

OSHOASIS

**New Man Commune
Meditation Center
Sacred Farm**



A scenic view of a river flowing through a rocky canyon. The water is calm and reflects the surrounding greenery and rock formations. The cliffs are layered and rugged, with patches of moss and small plants growing on them. The overall atmosphere is peaceful and natural.

Paradise is now.

You are welcome.

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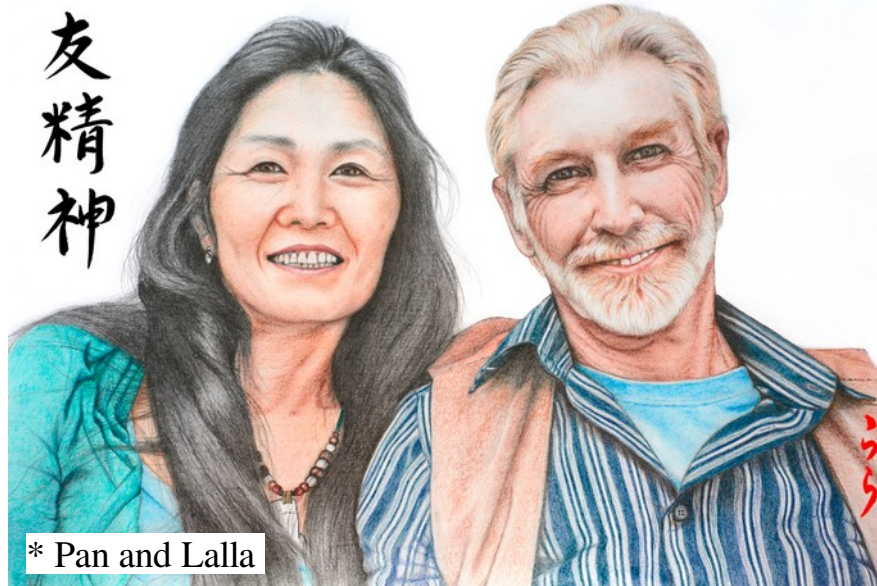
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SPIRITUALITY

友
精
神



* Pan and Lalla

Osho's vision of the New Man

... is our spiritual inspiration.

To live this every day in your individual form and expression is our discovery since many years. The whole happening started in 1976 when Swami Prabhupad (now Pan) met his master Osho, who looked into his eyes and...

In the year 2000 this experience of being here and now had so crystallized that the time of sharing had come and the BuddhaHill Satsang Community was born in Germany. From here on the same core group of spiritual friends keeps on expanding daily into living in the here now.

The group changed name from BuddhaHill to Novutopia, when moving to Uruguay it became NovuTierra and in 2019 the name OshOasis appeared. Each phase a different happening with different constellations of friends of heart and soul. Exploring together what it means to live that which the spiritual friend Pan is sharing and what we learn to crystallize in through living this understanding in our daily life.

Being a servant to the divine.



*A New Man experiment
in the middle of nowhere
NOW HERE*



*An alternative society
for individuals
to live their full potential.*





PLACE

A group of 6 pioneers comes to Uruguay in 2014 intending to find the place that wants to become the new home for our community. To learn to live in harmony with the earth, plants, animals and humans.

A discovery journey into the unknown starts.

Feeling that this is our practical response to the programming and offering of the current inhuman and life-negative society. Wanting to pour our daily energy into our surrounding that nourishes us, instead of giving our energy to a corrupted system to earn money and buy much less healthier food instead. Refusing the inhuman conditions the system puts on our life if we are ready to be dependent on it.

We all feel the Uruguayan people, laws and climate as very welcoming for such an experiment.

After a few months of looking around we sign the contract for a piece of land of 37 ha. A real jewel, two of the borders of the property are 2 wonderful rivers which have water the whole year through.

Wonderful natural pools, being beautiful temples, inviting you into the oneness with existence.

Existence gifts us a beautiful place where our spiritual commune can learn to live in harmony with nature again, *what a grace!*



COMMUNITY



** Heartstreaming*

The community started around Pan in the year 2000. In 2014 a team of scouts came to Uruguay to explore if we could buy some land for the community to thrive and flower, pour our energy into our direct surrounding, play at home and live from the land. Since 2000 the community play went through many different phases and since 2014 the creation exists in Germany as well as in Uruguay. Changing constellations, changing situations, but always with the clarity that we are here to support each other to expand in Love and Consciousness. A caravan of fellow travellers with more and more friends joining, on the journey to discover the expressions of Life in you. Beyond any concepts, beyond any ideas, realizing that there is no Self, no separation, just a Oneness with existence.



