO Information Center is not important. An OSHO Information Center might even be in someone's living room.

## **OSHO INSTITUTES**

There are a number of OSHO Institutes located around the world that function in various fields such as fine arts, performing arts, martial arts, bodywork, therapy and business/ human resources management. As they are similar to OSHO Meditation Centers, the OSHO Institutes are also drug-free zones and should observe the AIDS guidelines. They are spiritually affiliated with OSHO Multiversity in Pune, although they function independently. Permission to operate as an OSHO Institute is generally given to one person with a specific area of interest or skill.

Similar to an OSHO Meditation Center or OSHO Information Center, those who are responsible for an OSHO Institute understand that participants in their programs should be encouraged to visit the OSHO International Meditation Resort whenever they can, where they can experience the "complete experiment."

## **CONDITIONS FOR THE USE OF THE OSHO® TRADEMARK**

OSHO® is a registered trademark of OSHO International Foundation, used to promote and protect the work created by Osho and owned by the Foundation, and can be used only with permission by Centers and organizations which make Osho's and foundation's work available.

The OSHO® trademark is legally protected in order to ensure that it is used only in connection with the vision, meditations and works created by Osho or endorsed and owned by OSHO International Foundation. OSHO Centers that are granted permission to use the OSHO® trademark in printed advertisements,

publications and for other purposes agree not to mix these OSHO-brand activities with those affiliated with, or representing other schools, philosophies, or individual spiritual teachers. This policy is in order to avoid misleading or confusing people.

For those who wish to offer activities, to host speakers, or offer workshops other than those that are in accordance with the trademark guidelines set by OSHO International Foundation, the policy of OSHO International Foundation and OSHO Global Connections is to act in accordance with Osho's statement that: **"It is fine for them to do whatever they want, but then do not use my name."** (Osho, *Interviews with the World Press*)

OSHO Center Names – phone book – directory listings - advertising

OSHO Centers are simply called "OSHO Meditation Center" and list themselves in advertisements and phone directories as such. If the OSHO Center does have a particular name, then the full Center name is used after the term "OSHO" in all its advertising and official dealings. For example: "OSHO Leela Meditation Center" or "OSHO Institute for Breath." Note that certification as an OSHO Center or Institute can only be given from OSHO International Foundation by way of OSHO Global Connections, Pune.

## **OSHO CENTER ACTIVITIES**

### **OSHO Active Meditations**

One of the first questions to ask when thinking about opening an OSHO Meditation Center is whether you have the capacity to offer the OSHO Active Meditations on a regular basis. The "basic" OSHO Active Meditations are:

- OSHO Dynamic Meditation
- OSHO Nataraj Meditation
- OSHO Devavani Meditation
- OSHO Kundalini Meditation
- OSHO Gourishankar Meditation
- OSHO Mandala Meditation
- OSHO Nadabrahma Meditation
- OSHO Prayer Meditation
- OSHO Evening Meditation Meeting  
(music and celebration followed by OSHO audio or video talk)

OSHO Dynamic Meditation and OSHO Kundalini Meditation were especially designed by Osho to help the modern mind throw out its noise and the body to throw out its tensions, so that the meditator can have a taste of silence. It is recommended that these two meditations in particular should form the core of any meditation program in an OSHO Center, with others added as is practical to do so.



## **Guidelines and Instructions for the OSHO Meditations**

The OSHO Meditations should be done exactly as Osho created them, as they are scientifically designed.

On occasion people have been tempted to create shortened versions of these one-hour meditations out of a concern that participants “don’t have time” for the full hour. However, this is contrary to the science underlying the design, which is the understanding that it takes between forty and sixty minutes for a person to move into the space of meditation. Therefore, the OSHO Active Meditations should never be less than sixty minutes.

In addition, people decide to offer older original versions of these meditations. Like Osho’s work the development of these meditations went through a process and all meditations have a final version and final music.

All the major OSHO Meditations are described in the book, [\*Meditation: The First and Last Freedom\*](#). When giving instructions for the OSHO Meditations, it is important to use the same words to describe the stages as those that appear in this book. The language used in the instructions has been developed over long experience and many years, and each word is significant. *Meditation: The First and Last Freedom* is available in many different languages.

There are CD's of music specially composed to accompany each of the OSHO Active Meditations, and only this music should be used. In addition, instructions and video demonstrations of many of the OSHO Active Meditations can be found on the Internet at [www.osho.com/meditation](http://www.osho.com/meditation).

Details about the music CDs can be found in the shop area of osho.com

## **OSHO Meditation Facilitator Training at the OSHO Multiversity, Pune**

An OSHO Meditation Facilitator Training is offered regularly by the OSHO Multiversity in Pune. It is recommended that at least one person from each OSHO Center takes part in this training, and specifically the people who are involved in leading the meditations at the OSHO Centers. Please contact the OSHO Multiversity directly for more information at [multiversity@osho.net](mailto:multiversity@osho.net).

