

Osho Risk

THERAPIST TRAINING



November 2011 - June 2013

THE TRAINING

An education and a deeply transformative process

The Osho Risk Therapist Training is a unique opportunity in Northern Europe. It is based on principles that make it radically different from other psycho-therapeutic educations: it connects therapy to meditation, and it teaches through experiencing.

Over the span of years, since the start in 1990, the therapeutic methods used in the Therapist Training have been refined. The tools used today include the latest findings of experiential therapy: Somatic Work, Essence Work, Family Constellation and other relevant approaches.

Hundreds of people have taken their turn with the challenges and the deeply transformative quality of this training. They have absorbed its benefits into their lives back home, into their relationships and into their work and creativity.

Some of them have started to work as counselors, some have found other ways to support individuality and aliveness in themselves and other people. Some have started growth centers, others again are now working with people in companies, but with a new vision. They have become more true to themselves, more vital, with greater flexibility in responding to the challenges of life.

The 11 training weeks lead the participants on a journey of self-exploration: it starts out by opening the body to life energy with the help of bioenergetics, it then clears the psychological ground by investigating childhood- and sexuality issues.

Combining different approaches to Western psychotherapy with a variety of Eastern meditation techniques we gradually move towards more understanding, awareness, and compassion for ourselves and others. This will enable us to use the deepened awareness in our work with people in a more respectful and loving way. We build on the understanding that we can only work with another as deeply as we have known ourselves.

The Osho Risk Therapist Training is truly international. The word of satisfied trainees has spread beyond Scandinavia, and the participants come from many countries. The team of highly skilled teachers also come from many corners of the world, each of them being an international capacity within their own specialized field.

The language used in the training is English. The participants need not to be perfect in English, but must be willing to express themselves in English, with the helpful support of the group and staff.



The group - growing together

Since the beginning in 1990 we have gathered experience through conducting 19 Therapist Trainings for more than 450 people in this line at Osho Risk. We have learned that an important aspect for the participants is the group - to go through this long growth and learning sequence with people who have made the same commitment. A group where pretensions are bound to fall and we become capable of being honest, where we

are provided with so many "mirrors" for our projections, and where unexpected love and support flows back to us as we open up.

We have learned that spreading the course over bi-monthly intervals is ideal for the absorption of the intense therapeutic work. The transformation continues in the intervals between training weeks as the new findings are being integrated into everyday life.

Healing for a new vision

This upcoming Therapist Training - called "TT 21" - consists of 78 days, spread over 20 months. The course is a clearing- and learning process, not only for those who already work as therapists/counselors or would like to do so, but equally for those who join the process mainly for their own personal growth, as a life training. It ends with a diploma but it doesn't lead to an actual authorization as a psychotherapist in itself. Further specialization is needed if that is the aim.

Our trainings have been characterized by great enthusiasm and commitment from people who arrange their lives in order to follow this process, in spite of practical difficulties of getting free from work and family obligations, getting money together, long travel etc.

It is a process that appeals to maturity, a process for people who wish not only to heal their lives, or become better therapists, but who have come to a point where they are thirsty to create a totally new vision.

THE OSHO CONNECTION

In the background of a lot of the human potential-activities that happen on many levels in Europe and worldwide today lies an unmistakable source of inspiration: the Indian mystic Osho (1931-90).

In the 70's and 80's Osho's vision of bridging Eastern consciousness with Western psychotherapy and his creation of "active meditations" to help the restless modern man was spreading like rings in the water from Poona in India to hundreds of new growth-communes all over the world. From these centers it has spread further since then, being used today in a wide variety of contexts.

Osho's term is to create "the New Man", and the atmosphere of the wave he initiated is the life affirmative "Love, Life and Laughter".

Osho Risk was started as an Osho Center in 1986. We have created an environment, which functions as a laboratory for individual exploration. It has specialized in processes that in addition to the therapeutic work use the active meditations (Dynamic, Kundalini etc.) together with audio- or video quotations from Osho on a daily basis.