** Kunalini meditation*

FOOD is GOD

Through experimenting with growing our own food, over the years we realize even more what a challenge it is to produce all the food we eat. It also becomes obvious how individual and unique taste actually is. We are finding our balance with what grows easily here as well as making the products we cannot buy in good quality or which are very expensive. So meanwhile we grow about half of the food that we eat ourselves. So far we did not go into grain growing, or only as small experiments.

We grow a lot of vegetables in the garden and get our milk and eggs from our animals. We make our bread and yoghurt, milk- and water kefir, kombucha, icecream, sauerkraut, vinegar, tofu, soyamilk, cakes and pastries, delicious desserts, cream, shampoo, soap and occasionally our pasta as well as many other things.

For the products we do not make ourselves we started investigating where we can get them in the best possible quality, which has been a task on its own.

By now we have a very high quality, very tasty, mostly organic diet, which we serve to our friends 3 times a day. The meals are cooked with lots of love by different friends. We enjoy and taste new recipes from all around the world.

A healthy, satisfied body is a great base for a healthy, fulfilled spirit.

You are welcome to the food orgasm :-)



*„Food is the nourishment for the body.
Love is the nourishment for the soul.“*



GARDEN

„Nature cares for us.

We care for nature.“

Pan



A big motivation to move to Uruguay has been its climate which gives the possibility to grow a large variety of plants. So we immediately started planting trees, many pioneering trees as well as many fruit trees like pecan nuts, hazelnuts, figs, quince, citrus, pomegranates, apple-, pear-, peach-, apricot- and olive trees and many others.

A wonderful food forest is growing around the house.

We put more than 1000 trees into the earth over the years. Some grow very fast others very slow.

This year for the first time we have to cut some trees back to give space to the fruit trees and therefore start getting firewood from the land.

Also discovering what it means to support the earth to grow and increase in fertility has been and is our objective. A big challenge in the first years have been the leaf cutter ants, which took down many, many plants.

In the recent years we've observed more balance coming back through increased fertility of the ground.

We have a wide variety of plants and are discovering the value of perenial plants and trees. Enjoying to see how the different plants grow. It is a real miracle to see such tasty healthy food growing all around us - all year long.

We enjoy taking care of paprika, cucumber, salad, kale, artichoke, asparagus, eggplants, tomatoes, corn, (sweet) potatoes, cauliflour, broccoli, carrots, spinach, garlic, onion, basil, coriander, grapes, banana and much, much more.



ANIMALS

*„Nature vibrating in spacious, tranquil aliveness
all the time,
reminding us of our Buddha Nature.“*



Intending to produce as much food as possible ourselves, we started discovering what it means to take care of animals. With very little background in keeping animals the exploration began. First we got one cat, since we heard that cats hunt the snakes around, and then another 2 cats followed. Soon after we got two horses as a present and it just felt right living in Uruguay on the land, where everybody has cows and horses. Then we got chickens, hoping that they could produce our eggs and help fertilize the land.

And finally a whole new chapter started when we got our first two milk cows. Learning what it means to get your milk from your cow, that eats (hopefully) from your land. We went through many ideas and phases with the chicken and cow tending and are after years finding a balanced way between human work, costs for the animal feed, wellbeing of the animals and increasing the fertility of the land. We had no idea when we started how huge and complex this subject is. It is a delicate act to find the balance between all these factors and it feels like we slowly found the answer which fits to our situation.

In between we also experimented with having rabbits and sheep, but for now we do not have the capacities to continue. We gathered a lot of experience in keeping animals, which we are very grateful for. And yes we also have 10 bee hives! Because we feel it as an essential base of life to support bees on this planet...

We enjoy daily milk, eggs, meat and honey from our „own“ animals and land. And it feels like a huge blessing.
Supporting the body to be in its natural health.
Mmm and it is so tasty !



LAKES



Following permaculture principles we learned that to support the earth to become fertile again a huge percentage of the land needs to be water, so as soon as we could we investigated which places on the land would be suitable for collecting water.