## **Setting Up the Space for an OSHO Meditation**

The basic guidelines for a space where an OSHO Meditation is offered are as follows:

1. A protected place for people to arrive and change from their street clothes to comfortable, non-restrictive clothing.
2. One room with enough space for everyone to participate in the OSHO Active Meditations. The room should have good ventilation and no disturbing smell. It is good if it is located in an area where noise will not disturb neighbors. (If

neighbors are close by, the meditations can be done silently.) Of course, the room can also be rented; it does not have to be in your own house or flat. The room should be clean and free from clutter or unnecessary decoration, as the main purpose is to focus on one's own meditation. The ideal circumstance is to use the room only for meditations – but this is not absolutely necessary.

3. The architecture, furnishing and floor covering of the room should be safe for a group of people to jump and move around with their eyes closed, without danger of hurting themselves. There should be no disturbance of people walking in – it is good to have a sign at the door like "Meditation in progress – don't disturb" (No telephone in the room or cell phones!). Also make sure people outside cannot look into the room (curtains).

4. A sound system of good quality.

5. CD's of the OSHO Meditations and Discourses. Music recordings from the OSHO Auditorium in Pune are also available for use in the Evening Meeting Meditation.

(Note: If electricity is not available and therefore playing CDs or audiotapes is not possible, participants can sit silently in meditation for a specified period of time. Some of the OSHO Active Meditations can also be done without the music; one person can be designated to watch the time and signal with a bell, gong or drum when there is a change from one stage of the meditation to the next. )

6. Have one person who is in charge of leading the meditation, and who is introduced to participants as such, so they can ask questions of this person if needed. (Note that robes are not meant to be worn outside OSHO International Meditation Resort in Pune; neither maroon robes for meditators, nor black robes for facilitators.)

7. Necessary accessories for different meditations, if possible, e.g. blindfolds, zen or vipassana stick, stroboscope or candle, etc.

8. Tissues and wastebasket (s).

9. Toilet and bathroom facilities, ideally with shower(s).

10. Drinking water.

11. A safe place for meditators to put valuables.

### **Introducing the OSHO Meditations**

There are no rules other than honoring the process of the meditations themselves, doing them exactly according to the instructions created by Osho. What is most important is that you do what feels comfortable to you within the context of the meditation structure.

Once all participants have arrived, and any first-time participants have been greeted personally and introduced to the staff or meditation facilitator as

appropriate, announcements regarding OSHO Center activities and upcoming events can be made before the meditation begins.

One person should be responsible for introducing the meditation, and giving clear directions as to how the meditation is done. A second person can be available to demonstrate the different stages such as shaking, hand movements and so on. Note that it is useful to go over the instructions from time to time even when all the participants are “veterans” of the meditation, because the mind has the tendency to “forget” that which goes against it.

It is advisable to dim the light, but not make it totally dark – except for the darkness meditations.

After starting the meditation it’s best not to interfere in the way people are doing the meditations except if they disturb the other meditators through noise or extreme movements. If you feel it will be helpful to the person in getting more out of the meditation, you can speak to them after the meditation has ended.

### **After the OSHO Meditations: Dealing with Questions and Feedback**

After the meditation, it is good to allow time for participants to sit or move about silently if they wish. Sometimes people might have questions, which should be answered as simply as possible, without giving too much space for the mind to come in and try to hang on to, or interpret, experiences. It is important not to criticize how someone is doing the meditations but rather to encourage people to keep going, and perhaps to try out a different way. Dealing with questions and finding ways to help participants to get the most benefit from the techniques without interfering are among the many important skills covered in the Meditation Facilitator Training offered in Pune.

### **OSHO Evening Meditation Meeting**

If possible, the OSHO Evening Meditation Meeting should happen at 7 p.m. (local time) each evening. The OSHO Evening Meditation begins with about ten minutes of high-energy music, during which everybody is invited to participate with great totality, dancing or clapping and punctuated with a few shouts of "Osho." Just as in the OSHO Active Meditations, the greater the totality during the music, the deeper the silence will go in the meditation.

The second stage is ten minutes of sitting silently, with three sections of music and silence, ending with three drumbeats.

It is suggested that newcomers be given the opportunity to look at a video of the meditation first (there are three videos available available for this purpose.

A common misunderstanding for newcomers, especially with the video discourses, is that this event is something like watching television. It is helpful to make it clear that this is a meditation, and just like the other OSHO Active

Meditations, participants should not move around or speak to others during the talk, and should be able to commit to staying for the entire time.

#### Music for the OSHO Evening Meditation Meetings:

The music that begins the Evening Meditation Meetings is specially designed to help the process go deeper. It should support people to be total in their energy, and to reach a peak. A selection of CDs containing pieces for the evenings, including Osho guiding the Gibberish and Let-go meditations at the end of his talks are available at the OSHO International Meditation Resort Bookshop and selected OSHO distributors (contact [global@osho.net](mailto:global@osho.net) for addresses) around the world.

For more understanding about the OSHO Evening Meditation Meeting, OSHO Global Connections can provide OSHO Centers with a chronological account of how they evolved, including excerpts taken from discourses, and private comments made by Osho about the purpose and process.

#### **OSHO Meditations for Children**

OSHO Meditations suggested for children include:

For children up to age 12: 10 minutes gibberish, 10 minutes laughing, 10 minutes lying down.

For teenagers: 10 minutes gibberish, 10 minutes laughing, 10 minutes crying, 10 minutes lying down as if dead.