The teachers in the Therapist Training all come from the early generation of Osho Therapists, who were coached directly by Osho 25 or more years back. They became each an artist in their therapeutic field. Over the years they have incorporated a lot of new methods in their work, and continuously renew the content of the sections in every new Therapist Training.

To be with these people, in the relaxing atmosphere of the Osho center, is an opportunity for everyone to look at one's own "artist", and to find a unique way of working with oneself and others.

(The international Osho Center in Poona can be visited on: www.osho.com)

OSHO RISK Center and Buddhafield



Osho Risk is situated in beautiful open countryside, in the middle of Jutland. There are plenty of possibilities for recreational walks and fresh air.

Our guests frequently comment on the wholesome atmosphere of the place as well as on the tasty vegetarian cuisine, which is prepared from mainly ecological produce.

The center is surrounded by a "Buddhafield" - 70 to 80 people who have settled down in neighboring villages in order to be near Osho's meditations and the center activities. Out of this, a strong meditation space has been created, which people from near and far come to enjoy.

accommodated in 5 person bedrooms.

The Osho Risk residents welcome you to feel at home here, not only during the course but also whenever you may wish to spend some time here for a holiday.

Accommodation: Normally, guests are



*"The therapist is
in the service of life.*

He has to create life affirmative values by living them himself, by going to the silences of his heart.

The deeper you are within yourself, the deeper you can reach into the heart of the other. It is exactly the same...because your heart or the other's heart are not very different things. If you understand your being, you understand everybody's being. And then you understand you have also been foolish, you have also been ignorant, you have also fallen many times, you have also committed crimes against yourself and against others, and if other people are still doing it there is no need of condemnation. They have to be made aware and left to themselves; you are not to mold them in a certain framework.

Then it is a joy to be a therapist, because you come to know the interiority of human beings - which is one of the most secret hiding places of life. And by knowing others you know yourself more."

Osho: The Great Pilgrimage:
From Here To Here



Price

Course price: 47.400,- DKR (€ 6449)
Can be paid at the start of the training (at a discount of 1.000,- DKR) or in 5 parts.

The first part of 10.000 DKR (€ 1360) is the deposit and also your confirmation of booking. The remaining four parts of 9.350 DKR (€ 1272) are payable at the start of section 1, the start of section 3, the start of section 5, and the start of section 8.

N.B. The prices indicated in Euro can be subject to currency fluctuations.

We mention that booking is binding for the training as a whole. Participants will be asked to sign a contract, stating the above mentioned payment conditions. Deposit can be returned up to 1 month before training start, minus 1.200 DKR administration fee. There is no cash refund during the training.

Food and accommodation

(not included in the course price) cost 290 DKR (€ 40) per day, paid at the beginning of each section.

How to get here

OSHO RISK THERAPY AND MEDITATION CENTER

Bogballevej 3, 8740, Brædstrup, Denmark, tel. +45 7575 2500 4 - 6 p.m. (Mon.-Sat.), e-mail: oshorisk@oshorisk.dk, website: www.oshorisk.dk

By plane: Nearest international airport is Billund. By appointment we can arrange your transportation from Billund to Risk by car (1 hr). From Copenhagen airport there is a direct train to Horsens (3 hrs), bus 110 to Brædstrup (35 min).

By train and bus: Coming from north or south, get off in Horsens, take bus 110 to Brædstrup bus station. Call us in advance to be picked up in Brædstrup or in Horsens.

By car: You can find explanations on our homepage under 'Practicals'. Osho Risk is situated in Jutland, between Horsens and Silkeborg, 2 km east of Brædstrup on the road to Tønning.

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OSHO RISK THERAPIST TRAINING 2011 - 2013

1st day

Osho Risk Team

12.11.11 at 10 a.m.