Thus started the design for the first lakes and swales. After 4 weeks and many hours of measuring levels and excavator work, one big lake, several smaller lakes and 4 big swales were dug and gave a new appearance to the whole place: the big lake serving as irrigation water for the vegetable garden.

Right on the day the last excavations were made existence blessed us with a 200mm rain in two days and all lakes were filled in one go and most lakes immediately kept the water.

By design the lakes are percolation tanks to support the ground water level to rise, so one of the lakes took 2 years to fill.

It is very inspiring to see how much water we started collecting during each mayor rainfall instead of the runoff resulting in the soil eroding. Each rain becomes a celebration!

After some years even a change of the fertility of the earth can be observed. Different microclimates have arisen and many more insects, birds, reptiles and other animals have appeared on the land.

Some time ago we received a generous donation for more lakes and swales to increase the fertility of another 15 ha.

From the excavations we now had an abundance of local building material for our houses, according to bio-construction methods with the most healthy building material: *earth*



HOUSES





Uruguay gives a vast freedom for building your own house in the country side. Here is possible that which would be unthinkable in Germany. Having met a bioconstruction architect in Uruguay and having an architect in the group, as well; plus the engineering skills and many very motivated friends we gained confidence that we could actually build our own houses.



Wanting to buy as little building material as possible - since we live in a remote area where transport costs can become very high - we tried to mainly build with earth, which we had left now in huge heaps from the lake excavations. So we learned to mix earth in all kinds of ways, making Adobe stones and plaster ourselves. Earth proved to be a very healthy, temperature balancing and radiation shielding material.

To use as much earth as possible and make the walls load-bearing we experimented with the technique of "rammed earth".

Considering the human labor and the covering work of the walls when rains came, we soon realised that to put some pillars or wood structures into the houses and make as soon as possible the roof would save a lot of worries, hassle, and also create a pleasant work situation.



This meant that a lot of wood work had to be done, which was not for everyone.

After experimenting with Rammed Earth, Adobe Walls, Wood-Structures, Strawwalls, Bamboo, Cob, Tiles, Thatched roofs, Green roofs and Metal Sheet roofs, we found the fitting answer according to the situation and skills of individuals.

Through buying very little, cheap, ecological building materials we could afford to feed ourselves instead of investing too much money into materials. We had to buy only the roof material and wood and all the rest could be filled and insulated with earth, and some concrete for the foundation ;-) after trying without.

So in the time period from 2014-2019 with a group of about 14 people we built 3 big buildings in which our kitchen, pantry, workshop, storage place, 4 guestrooms and meditation room are housed.

Small toilets, based on the compost toilet principle have been attached to one of the main buildings.

An extra small building was constructed for our shower closeby.

3 tiny houses were designed and constructed in wonderful locations for 2 people each.

Wonderful places to live intune with natures frequency. Feeling nature very strongly, the dark, silent nights, the strong thunder and lightnings, intense rains, the vibrant sun, the sounds of insects and frogs, the ever-moving layers of clouds, and the red moon rising over the little hills.





ENERGY

We started off with very idealistic ideas, wanting to produce our own energy mainly through photovoltaic panels and solar heat tubes for hot water. Soon we realized that the energy availability on rain days is not much when the energy comes from the sun. So we learned to follow the sun.

So rainy days became our resting days.

After supporting the ground water level to rise through the lakes we felt it alright to let a 38 meters deep well be dug on our little hill next to the main house. We have very mineral-rich filtered drinking water. Access to good, clean drinking water feels essential.

Quite some money got invested in photovoltaic panels, batteries and invertors. Several invertors got struck by lightnings and had to be replaced. Uruguay is very prone to lightning.

Meanwhile if people ask us if we can recommend photovoltaic energy, we cannot recommend it anymore considering how much caretaking a solar system needs and how much adjustment from the residents is required.

So if it is not one's main priority to be independent from the state energy source, which it is for us, then it is a very expensive energy source which needs a lot of flexibility. We still appreciate a lot the fact that it supports the tuning in with the weather and makes us aware of how valuable energy is, and that it is not to be taken for granted at all times.

It is great to learn flexibility and appreciation if understood in that way.



In summer we have an abundance of hot water from the sun and people like rather to take a cold shower than a hot one. In winter the situation turns around and we had a shortage of hot water so we had to come up with an alternative hot water source to shower.