#### **A note about fees**

Osho has often noted that people value meditation more when they have to pay for it. OSHO International Foundation agrees with that principle. Just as a daily entrance fee is required to participate in meditations at the OSHO International Resort in Pune, an entrance fee should be charged for OSHO Meditation events in the world.

#### **OSHO Meditative Therapies**

The OSHO Meditative Therapies were developed by Osho as an important new direction away from traditional therapies and towards individual responsibility and meditation. They include the OSHO Mystic Rose Meditation, OSHO No-Mind Meditation, OSHO Born Again Meditation and OSHO Reminding Yourself of the Forgotten Language Talking to Your Mind and Body. If an OSHO Center or Institute wants to offer one of more of these as part of their program, here are some important points to take into consideration:

## **OSHO Meditative Therapies Training - For Facilitators**

Facilitators for the OSHO Meditative Therapies, just as those for the OSHO Active Meditations, need a solid grounding and experience in the technique before they are qualified to offer it to others. Trainings in all these meditative therapies are offered several times a year by OSHO Multiversity in Pune. The OSHO Multiversity also maintains an up-to-date list of people who have gone through these trainings, and who can be invited to offer them at your center.

Under no circumstances should anyone offer any of the OSHO Meditative Therapies without having been trained.

## **OSHO Mystic Rose**

The OSHO Mystic Rose Meditative Therapy is described in detail on the osho.com website, and in the book, *Meditation: The First and Last Freedom*. This process should be offered only by a trained facilitator.

Note that some OSHO Centers, wanting to offer the OSHO Mystic Rose but concerned that the full program is too demanding for people with full time jobs, shortened it. In response, Osho said: **"It should be the full three hours a day for three weeks, otherwise you don't get the full effect. If there is such a limited time, you can do any other meditation: Dynamic, Kundalini, etc."**

Additionally ... some parents wrote to ask about doing a parent-child group that would include the OSHO Mystic Rose. Osho advised against this, saying that it would be inhibiting for the children to see their parents crying.

## **OSHO No-Mind Meditation**

This meditation lasts two hours a day for seven days, and should be led by trained facilitators. The first hour consists of gibberish, and the second of witnessing. See the osho.com website or *Meditation: The First and Last Freedom* for more details.

## **OSHO Born Again Meditation**

This meditation lasts two hours a day for seven consecutive days. During the first hour, one re-enters the world of childhood innocence, "doing what you always wanted to do", and the second hour is for sitting silently. To be offered only by those who have been trained in the program at the OSHO International Meditation Resort in Pune.

## **OSHO Reminding Yourself of the Forgotten Language Talking to Your Mind and Body**

A deeply relaxing guided meditation with hypnosis, designed to become friends again with your body/mind and to promote self-healing and harmony. It lasts one hour a day for seven days, and should be offered only by those who have been trained. A CD containing this process together with a related book is now published in several languages – in English it is titled, "Body Mind Balancing" by Osho.

## **Other Therapy and Transformation Programs Within OSHO Centers**

Many OSHO Centers offer programs which may include, therapy and individual sessions of various types. These can be helpful as a bridge to meditation, clearing the ground. In an OSHO Meditation Center these activities should be provided only in a context of regularly scheduled OSHO Active Meditations.

## **Duration and Kinds of Programs to Offer**

Full time workshops and courses in OSHO Meditation Centers should be short (i.e., weekends or week-long programs but no longer than two weeks). This suggestion is offered with the understanding that if people have more than two weeks available to spend on their personal growth and self-discovery, it is much more valuable to make the journey to Pune and participate in programs there. Before each workshop, course or program, the facilitator should announce, "**This [group] is just a taste of the real thing, which is happening in the OSHO International Meditation Resort in Pune.**"

## **Who Can Lead Personal Growth Courses at OSHO Centers**

It is recommended to find group leaders/therapists/facilitators who have been trained as OSHO Therapists. Osho has developed a unique and priceless understanding about the use of "therapy" within his work, and over the years many self-exploration programs have been developed in keeping with his philosophy. He has explained that therapy in the Western world "...continues to work within the mind, goes on round and round in the mind, and the East has taken steps out of the mind long before, centuries before. And what the West is searching for in the mind, the East has found beyond the mind, without any difficulty."

According to the understanding given by Osho, therapy is used to prepare the ground for meditation: "Therapy is not the end; therapy is a preparation, clearing the ground for meditation. This is the only place in the whole world where therapy is being used as clearing the ground for a tremendous transformation from mind to no-mind."

Therapists and facilitators trained at OSHO Multiversity, Pune, or trained in the context of OSHO Meditations are most suited to offer workshops and therapeutic processes in OSHO Meditation Centers.

In addition, OSHO International Foundation provides very clear guidelines about who should NOT conduct programs in OSHO Centers: OSHO Centers may not offer programs designed or led by ex-sannyasins, or by any therapist or workshop facilitator who is against Osho and his teachings in any way. When participants come to an OSHO Center, they should be able to know that all activities offered are in harmony with the vision created by Osho. Otherwise, they may feel confused and exploited.

If an OSHO Center wants to offer a program designed by a non-sannyasin or by someone unfamiliar with the OSHO Meditations or the works of Osho, it is the responsibility of the OSHO Center to make sure that the technique they offer is in accordance with the understanding and vision outlined by Osho during his lifetime. An example: one OSHO Meditation Center offered a course dealing with "manifesting" and "positive thinking." Osho's comment was: "These [types of courses] put us in difficulties – when people come here [to the resort] they have to think in another way, and it creates difficulty for them and for the people here. So it is best they do not happen in OSHO Centers."