(if possible arrive the evening before)

Coming together of the participants and the Osho Risk Team, sharing and introducing the daily meditations etc. Introductory talk will be given by Aneesha on Osho Therapy.

Pulsation

Aneesha

12.11.11 at 8 p.m. - 19.11.11 at 3 p.m.

To be vibrant, alive, breathing, moving and feeling is our birthright and very nature.

Pulsation is derived from Neo-Reichian emotional release work, using breath, bioenergy, and expression to contact and clear physical, emotional and psychological patterns of tension from early life conditioning. Once this biophysical clearing has taken root, we will move more deeply into silence, relaxation and a joyful celebration of the life that moves within us.

Different techniques will be taught on how to "read" these emotional patterns as they express themselves in our bodies. By becoming more perceptive and sensitive to the body we are laying the foundation for our transformation process, and gaining basic tools for working with other people.

Body Energy & Bodytypes

Moumina

07.01.12 at 8 p.m. - 14.01.12 at 3 p.m.

In this section we will continue to work on opening the body energy, bringing in an understanding of how our body structure gets formed through childhood experience, and how our energy flow gets affected. Our basic map will be the Neo-Reichian Bodytypes.

Different techniques will be taught on how to "read" these emotional patterns as they express themselves in our bodies. By becoming more perceptive and sensitive to the body we are laying the foundation for our transformation process, and gaining basic tools for working with other people.

Primal

Premartha & Svarup

03.03.12 at 8 p.m. - 10.03.12 at 3 p.m.

A possibility to deeply explore your own early life issues. We will move through your childhood as it unfolds in each of its developmental stages.

We will work on:

- understanding how through parental conditioning we have taken on roles and rules which continue to determine our life.
- re-experiencing and expressing feelings which we had to suppress in the family, and exploring our natural boundaries and strength.
- rediscovering the healing dimension of trust and love for our "inner child".

These seven days will simultaneously offer you a taste of the many different tools and methods that Primal and Inner Child work can offer. All this will create a solid base for your therapeutic education.

Love and Freedom

Tarika

28.04.12 at 8 p.m. - 05.05.12 at 3 p.m.

Once we start opening to the past and let the ghosts which have been hiding there out of the closet, we need to learn a better way to take care of ourselves, by finding a friendlier way of living, with awareness and understanding.

This week we will look at how to move on, and how to keep a fresh and open view about ourselves when relating to others. We will work with the roots of projections and judgements, the defence mechanisms which keep us attached to the past, finding the freedom to be ourselves. We will contact our courage and truthfulness by meeting our problems around power, shame, unworthiness, inferiority and perfectionism. When we are in touch with ourselves in this way we can more easily create space for others to explore their own human potential, so that love can grow.

Section 1



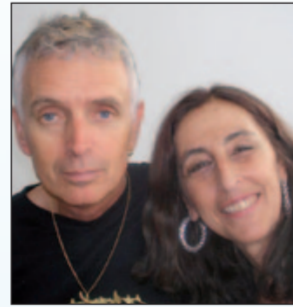
Aneesha (U.S.A.)
trained with Charles Kelley in Radix Neo-Reichian Education, 1972-1974. Then, resident therapist at Esalen Institute, California. Since 1976 Osho Therapist. Innovator of Osho Pulsation and has guided its development since 1977. Book describing her work: "Tantric Pulsation".

Section 2



Moumina (England)
Studied dance and body therapy in London. Trained in Bioenergetics, Neo-Reichian Bodywork, Pulsation, Primal and Family Constellation. Working for 30 years as a therapist in Poona and internationally.

Section 3



Premartha (Holland)
Trained in Encounter, Primal, Tantra and Breath work. Osho Therapist since 1985, he has been leading the Counsellor Training in Poona. In Europe he leads groups related to Primal, Tantra and Relating. Book describing their work: "Twice Born".