Since cooking wants to happen daily in a commune and also heating is needed in winter, there was the brilliant idea to connect these things. We had installed such a heating system previously in the commune house in Germany and enjoyed its efficiency and comfort immensely.

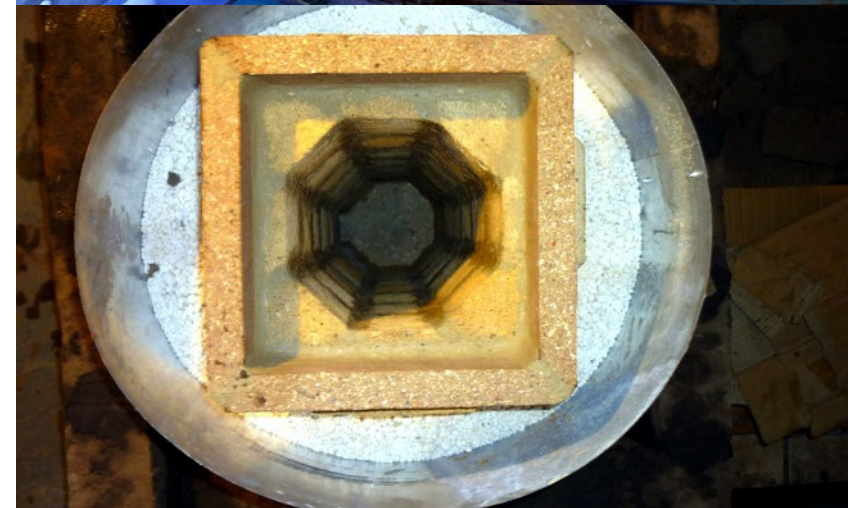
While we had bought the heating system in Germany, in Uruguay we were blessed to have friends in the group with great engineering skills who could make such a heating system themselves.

So we have a rocketstove in the kitchen, where we cook and bake, while it heats the room and hot water simultaneously which gets stored in a buffer tank. All from the same piece of wood, which burns up very cleanly. And now even many trees around have started growing so big that they supply us with firewood. A very cost, resource and work efficient way in winter. Genius!

So now we can even take a hot bath on a winter's night under the stars...

What a luxury in the pampas!

A great home for Zorba the Buddha.





LIFE IS SACRED

Everything is a meditation

Our daily learning is to integrate meditation into every moment. To be present during anything that happens, whatever we do or while we do not do. Cleaning, woodchopping, weeding, cooking, sitting, hugging, dancing, singing, painting and animal care are some of our daily actions. Any action is an opportunity to be aware with that what *is* right now.

Not getting lost in the mind, in thinking, looking for the result, being in the future, but to be here now with what *is* this moment. The breath, the body sensation, calling the mind back. And maybe notice some moments where there is a gap in thinking.

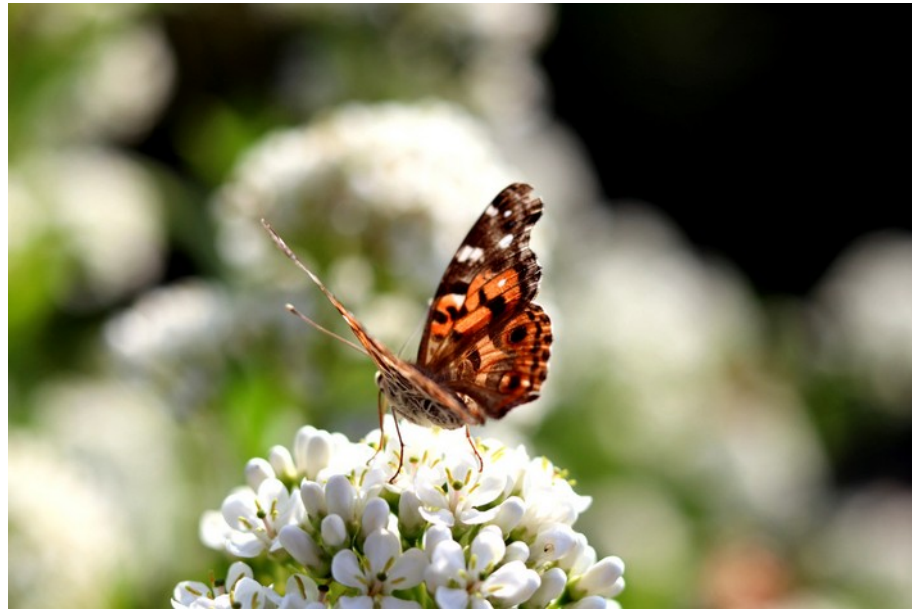
Body and house are our temple for the spirit.

