



Frequently Asked
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What is the Path of Love 7-day Retreat?

The Path of Love 7-day Retreat is a deep and intensive personal development process that has produced life-changing and breakthrough results for thousands of people all over the world.

Participants often mark their lives by the distinct change in their experience of life before and after they participated in the Path of Love.

This week-long personal growth and development retreat helps a person to recognize and grow out of old and limiting personality structures. Even though these old structures were needed for protection and often for survival in the past, in time they can become hindrances that keep us from a full expression of who we are. When exposed, felt, faced, and brought to awareness we learn to trust ourselves in new ways. This allows us to live the life we long for.

What sort of love are you referring to?

The Path of Love refers to love in the widest sense...the love that promotes growth, peace, and personal and spiritual unfoldment and which leads to the possibility of harmonious relations between all people.

What happens in the Path of Love 7-Day Retreat?

During this week-long personal growth and development process you will do guided meditations, emotional release work, self-enquiry, writing assignments, and sharing with others in what we call a small group (which is usually from 9 to 12 people). There is a very safe and supportive environment for you to work in absolute confidentiality.

Is this a spiritually oriented group?

Generally speaking, it is a spiritually oriented (not religiously affiliated) group but we also incorporate a number of psychological modalities, mindfulness practices and healing methods, which are integrated into the retreats.

I have heard there is a large volunteer staff at the group. What are they doing and why is it so large?

We have quite a large volunteer staff that is generally equal to the number of participants. They have all done the retreat themselves, and are there to support the participants and to create an environment of presence, safety, and respect.

The positive and powerful personal transformation of the Path of Love 7-Day Retreat affects people in such a way that they often volunteer to help staff future workshops to give back some of what they have received. To be a member of our volunteer staff is a profound and valuable experience, and there is often a waiting list for staff.

Does the Path of Love 7-Day Retreat have anything to do with sex?

No, not directly. People can share about sexual issues if they feel the need; but the process itself has nothing to do with sex. We honor the boundaries and safety of all who participate, and there is no place for inappropriate touching or sexual intimacy during the retreat.

Is the Path of Love 7-Day Retreat a confidential process? Will what I share or talk about be private?

The process is 100% confidential. Both a signed and verbal commitment to confidentiality is taken by all participants and staff at the beginning of the process.

Will I feel any pressure to conform to any particular spiritual world view?

No, absolutely not. We welcome people from all religious faiths and spiritual paths. There is no agenda to influence or change anyone's religious faith.

What types of people do the Path of Love 7-Day Retreat and where?

Since our first retreat at the Osho International Meditation Resort in 1995, we have welcomed participants from approximately 115 countries ranging in age from 17 to 84, from all walks of life and cultural backgrounds, and have conducted retreats in over 38 countries and in 6 languages.

Why do people choose to do the Path of Love 7-Day Retreat?

People choose to do this meditation and personal development process for many reasons. In general, people that do this retreat want to expand their horizons, in the sense that they feel they are not living their lives to their fullest potential. Often people come with some sense of dissatisfaction or unhappiness, relationship or family issues, a feeling of resignation, low energy or low creativity, or loss of passion and meaning and a deep longing for change and inspiration.

People also come to break addictive, compulsive, habits and patterns and to find answers to deep existential questions about their life. Others are in a transitional phase of life; sometimes having experienced a deep loss and with a longing to come to peace with themselves. For some people, their lives are going really well, yet they feel they are missing some deeper inner meaning. This process addresses the whole range of human problems and issues, and our eternal, underlying quest for meaning.

What will I get out of attending the group?

Participants often leave this personal growth workshop with a newfound sense of dignity, self-love, joy, relaxed confidence, and trust. A natural emotional intelligence, a sense of belonging, and connection to a global community, along with compassion for yourself and others is a big part of what you receive in this process.

Who are the Leaders and Facilitators?

Our Facilitators and Leaders have many traditional and alternative trainings, both in Western psychology and Eastern meditation and mindfulness practices, and experience in various psychological and therapeutic modalities. They are also highly skilled therapists in this particular methodology and an intensive training is required to become a Path of Love Facilitator and Leader.

How many participants are there in the process?

The normal size of a group is 24 – 44 participants, with 2 Leaders and a dedicated Facilitator and Assistant for every 9 – 12 people. There is also a volunteer staff, generally equal to the number of participants, who come from all over the world to support the participants and the process.

Can I exercise, meditate, or do yoga practices during the process?

We ask you to devote all your time and attention to the process. During the retreat you will be asked to put all other practices to the side and only follow the meditation exercises that are part of the group. After the retreat, you are encouraged to return to your life-enhancing practices.

What other restrictions are there during the week?

During the process we ask participants to refrain from alcohol, tobacco, and any intoxicants. The habitual consumption of these are often ways to avoid our feelings, and by not using them, it will help deepen your process.

What do I tell my employers or my family regarding my absence?

During the week of the retreat, we ask that you arrange things so that you can fully focus on the work at hand (as if you were on a silent meditation retreat). Plan not to make or receive calls. Exceptions can be made (for example, if you need to contact your children). In an emergency, you can be reached through a number which will be provided.

Is language translation available, or can I bring a translator?

In Australia, Croatia, Greece, India, the Netherlands, New Zealand, Sweden, United Kingdom and USA, the group is only held in English, so you must be able to speak and understand English well to participate. In Brazil, Israel, Mexico and Portugal, the local language is offered together with English. In Germany and Italy, we offer Path of Love workshops only in English, and also in German and Italian.

Where will I stay and what are the sleeping arrangements?

The sleeping arrangements vary from place to place. Often you have one or two roommates of the same gender in a comfortable room. In some instances, it is possible to book a single room and/or in some instances the sleeping is dormitory style.

Will I get enough sleep?

Yes. You will get enough sleep and rest every night giving you adequate time to integrate the work.

What kind of food is provided?

Food is usually vegetarian and of high quality. You get a big breakfast and dinner, and a light lunch. Dietary provisions are provided if possible. It is advisable to bring your own extra snacks with you, for between meals.

I am handicapped/have a chronic illness. Can I participate?

It depends on the severity of the handicap or illness. During the application process we will look into whether it is advisable for you to participate.

I am under treatment for a psychiatric disorder. Can I participate?

In general, we don't accept people that are under psychiatric treatment or on medication for psychiatric reasons, except when they are cleared and recommended for participation by their doctor. If you would like to discuss your readiness with your therapist, and they have questions for us, please direct them to our Therapist Resource Page, where they can request our Guidelines for Professionals manual, or talk directly with one of our Retreat Advisors.

I have a busy life, and I want to do the process. As I have heard it is strong, do you recommend I go back to work immediately afterwards?

Ideally, it is good to have a few days after the retreat for integration, but many people do return to their work and family lives immediately after the process.

What are the selection criteria for admission, how does the selection process work, how do I have the best chance to get accepted and is there any preparatory work I can do?

When you apply, you will receive an Application Form, which will ask questions about your health background and your experience in either therapy or meditation. This is usually followed by a phone interview with one of our staff to determine whether the process is appropriate for you, and if it is the right time for you to participate. It is advisable to have done some inner work, preferably in a group format, but this is not a prerequisite.

After the Path of Love 7-day Retreat, are there further advanced work or courses? How can I stay involved? Are there local support groups?

Yes, there are follow up groups, retreats, and trainings in the basic principles of this work that will be available to you. Often people go on to do Walking the Path (Step Two to the Path of Love 7-Day Retreat) or stay involved through staffing. In some areas there are local support groups, and meditation evenings. We continue to expand, which allows us to offer more groups, trainings, and events than ever before.