Svarup (Italy)
B.A. (Philosophy, Rome). Trained as a psychotherapist with R.D. Laing, London. Currently leading groups related to childhood issues and sexual deconditioning all over Europe.

Section 4



Tarika (U.S.A.)
M.A. in Psychology. 30 years of experience in working with people, leading groups and trainings internationally. Former director of the Institute for Love and Consciousness in Poona, India.

Counselling I

The therapist as a friend

Nishant

23.06.12 at 8 p.m. - 30.06.12 at 3 p.m.

As we mature as individuals and as therapists, we become naturally attracted to the deeper issues in ourselves and others. We simply want to be ourselves, and help others to find the same.

This section will teach counselling skills based on meditation, following an understanding that the depth and compassion with which we relate with ourselves is what we have to offer to our clients. The first part focuses on the art of befriending ourselves, developing an ability to go deep into ourselves and emerge fresh and nourished, no matter what we find inside.

The second part of the week focuses on teaching counselling skills which give us tools to extend this sense of inner friendship to others.

We will learn to create an atmosphere where others feel comfortable getting to know themselves more deeply, accurately and compassionately. These skills will include inner journey work, focusing therapy and inquiry. All these techniques can be doorways for journeying through the complex world of neurosis and confusion, and discovering the fundamental goodness of who we are.

Section 5



Nishant (U.S.A.)
bodyworker, counsellor and light therapist. Osho Therapist since 1976, teaching Counselling, Meditation, Psychic Bodywork, Rebalancing and Breath Therapy. Author of the book "Light: the Master Matrix", and "The Friend".

Sexual Healing

Turiya

11.08.12 at 8 p.m. - 18.08.12 at 3 p.m.

For centuries, sexual energy has been repressed by religions and society.

In this section we will enliven our passion and learn to connect to our bodies in a healthy and natural way. Often denied through deep layers of shame and guilt, we are unable to live our sexuality in a joyous and fulfilling way. Once we learn to love our bodies, accept them as they are, and ignite our sexual energy, it can then move into love and we can meet another. Learning to communicate from the heart, we can meet another and each others needs. We can learn how to melt and stand on our own feet.

This process is specifically supported by Turiya's understanding of trauma work. In a gentle and respectful atmosphere, everybody has the possibility to look at and to work with their own fears and traumas, and at their own pace, enter into their individual healing process. This work is oriented around finding trust, helping us to receive and to give from a healthy place.

Section 6



Turiya (Germany)
has worked as a therapist and trainer for over 30 years in Poona and all over the world, in particular with Counselling, body-work, Gestalt, Encounter, Tantra, Trauma Healing and Essence work.

Movement Beyond Family

Family Constellation and Trauma release

Dwari

06.10.12 at 8 p.m. - 13.10.12 at 3 p.m.

This week is initially a deep self-experience. It also transmits the basic theoretical and practical principles of Family Constellation work as well as some practical tools of Somatic Experiencing (Trauma work), which can be used in a counselling situation and in everyday life.

Working with the energy field of the family we begin to recognize many traumatic experiences. So it is extremely helpful to know how to deal with the emerging trauma energy, and how to support the person facing and discharging the effects that trauma has had on their body behavior and nervous system.

At the beginning of the week each participant will understand and experience family conditioning and will have the opportunity to put up her/his own constellation. The process will be made transparent by absorbing step by step what happens in each constellation and seeing how the source of love can be found.

Later the focus will shift to doing constellations with symbols in the setting of more individual work. This will include dealing with the different childhood traumas that emerge in the process.

Osho Family Constellation is based in meditation and is rooted in a deep acceptance and honoring of what is, rather than in any effort for improvement. This is the point where therapy ends and meditation begins.

Section 7



Dwari (Germany)
Studied Breath and Body work in Berlin. She has worked as group leader in Poona and all over the world for 30 years. Further training in Rebirthing, Primal, Tantra, Family Constellation and Somatic Experiencing.