Remember that people who come to OSHO Meditation Centers come in order to have a taste of the OSHO Meditations and related programs with OSHO staff. They assume and trust that program facilitators and session givers have a close connection with, and understanding of the OSHO work. Therefore it is the OSHO Center's responsibility to select facilitators and programs with this understanding. This selection will be easier if you make sure that people offering programs have both a solid *personal experience* of the OSHO Meditations and an equally solid understanding of Osho's approach to therapy & growth programs in relation to meditation

## **OSHO MEDIA AND PUBLICATIONS**

An OSHO TIMES article "*Thirty Years of Osho International Publishing*" from January 2006 can be downloaded as pdf file from [here](#).

### **OSHO Books**

**O**sho is the first mystic in history to live in an age where his complete message could be recorded in his own words and preserved for future generations. Wherever possible his daily discourses were recorded on audio and later, when the technology was available, also on video. He said "*Whatever I am saying is not just for you...I am talking also for the future generations*" -- and tremendous care has been taken to preserve this record and to make it accessible to

everyone. All books published under his name as author are transcripts of his daily discourses given over a period of more than thirty years.

Osho left a tremendous legacy with the books he authored – and he emphasized that they should be read again and again to gain a deeper understanding. As he had foreseen, his writings are today more popular than ever.

The international publication of books authored by OSHO began in 1975 and since then, the number of publishers of his works around the world has risen to 212. This now includes some of the world's largest and most influential publishing houses, such as Random House and St. Martin's Press in the USA, Mondadori and Bompiani in Italy, Random House-Mondadori in Spain, Random House in Germany, and Penguin in India and of course our own Rebel Publishing imprint, focusing on English and Hindi language original titles.

In 2004, OSHO International signed 395 publishing agreements – the equivalent of more than one new title or reprint of a book by Osho per day. OSHO books are not only bestsellers within individual publishing houses but are appearing more and more on local and national bestseller lists.

Currently OSHO International Foundation has 2,537 active publishing contracts in a total of 54 languages around the world. Each contract represents one title that reaches thousand of readers.

OSHO Centers are encouraged to make OSHO books available for sale at their local place, or to encourage participants to read the books and direct them to places where the books can be found. OSHO Centers can provide books both in the English language and in their local language.

On the OSHO International web site at [www.osho.com/shop](http://www.osho.com/shop) is a catalog of all available titles in many languages. An OSHO Center – depending on its location - will be able to order books, tapes and videos from local publishers and distributors, from some OSHO distribution centers, and over the internet. If you want to sell these works at your OSHO Center there are usually discounts available from publishers and distributors.

Some OSHO books are especially important for an OSHO Center to know about, and if possible to make available for purchase. *Meditation; The First and Last Freedom* is a title specially designed to introduce people to Osho's understanding of meditation, and it is a book that is available in many languages. A new edition in English is available from St. Martin's Press.

**If you need specific information or you want help in finding the right books for your center, contact [OSHO International Foundation](http://www.oshointernational.com) or email: [oshointernational@oshointernational.com](mailto:oshointernational@oshointernational.com)**



## **OSHO Times**

The OSHO Times is published at the meditation resort in Pune in English. To create an international magazine presenting Osho's vision and universal proposal, OSHO International has licensed international publishers and OSHO Centers to publish German, Spanish, Japanese, Italian, Hindi and soon a Portuguese edition of the OSHO Times. Please support these international language editions.

If you are interested to publish the OSHO Times in your language, please contact [oshointernational@oshointernational.com](mailto:oshointernational@oshointernational.com)

## **Website – [www.OSHO.com](http://www.OSHO.com)**

*“Soon you will be able to carry small pocket computers with you...full of all the knowledge available in the world. A small computer can contain all the libraries of the world and is always at your service: just push a button and whatsoever you want to know the computer will tell you.”*

– Osho, when Bill Gates was just 23 years old

Since 1995, with millions of subscribers, the internet has allowed worldwide distribution and presentation of works by Osho in a way never before possible. With the re-mastering and the digitalization of the archives complete, books and audios that were not in print, not with mainstream publishers, or were too difficult or too expensive to distribute could now be published online through the OSHO International Foundation's web site, [www.osho.com](http://www.osho.com).

Today, [www.osho.com](http://www.osho.com) is in the top 2% of the world's most visited sites with more than 8 million visitors per year and offers a full presentation of Osho's vision and work. Major parts of the web site are available in multi languages.

The “OSHO Library” online offers a searchable text archive of all original OSHO books in English and Hindi, and allows subscribers to search for specific content or statements, and to read one or all titles online.

The **[osho.com/shop](http://osho.com/shop)** offers a catalogue of all available books, eBooks, thousands of OSHO Talks for downloading in popular audio formats like MP3 and Windows Media files. Elsewhere on the web site are video clips, audio “postcards” that can be emailed to friends, an interactive version of the OSHO Zen Tarot, and much more.

Visitors can find video clips that demonstrate the different stages of the OSHO Active Meditations, OSHO Multiversity course information and schedules, and links to purchase OSHO meditation and music CDs. They can also take a virtual tour of the OSHO International Meditation Resort in Pune, and even make a reservation for the Guest House there.