We appreciate this beautiful gift and express this appreciation through care.

Keeping the outer space clean and empty is a daily reminder to keep the inner space empty and clean.

You are welcome to visit us in this sacred temple.

We have four guestrooms, one common sleeping room with 3 double beds, and 3 small, comfortable houses for 2 people each.





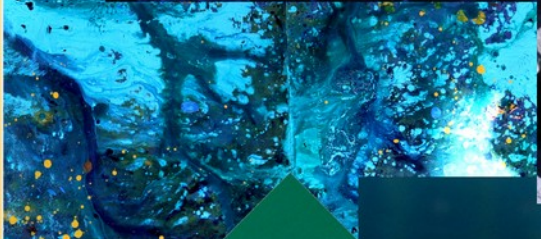
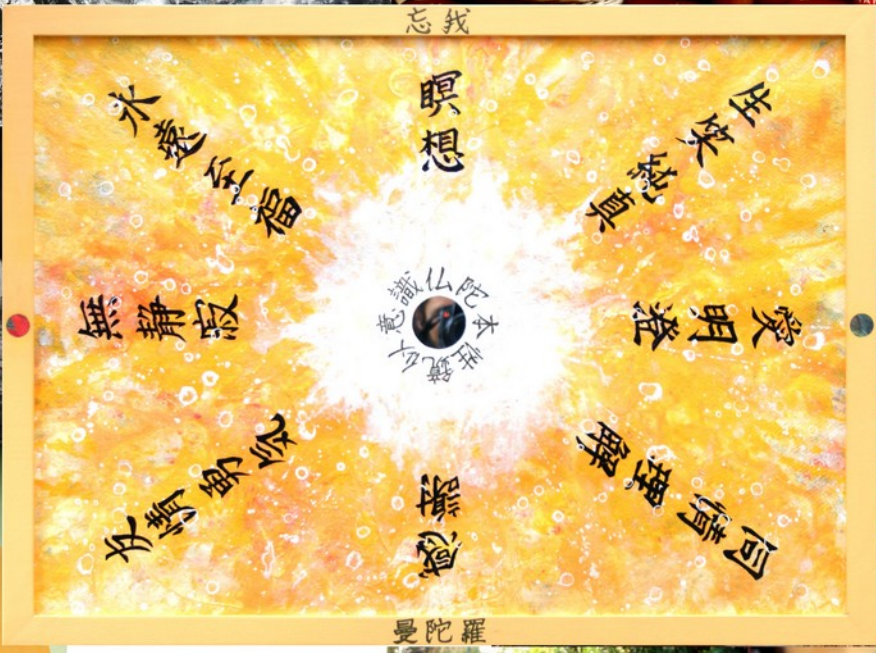
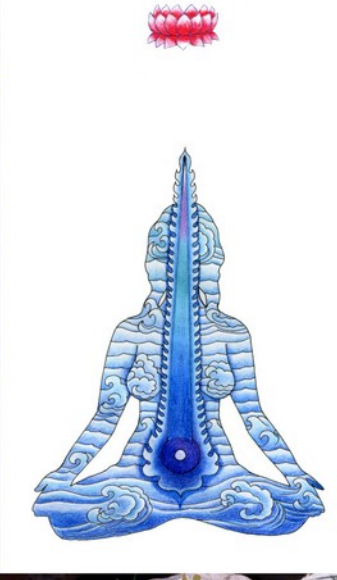


ART

As Pan has been a former artist he has inspired all kinds of creative expression. So our daily life becomes an expression of the overflow of love. Expressing itself in many ways like in music, dance performances, videos, paintings, kanjees, theatre, sewing, cooking, sessions and now also manifesting in the houses, the garden and the animals.