Power of Breath

Devapath

24.11.12 at 8 p.m. - 01.12.12 at 3 p.m.

Osho Breath Therapy is a multi-dimensional approach to use breath for health improvement and human growth. Because breath is the bridge between conscious and unconscious as much as between the body and the soul, many mystics used its incredible power to create awareness. Here we will learn some basics of Osho Breath Therapy like: deep breathing as the creator of a powerful cleaning and clearing process of all tensions; breath integration as a body healing process; breath oriented meditations to create a new awareness.

In this week there will be an emphasis on dynamic meditation, and its use in a therapeutic context.

Awareness Intensive

Ganga

09.02.13 at 8 p.m. - 16.02.13 at 3 p.m.

In the first 5 days we use the simple yet powerful structure of the Awareness Intensive to move inwards with the help of the koans "Who is in?" and "Who am I?" It is a journey through layers of identification with personality and conditioning to a direct experience of who we truly are: consciousness, love, being. In the last days we'll explore how to integrate this direct experience in meditation and daily life.

The process will be supported by a team from the Risk Buddhafield.

Counselling II

Essence of masculine and feminine

Rafia

13.04.13 at 8 p.m. - 20.04.13 at 3 p.m.

The frame of this section is Rafia's work with masculine and feminine issues, a deep exploration where our male and female sides are exposed to us, the mechanisms of our relationships mirrored, and where we find answers and understanding for many old patterns and pains.

Rafia's way of working includes the background of "essence work", creating more awareness of our hidden defences and holes.

In the course of this week, we move towards working with other groupmembers in a session space, continuing to learn basic skills of counselling, such as: energy-reading, working with open space, with projections, "difficult client"-situations and power issues, slowly acquiring confidence in "giving" rather than "helping" another person.

Counselling III

Acting from Certainty

Sagarpriya

08.06.13 at 8 p.m. - 15.06.13 at 3 p.m.

When we are with a client, naturally we need meditative presence; on the other hand, we also need to take initiative, to act with sure intentions. When both of these qualities are present, we are responding to the other from our being. The being is not a thing. It is rather a no-thing, or an empty space produced by the alive balance between two opposite energy polarities. These seven days will focus on the meditative quality during active response to real situations. The 'situations' we meet can be classified either as the therapeutic kind, or as a more normal kind, but they are not essentially different. Every type of creative act brings us to a state of heightened awareness. Once we are able to feel certainty in our actions, being a therapist becomes more playful and merges beautifully into daily living.

This section includes guided moving meditations, polarity "swing" breathing, Gestalt practice, male/female dialogues, creativity demonstrations, and Star Sapphire individual work.

At the end of the last section we celebrate the completion of the training and receive certificates of participation.

Section 8



Devapath (Germany)
Physician with further education in Primal Therapy, Body and Breath Therapy, Psychodrama and Encounter, group leader for over 25 years.

Section 9



Ganga (Germany)
M.A. in Psychology, certified in Holistic Massage, Rebalancing, Hara Awareness- and Psychic Massage. She discovered her passion for the Awareness Intensive process some 25 years ago and since then she has led over 100 processes.

Section 10



Rafia (U.S.A.)
Has worked as a therapist and group facilitator since 1977. He has specialized in Tantra, Essence Work, Men's Groups, Trauma Healing and leads the process known as Path of Love.

Section 11



Sagarpriya (U.S.A.)
Creator of two original therapeutic methods: Psychic Massage and Star Sapphire Energywork. Author of three books, trainer of therapists for over 30 years and presently co-directing the Institute for Conscious Living in Italy.

"The only miracle I am aware of is a completely, totally open heart.
No situation, no condition can close it. Meditation will help you.
Meditation is almost a golden key, a master key which opens many doors.
It can open the door of love, too. As you become silent, as you become peaceful,
as you become aware of your life force, as you become aware
there is no death, fear disappears."
(Osho, "The Invitation")