OSHO Centers should use and promote this web site as much as possible, as it gives direct access to the original source in many dimensions.

### **OSHO Audio**

More than 3000 audio discourses (OSHO Talks) are available. OSHO International has re-mastered all of them and they are available through a number of distributors in tape format. As this older audio format is more and more replaced by digital formats, many of these discourses are already, and soon all of them will be, available in MP3 and WMA formats that can be downloaded directly from the osho.com web site. There are also an increasing number of audio discourses available in CD format.

For more information see [www.osho.com/shop](http://www.osho.com/shop) (audio section), From the website you can also subscribe to the OSHO International email newsletter, which will send news of new publications as they happen. You can also always contact OSHO Global Connections or OSHO International with any questions.

### **OSHO Video**

The complete video recordings of OSHO Discourses (1,800) are available through a number of distributors and publishers. Originally and still available in tape format, more and more DVD publications are available through different publishers. See [www.osho.com/shop](http://www.osho.com/shop) (video section). As soon as technically possible OSHO International will make the videos available through the internet.

Every center is encouraged to offer a variety of audio and video publications of the OSHO Talks.

### **A Note about TRANSLATIONS FOR AUDIO AND VIDEO**

OSHO International Foundation has issued a number of guidelines about how to treat OSHO Discourse recordings in terms of translations, subtitles, voice-over recordings etc. These instructions include not to mix Osho's voice together with music, for example, and instructions about how to edit (or not to edit) the recordings. For any questions about translating and/or editing OSHO Talks on audio and video, please contact [OSHO International](http://www.oshointernational.com) with a description of your project and specific questions.

## **OSHO Meditation Music**

For many of the OSHO Meditations described in *Meditation - The First and Last Freedom* special music is available to guide the participant through the different stages of these meditations. These music CDs like OSHO Dynamic Meditation, OSHO Kundalini Meditation and others are available in Pune and internationally. They are published by [New Earth Records](#) and distributed in more than 80 countries. Some are already available through local publishers (Brazil, Russia, Germany).

We recommend that all OSHO Center offers these meditation CDs for sale. For distribution information contact New Earth Records (email [sales@newearthrecords.com](mailto:sales@newearthrecords.com)).

## **COPYRIGHT & TRADEMARK INFORMATION**

Since the 1970s all works by Osho have been registered with copyright authorities in India and the US, and all other countries that comply with international copyright standards\*. During his lifetime, Osho arranged that the ownership and registration of his copyrights would be taken care of by a foundation set up in his name. Since 1985, this copyright ownership has rested with OSHO International Foundation.

OSHO International Foundation, a non-profit organization remains the caretaker and licensor of all of the intellectual property and other rights associated with these works, including the original master audio and video recordings. The Foundation is responsible for making the works available and does so through its own publications and by licensing the publication rights to the works by OSHO that it owns -- both to related foundations, and to commercial and nonprofit publishing houses around the world.

\* The 'Berne Convention for the Protection of Literary and Artistic Works' recognizes and agrees to protect the copyright of authors from all participating countries including the USA, India and Switzerland. The OSHO works are protected by copyright law from the moment they are created, regardless if registered or not. And, for example -- under current United States law, this copyright protection lasts for the life of the author plus an additional 70 years. Only after this period expires may the work be published in the United States without the permission of the copyright owner.

## **Use of copyrighted material by OSHO Centers**

Most OSHO Centers produce some sort of printed information about their Center, its program and schedule. This information may be a simple flyer or postcard, or it may be an elaborate catalog.

For the use of copyrighted materials, i.e. publication of any OSHO text, images, audio or video material in print or on-line formats, permissions must be requested and secured in advance of use from OSHO International Foundation.

OSHO Centers that are duly authorized and licensed with OSHO Global Connections have as part of this license permission to use Osho quotes of up to 300 words, along with photos, and other presentation material for example as found on osho.com. Text excerpts should credit Osho as the author, and should include the source of the quote (i.e. the book title), and should identify OSHO International Foundation as the copyright holder. For any publication that contains copyrighted material over 300 words in length, OSHO Centers must contact OSHO International with the specific request and secure permission in advance of use.

The use of images of Osho is limited to photos taken after 1981 and showing him with a hat. No older images are to be used in OSHO Center publications or websites.

### **Sample copyright notice to be used on Osho quotes:**

*“There are countries which are not members of the Bern Convention: they do not believe in copyright... It is not only a question of copyright; it is a question that I should not be presented in a wrong way – which is possible.” - Osho, Light on The Path #28*

Copyright © OSHO International Foundation

For any photo of Osho or of the OSHO International Meditation Resort, and for other material originally published by OSHO International Foundation, the Foundation should be identified as the copyright owner. If you use multiple excerpts and images, one generic notice can cover all requests:

## Sample copyright notice to be used for brochure:

Quotes taken from the works of Osho, Descriptions of OSHO Meditations, photos of Osho and photos of OSHO International Meditation Resort used with permission of the copyright holder © 1953 to [current year] OSHO International Foundation, [www.osho.com/copyrights](http://www.osho.com/copyrights) - All rights reserved.