You can look at our art collection on:
<http://www.artists24.net/OshOasis.html>

You can look at some videos here:
<https://www.bitchute.com/channel/VVKEP4EhJCAj/>



MUSIC

Over the years many talented musicians got inspired to express their heart and many different music CD's have been recorded. From piano music, to poem readings, quotes from Pan's meetings accompanied by music to very elaborated faster dance pieces with e-guitar and bass as well as mantras.

There is a wide collection of sound frequencies inviting you to dive inside and just listen.

A very simple, powerful meditation that lifts up the spirit into higher spheres.

You can find our music on:
<https://soundcloud.com/mandaluz>



RETREATS

Remembering to be here and now

According to what we sense as the most balancing for an individual, we offer a wide range of meditations, based on Osho meditations as well as integrating other techniques of Mantak Chia, Veeresh, Michael Roads, Whosoever, Pan and Lalla, Daniel Odier, Jeru Kabbal and spontaneous inventions.

Each month there is a retreat with different themes like Vipassana, Primal, „Tell me who you are“, Sacred Dances, Theater, Darkness Retreat, „Love yourself“, Mystic Rose, Being natural, Free your voice, Frequency Healing and others.

You are welcome to come to know an unconventional play that invites you to come to know and understand yourself in new ways.

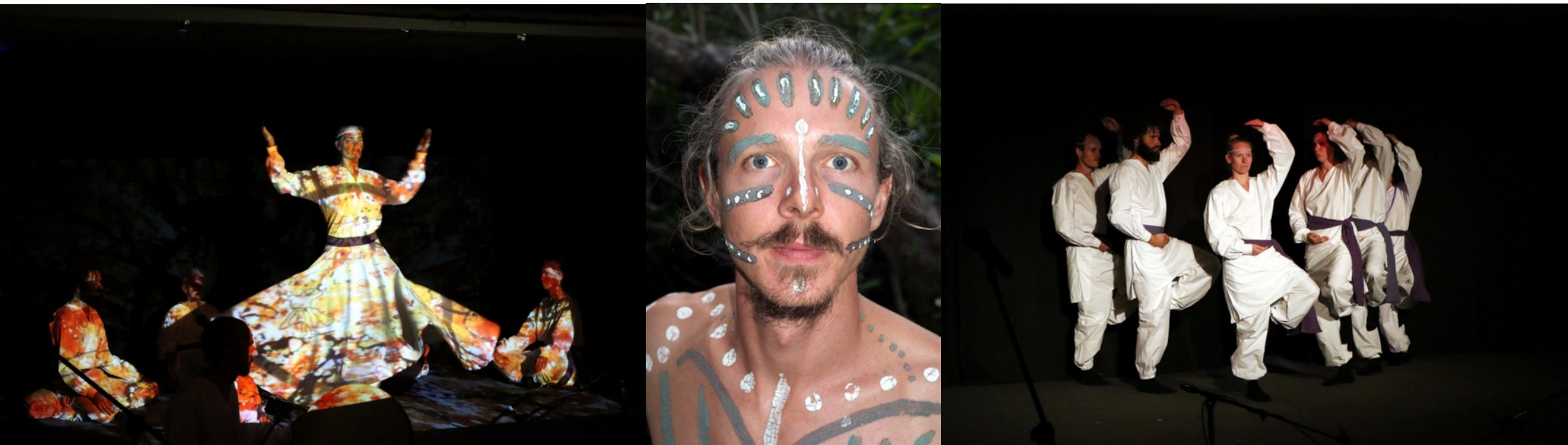
There are a few friends who have life long experience to share Tibetan Tantra body sessions and other techniques, like Reiki, Chi-Gong, Bio-Danza, Holotropic Breathing, Tandava, Shiatsu, Acupuncture, (Sound) Massage, Yoga and others.

An invitation to move beyond the mind control and allow the energy to naturally flow again and consciously guide it upwards into meditation.

Simply observing – witnessing.



*You are open to experience something new.
You wish to be alive and expand in consciousness.
You want go deeper and come closer to yourself and others.
Here you have found a place and friends with the same intention.
Every month we offer a retreat with different topics as an introduction
to come to know an eternal ever new play.
Knowing thyself.*



If you would like to come and join a retreat please contact info@oshoasis for further information.

See our website for exact topics and dates.



Thank you OSHO,
Lord of the full moon.
Thank you Pan and Lalla.
Thank you friends.
Thank you life.
Namaste



www.oshoasis.net