



## **14 June at Padma: ZipZen Introductory Day to Meditation with Revolutionary OSHO® meditation techniques for the modern man.**

Stop fighting your thoughts — bend the energy instead.

Do you find it difficult to meditate? Do you get caught in a struggle with the many thoughts racing through your mind? Do you feel increasingly stuck in trying to “meditate”?

Meditation cannot be \*done\*; it is a state of total relaxation, when all doing has ceased. OSHO Active Meditations avoid the battle with the mind by playfully transforming the mind’s energy — making it easier to relax and to fall into the space of meditation, into deep silence.

### **What can you expect?**

- We will explore various active meditation techniques, deepening your understanding and empowering you to continue meditating on your own.
- Short meditation techniques that you can easily apply in your day-to-day life.
- This approach to meditation — to drop outcomes and self-criticism — brings great joy and well-being allowing you to connect with who you truly are.
- Meditating together — Meeting — Sharing — and Celebrating.

*Meditation is nothing but a device to make you aware of your true self — which has not been created by you, which does not need to be created by you, which you already \*are\*. You are born with it. You \*are\* it! — Osho*

**Sunday 14 June:** from 10:00 to 16:00

**Location:** St. Padma – Verwerijstraat 51 – Middelburg

**Contribution:** €75 – miso soup for lunch provided, coffee, tea, and snacks included.

**Info & registration:** Satsavya – [info@zipzen.nl](mailto:info@zipzen.nl) – tel: +31 6 2734 7597

**Facilitator:** Satsavya Mertens – Facilitator of OSHO® meditations and meditation therapies

[www.zipzen.nl](http://www.zipzen.nl)