If any material as described above is used on a web site, the same notices are required. In addition we ask you to hyperlink the word 'copyright' in your notice and direct the link to [www.osho.com/copyrights](http://www.osho.com/copyrights)

All legal notices should be placed in smaller fonts (yet clearly visible) in an unobtrusive way in your publication.

## Trademark Information

A trademark is some identifiable “mark” or logo or word or image that people use to promote identify and differentiate *their* product or service from others. The presentation of works by Osho has always involved the use of trademarks. Osho personally designed symbols and granted these symbols and certain names for use by OSHO International Foundation for the presentation of the work he created. These symbols and names were registered internationally as trademarks beginning in the early 1970's. While symbols have changed over time, the primary mark which was used by OSHO International Foundation and its predecessors to distinguish the work from others was Osho's original name - the name Osho carried until 1989, before he changed it to “Osho”. His former name was an international trademark used and registered during Osho's lifetime.

Osho specifically requested that the former name and trademark no longer be used by Osho International Foundation to represent his work, and thus the Foundation replaced the prior trademark with the trademark OSHO<sup>®</sup>.

Knowing the human mind, Osho predicted that people would want to use the trademark OSHO<sup>®</sup> for their own purposes, even when those purposes had nothing to do with his work or work supported and endorsed by the Foundation. Therefore he requested that the trademark OSHO<sup>®</sup> be protected by the Foundation. OSHO International Foundation has registered OSHO<sup>®</sup> as an international trademark to prevent such misuse.

The mark OSHO<sup>®</sup> is available for authorized OSHO Centers and other organizations presenting OSHO work. OSHO<sup>®</sup> is used to identify this authorized work to the public, on products like books, audio and video discourses, to identify the OSHO Meditations and items created by Osho, and to identify works and organizations that are licensed by OSHO International Foundation to offer programs and products in accordance with the Foundation's directives and guidelines. The mark OSHO<sup>®</sup> may be used by qualifying organizations and products only on request to OSHO International Foundation.

## Use of trademarks and logos by OSHO Centers

OSHO Centers are licensed and entitled to carry and use the trademark OSHO® as well as the Swan Logo, the Osho Signature Design, and any other names or symbol marks registered by OSHO International Foundation.



Different versions of these logos can be downloaded from [here](#).

The license to use these protected marks is given to OSHO Centers by OSHO Global Connections – following the criteria that OSHO International Foundation has set out.

The license to use OSHO® is given to a specific person or legally defined entity. The license cannot be assigned or transferred without permission of OSHO Global Connections acting on behalf of OSHO International Foundation.

The trademark OSHO® is often used in combination with other terms like:

OSHO Times

OSHO International Meditation Resort

OSHO Dynamic Meditation (one of the OSHO Active Meditations)

OSHO Active Meditations (an overall umbrella name for a special group of meditations designed by Osho)

OSHO Kundalini Meditation (another of the OSHO Active Meditations)

You will find on occasion the notice “™” attached to a trademark to indicate that the entire term is a trademark. (see more details about trademarks at [www.osho.com/copyrights](http://www.osho.com/copyrights))

### Sample trademark notices:

OSHO Centers are requested to use the full names of the meditations including the OSHO® mark to identify these meditations as OSHO Meditations.

Every OSHO Center that uses the OSHO® mark or any of the other marks owned by the OSHO International Foundation on any kind of publication must place a trademark notice on that publication. The Center can have *one* trademark notice, covering all trademarks, for example:

OSHO, the Osho-Signature Design, the Swan Logo Design, and names of OSHO Meditations are trademarks or registered trademarks of OSHO International Foundation, [www.osho.com/copyrights](http://www.osho.com/copyrights)

If you use any of the OSHO International Foundation-owned marks on a web site, the same notices are required. In addition we ask you to make the word 'trademark' and/or the web address in your notice a hyperlink to [www.osho.com/copyrights](http://www.osho.com/copyrights)

All legal notices should be placed in smaller fonts (yet clearly visible) in an unobtrusive way in your publication.

### The OSHO Logo



OSHO International Foundation has introduced a unifying OSHO Logo which is owned by the Foundation, and used by the Foundation and its licensees, including an increasing number of international publishers, to present the Foundation's works, including those authored by Osho. The Logo allows an even more easy recognition and identification of OSHO-brand works. This Logo is not a font, but a specially designed image.

You will also find the OSHO Logo sometimes with a small letter ® attached, indicating that this is a *registered* trademark.

The OSHO Logo is available for all licensed OSHO Centers to be used to present their authorized programs and facilities. Digital files with the Logo in different sizes and colors can be downloaded from the OSHO Global Connections web site: [www.osho.com/globalconnections](http://www.osho.com/globalconnections)

### Examples of using the OSHO Logo with an OSHO Center name

**OSHO INFORMATION CENTER**  
**OSHO LEELA MEDITATION CENTER**

The OSHO Affiliation Logo is available for all OSHO Centers and other authorized licensee web pages. Please use this Affiliation Logo to create a link to the [www.osho.com](http://www.osho.com) website:



**Download the OSHO Affiliation Logo from [here](#).**

### **Other uses of trademarks and logos**

The various OSHO Logos are for use by active OSHO Meditation Centers as listed with OSHO Global Connections. If you wish to use any of the Logos appearing in this document for any other purpose, you must have written permission from the trademark owner, OSHO International Foundation. *This also applies to using the Osho Signature Design or any copy of the Signature Design, including in the form of photographs, sculpture, jewelry, etc.*

If you wish to use an OSHO Logo on a product which you are going to sell, then you must enter into a Product License Agreement with OSHO International Foundation. Please send your legal and sannyas name, and/or the name of your business, with details of the product or publication on which you wish to use the logo, to OSHO International.

