



## Meditative Therapies

### OSHO Mystic Rose

Osho created this powerful meditative therapy saying, 'I have invented many meditations, but perhaps this will be the most essential and fundamental one ... it is the first major breakthrough since Vipassana 25 centuries ago.'

It is a 3-week process:

First week: laughing for 3 hours for seven days. This removes all the inhibitions and repression that hinder our spontaneous laughter and natural joy.

Second week: crying for 3 hours for seven days. This uncovers the next layer of repression, all the agonies and tears, and provides for a great unburdening of pain and suffering.

Third week: the -watcher on the hill.- With a thoroughly cleansed heart, just sitting silently in meditation.

*Tears take out all the agony that is hidden inside you and the laughter takes away all that is preventing your ecstasy. Osho*