

HOW I CAME TO TAKE SANNYAS WITHOUT EVER SEEING
BHAGWAN SHREE RAJNEESH

Since January 1983 I had individual therapeutic sessions with a psychiatrist. Mentally I was totally lost ^{and} close to a break down.

I felt so insecure that even shopping was too much for me, meaning that I started to tremble and sweat all over my body, and not daring to look people in the eyes anymore.

Only when I was alone at home I felt a little relaxed. At that time I slept almost every free minute and felt exhausted all the time.

Physically I was in poor condition too. Low blood pressure, often dizzy, growing too fat, etc.

Then a friend invited me for a lecture of Amrito about Bhagwan Shree Rajneesh. I went with her being curious how a psychiatrist (Jan Foudraine) could come to become a sannyasin (Amrito).

That evening was the first time that I heard about Bhagwan and that I saw Him on video. He opened my eyes and since many years I was there again.

Since then I went to Bhagwan centra to meet sannyasins, to see video and to meditate. I read about Bhagwan and his own books.

Since April 21, 1983 my life changed completely.

After that evening, as usually, I had my sessions with my psychiatrist. The second session after the 21st. the psychiatrist told me that in her opinion I didn't need to come again and assumed I could go on without her assistance. "You're like being very much in love!" So it happened and since then I haven't been to the sessions anymore.

I dared to go and do alone, without trembling and sweating. My bloodpressure became as normal as can be, no more dizziness, became slim.

From no energy at all, I got so much that my sleeping hours went from \pm 12 to \pm 6 a day.

Extra. As I used to look much older than my age, my appearance became younger, Etc, etc.

The end of May, one morning I woke up and the decision to take sannyas was there.

At July 1, 1983 I was initiated at Rajneeshpuram.

Ma Arpana Barbara

(Barbara Coenraad)

August 4, 1983