### **ADDITIONAL GUIDELINES FOR OSHO CENTERS**

OSHO Centers are expected not to create problems for themselves and to use common sense – not committing any illegal acts, nor creating unnecessary disturbance. For example, if an OSHO Center is in a residential area there is no need to do loud meditations which disturb the neighbors; rather the meditations can be done silently, using the body to express the sounds. Follow the laws of your country, including any laws that regulate alternative health treatments, the use of names like “institute” etc.



## **Meditation Robes**

Meditation robes are worn for all daytime activities, workshops, classes and meditations at the OSHO International Meditation Resort in the tropical Indian climate of Pune. These robes are not meant to be used as part of activities at the OSHO Meditation Centers in the world; instead, people can wear the kinds of unrestrictive clothing that is normally worn for physical exercise and meditation in their local.

## **AIDS Awareness**

In March 1984, Osho first gave his guidance regarding the disease AIDS; that this disease could kill two-thirds of the world's population, and that it was time the sexual habits and sexual carelessness of the modern age ended, as the lives of almost three billion people would hang in the balance. At that time, Osho offered these solutions to meditators in taking responsibility for the care of their bodies and health:

- If you are ready and can drop sex altogether through understanding and without repression, this is the safest protection from the disease.
- Or remain with the same partner, merge into the same partner, move more and more into intimacy and less into sexual activity.
- Even if you are with one partner, or if you have several partners and choose to have sex, at least make use of the scientific knowledge available: use condoms during the sex act and latex or rubber gloves during foreplay. Oral and anal sex should be completely avoided, since there is no way to protect ourselves from exposure to AIDS.
- The final thing is to thoroughly wash yourself after any sexual exposure.

OSHO International Meditation Resort in Pune is an AIDS free zone. All participants in groups and activities, meditators, session givers and their clients must have a current negative AIDS test results (HIV-1 and HIV-2), and are retested every three months for the duration of their participation. This guidance is to protect participants. At OSHO Meditation Centers and Institutes the AIDS guidelines are observed and implemented according to the circumstances in the country where they are located, and AIDS retesting can be done every six months. The AIDS awareness guidelines can be communicated with participants through talks, video etc. It is usually best to do this on a personal, one to one basis.

If the OSHO Meditation Center is in a private home, the same guidance applies for people participating in Center activities. Using common sense, it's clear that there is no need to request tests from people who come for information about Osho, for an occasional introductory video evening, etc., or for those who wish to purchase books, tapes, etc.

## Drugs

The general guidance given by Osho about drugs over the years has emphasized the importance of not creating legal problems for the Centers, and specifically not to do anything illegal. Osho has spoken many times about taking drugs, always making it very clear for our understanding that drugs keep us asleep, while meditation wakes us up.

In the event that questions come to you about drugs, some of what Osho says about drugs in general, and in particular about meditators using them, is included in the appendix of readings.

## Sannyas

Initiation into sannyas is a personal affair and what brings an individual to jump into this adventure is uniquely his or hers. The very essence and only requirement of sannyas is **meditation**.

Anyone who is interested in sannyas can go to: [www.neosannyas.org](http://www.neosannyas.org).

There are many statements about sannyas there, and perhaps the most relevant for all our centers is the following:

*"The 'entrance' to sannyas was there, but the 'exit' was missing. One could go in but couldn't come out. But even a heaven in which there is no exit door becomes a hell - it becomes a prison cell. You might well say, 'Not at all, if some sannyasin really wanted to leave, what could anyone else do? He could leave.' But you would condemn him, insult him - there would be a condemnation behind it.*

*"That is why we have created a trick that whenever someone takes sannyas, we make a whole lot of publicity and pomp and show around it; whenever someone takes sannyas we play a whole lot of ceremonial music; whenever someone takes sannyas, we wreath him with garlands and flowers, praise him, honor him and show him great respect. We indulge in such a profuse display of everything as if a great event were taking place. But there is another side to this display. This sannyasin does not know that should he withdraw tomorrow then just as he is being showered with garlands today, stones and shoes will be thrown at him. And it will be done by none other than the very same people. In fact in garlanding him these people are warning him never to withdraw. Otherwise just as you are being honored insults will be awaiting you. This is a very dangerous situation. Because of this, who knows how many people who could have tasted the joy of sannyas remain deprived of it."*

Osho, *Krishna: The Man and His Philosophy*, Number 22

So, at the OSHO International Meditation Resort, (OIMR), Pune, we have a beautiful weekly celebration which is called "Celebrating Sannyas" with music, singing and dancing unrelated to "taking sannyas."

Anyone, no matter when they decided they were a sannyasin, is invited to celebrate sannyas, the search for truth. During the celebration, audio quotes are played of Osho speaking about sannyas and about the qualities of a meditator, along with some jokes to remind everyone that it is not a serious affair. Some people may choose to celebrate by sitting in the center of a circle, while everyone else in the Auditorium can celebrate with and around them to the music. If Centers choose to celebrate sannyas, it is recommended that they follow the flavor of the celebration done in OIMR Pune.

