

## OSHO Born Again

*"People go on saying that childhood was paradise and poets go on writing about the beauty of childhood. Who is preventing you? Regain it! I give you this opportunity to regain it."*

OSHO

OSHO Born Again is an OSHO Meditative Therapy. It is a process for freeing our energies, renewing vitality and creating a space for silence. It is an individual process done collectively that works energetically to by-pass the conscious, analytical mind. This group is a meditative moment to moment encounter with one's energies. The therapy happens without the interference of the facilitator as the participant takes the role of both "the surgeon and the patient" breaking through their conditioning.

This is a seven evening course lasting 2 hours every evening.

For the first hour you behave like a child. Just enter your childhood. Whatever you wanted to do, do it - dancing, singing, jumping, crying, weeping, anything at all in any posture. Nothing is prohibited except touching other people.

For the second hour just sit silently.

You will be more fresh, more innocent and meditation will become easier.

Facilitated by Daya and Prabuddha

Daya fell in love with Born Again in the nineties. She then trained to facilitate the group with Leela. When Osho devised the meditative therapies he gave them to Leela to facilitate and spoke to her about their progress. Daya has since organized and facilitated Born Again many times in Amsterdam.

Prabuddha

"The first time I did the Born again I thought it was not working as I was not able to play like the other children. Then the penny dropped and I realized I was actually back in my own childhood. I slowly grew in confidence and I was indeed able to explore many of the things I always wanted to do. I recently completed the facilitators training in Pune and I'm delighted to be sharing this process for the second time."

20th-26th November 19.00-21.00.

It is essential to be present for all seven evening.

The Price of the 7 day process is €195.

If you have any questions or you would like to register for the group contact

Daya [dayakrajenbrink@hotmail.com](mailto:dayakrajenbrink@hotmail.com)

Prabuddha via facebook messenger or Whatsapp 0615854536.

Taster evening

November 10th 19.00 at De Meditatietuin, Amstelpark, Amsterdam.

During the taster you can experience what this process is about and ask the facilitators any questions you may have.

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