For information, here is the final message to the Academy of Initiation on Malas, 1989:

Osho sends a message to the Academy of Initiation that there is no need to wear malas any more. Sannyas is about going inwards and nothing to do with the outer.

Some people are disturbed, so it is taken in to Osho again and his response, passed on again to the Academy is: *"If you must wear your mala, then at home in meditation only."* For questions contact: [info@neosannyas.org](mailto:info@neosannyas.org)

## **Press Relations**

Local OSHO Centers that are in contact with reporters and editors in their area should be aware to deal with the press only in reference to their own local events, people, and programs. If reporters or editors are seeking information about the OSHO International Meditation Resort in Pune, or if they approach OSHO Center staff with an interest to do a broader story about Osho or OSHO International Foundation, or with questions about the "OSHO organization" worldwide, please refer them to the press office in Pune or to [OSHO International](#).

## **FILMING at the OSHO Resort and in OSHO Centers:**

Based on our experience and Osho's insights, we need to be careful about filming in OSHO Centers, and in meditation or group situations. We especially need to take care of aspects like the following:

- a) People's privacy needs to be protected when they are going through a transformative process, and
- b) People and activities may look weird from an "outsider" point of view. This can be (and often has been in the past) used out of context to give a false picture. (for example during OSHO Dynamic Meditation)

Before TV or film crews are allowed into the OSHO Meditation Resort in Pune they must provide a detailed description of their proposed project. They must also agree to participate in the meditations and activities of the Resort in order to have their own personal experience. OSHO International and the people taking care of these issues and dealing with the press and TV at the Resort are available for any questions you might have in this context.

## **SUPPORT AND RESOURCES AVAILABLE FOR OSHO CENTERS**

### **OSHO Global Connections**

OSHO Global Connections, located at the OSHO International Meditation Resort in Pune, acts on behalf of the OSHO International Foundation and is the international office for all OSHO Meditation Centers, OSHO Institutes, and OSHO Information Centers around the world.

In particular, OSHO Global Connections is responsible for granting permission to start an OSHO Meditation Center, OSHO Institute, or OSHO Information Center, and to use the mark “OSHO” in this context. Global Connections coordinates and informs interested parties of all the relevant information related to the following:

- Details of the year-round, OSHO Center Leader Trainings at the OSHO International Meditation Resort, India.
- Conferences and seminars related to the functioning of OSHO Centers.
- The OSHO Meditation Center Orientation Handbook, which contains all the existing guidelines regarding the functioning of these entities.
- Other information that may be needed for specific situations at OSHO Centers related to specific local situations.
- [Copyright, trademark, and licensing](#) questions regarding OSHO Centers

In addition, Global Connections:

Stays in touch with the OSHO Centers around the world through personal visits, a newsletter, and ongoing correspondence.

Coordinates, liaises with, monitors and [lists venues](#) around the world (on the osho.com website) where OSHO Meditations are offered, and where information about related events and activities may be [obtained](#).

Coordinates with individuals who wish to help making the meditations and other work created by Osho available worldwide.

Answers questions from the general public related to questions about the OSHO Meditations, in particular the OSHO Active Meditations and places to meditate.

Supports activities to promote OSHO Meditations which can be done simultaneously around the globe such as the Global 21-Day OSHO Dynamic Meditation Project.

The OSHO Global Connections office at OSHO International Meditation Resort provides a "networking" point for related activities world-wide. As part of its focus on helping to facilitate the connection of sannyasins and friends of Osho around the globe with the Meditation Resort in Pune, and with each other, the office is a meeting place for people arriving and departing. It provides information and resources for those already involved in OSHO Centers/Institutes around the world, and those who want to start something new. In the office, a visitor can browse through the country folders, talk to someone about opening an OSHO Center, or pick up ideas on projects he or she might want to initiate in their home countries.

### **OSHO Multiversity**

A listing of currently scheduled OSHO Multiversity programs for the coming months can be found at [www.osho.com/multiversity](http://www.osho.com/multiversity) . Additional programs are often added to the calendar from time to time. Advance registration is possible for most programs, but is generally not necessary. People who want to take part in a specific workshop or training can write to [multiversity@osho.net](mailto:multiversity@osho.net) with any questions or concerns about whether advance registration is advisable. Some of the processes offered by the OSHO Multiversity have prerequisites and/or require an interview with faculty staff on arrival. It is generally recommended that participants arrive a few days prior to the beginning of their Multiversity program to give them time to settle and adjust their bodies to time and climate changes.

### **USEFUL CONTACT ADDRESSES**

The following list is current as of January, 2005

Check the osho.com website for any changes subsequent this date.

#### **OSHO International Meditation Resort**

17, Koregaon Park

Pune 411001 (MS), India

Tel: +91 20 6601 9999, Fax: +91 20 6601 9990

#### **E-mail:**

[resortinfo@osho.net](mailto:resortinfo@osho.net) (or department name, e.g.)

[multiversity@osho.net](mailto:multiversity@osho.net)

[distrib@osho.net](mailto:distrib@osho.net)

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