



# Re-entry

Taking Your Humaniversity  
Experience Home

# Congratulations!

You have just completed a remarkable journey into your inner world.

A Humaniversity workshop engages and challenges every part of your being. It stretches you and opens you to new possibilities.

Now, as you prepare to go home, you may be asking yourself questions such as: 'Who am I now?' 'What's next?' or 'What's going to happen when I do get home?' This in-between phase is called **re-entry**.

Re-entry is an opportunity to integrate your experience and give it meaning.

This little booklet explains re-entry and offers some tips on how you can gain the most from your experience.

**Part 1** Explains the process of personal change.

**Part 2** Offers you some practical tips for how to continue with your process.

*We ask you to keep the entire group process you went through private and confidential.*

*Please respect this by not sharing the contents of and sessions, exercises, structures or techniques you participated in. (Even including name changes, etc.)*

*Also do not disclose any information concerning other participants.  
Thank you*



## Part 1: Change is Happening

As you prepare to go home, it may help you to know that workshop participants often express similar thoughts and feelings.

For instance:

Many people remark on the **intensity** of their experience but don't have any other words to describe what has happened for them. This usually means that they are still in the middle of processing a rich variety of specific experiences that are all mixed together. This is normal. It can take some time to recognize what has happened in more detail.

You have done a lot of work on your **emotional awareness**. You have engaged in several processes which may have touched on powerful feelings, memories and associations. You may have experienced feelings, memories or insights for the first time, or re-discovered feelings long ago forgotten. All this work expands your sensitivity and being. However, **you might feel you still have many things to learn**. That's ok – that's the nature of personal growth.

You may have noticed **changes in your body**. Often people lose weight, recover their 'bounce' and feel refreshed and healthy. Some people may develop symptoms as they process deep emotional issues. Others who have worked through their issues often feel lighter, liberated and clearer as they 'let go' of resentments and heal inner wounds.

You may have developed a **deep connection** with particular individuals, your workshop family and with the group overall. Usually, there is a lot of warmth, mutual understanding and support. You have been on this intense journey together and you



may have created precious friendships. Your heart is a lot more open – you're feeling sensitive, in tune and in a flow. Even though you may look forward to going home, you may feel that you will miss all this after the workshop has ended.

The Humaniversity always takes care that you are well prepared for the return home. As you move from the group room back to your living room, it's important to understand that **you are still engaged in a process**. It's possible you may experience something known as **re-entry syndrome**. It works on two main levels: **personal change and social change**.

### Personal Change

Any personal change starts on the inside with your feelings. So a good place to begin is to be aware of the feelings you have at the end of the workshop. There is no right or wrong feeling that you should have: what is yours is yours. People often report **mixed feelings about going home**. Here are some examples so that you know how other people sometimes feel:

Occasionally, people doubt if their efforts at personal growth are effective or worthwhile.

Sometimes people **compare themselves with others instead of appreciating themselves.**

Others feel they should have had that amazing breakthrough they have been expecting for so long. Or, they may think to themselves: 'I have so much more work to do on myself – I am going to be doing this for the rest of my life!'

Comparisons with others are unreliable and unhelpful for all kinds of reasons. It undermines your personal growth because you make somebody else 'better' than you and you put yourself down. Instead, appreciate yourself for what you did.

Accept that there is a reason why you did what you did. Recognise that you took the initiative, courage and commitment to dive into your life. Identify what, if anything, you would do differently next time.

Sometimes people feel disappointed because **it seems as if nothing happened.** Don't worry, something did. Life isn't always spectacular – it is often a gradual process. Don't demand too much of yourself. Others

think in the opposite direction. They can be impulsive and **'ready to change the world!'** They may feel overly optimistic, excited and impatient. It's important to stay grounded and centered.

Some may have had a great workshop but are sad and shaky because they **felt a lot of love** and now it feels as if it's all over. Others may have been blissed-out two days ago and now they are wondering why they can't get that feeling back again.

Occasionally, a person goes into a form of **denial.** They may have had a very fulfilling workshop experience but now as they leave, they try to diminish their experience as 'unreal'. For various reasons, they may feel that all this peace, love, hugging and good feelings is not how the 'real' world is back home. Perhaps they feel that the world cannot change or they do not believe they can change.

These are only some of many reactions towards going home. You cannot accomplish all your hopes and dreams in one workshop. If you are left with the feeling that you want 'more' this is probably a good sign!





## Social Change

When you join a workshop—especially an ‘intensive’ such as the Aum Marathon, Coming Together, Working with People or WOW – **you leave your ‘normal’ world behind for a while and you dive deep into a different world.**

We definitely do things differently at the Humaniversity! We do it this way because we want to show people new aspects of their self and the different possibilities they have in their lives. We use unique words and phrases and organise the house in a particular way. Even if you have had a very satisfying workshop, it is possible that you may experience some unexpected ‘bumps’ as you shift from the group culture to life back home. This is known as **re-entry syndrome.**

This can happen when people return home after an emotionally important or profound episode somewhere else, for instance: foreign aid workers in a famine area, emergency service workers in a disaster zone, project workers in developing countries and even students or travelers who have spent time overseas in different cultures. One well-known study (\*1) records 10 fairly common re-entry experiences:

1. **Boredom:** You are not quite sure what to do with yourself.
2. **No one wants to hear:** You share your heart but nobody seems to listen.
3. **You can’t explain:** You can’t reach others with your words.
4. **Reverse homesickness:** You miss people you were hanging out with.
5. **Relationships have changed:** You don’t connect the way you used to.
6. **Others see ‘wrong changes’:** They don’t like what happened to you.
7. **Others misunderstand:** Your words and actions may confuse others.
8. **Feelings of alienation:** You feel as if you don’t fit in anymore.
9. **Inability to apply new knowledge and skills:** What do I do next?
10. **Forgetting the experience:** Your busy life buries the experience and it gets lost or compartmentalized.

One or more of these things may affect you after you return home. Don't be alarmed. Basically, you have had a deep experience of a new reality and the people you live with have been carrying on in another reality. Both realities are valid. Your friends, family and loved ones may also have been going through experiences and changes of their own. Allow time to reconnect and adjust to each other.

There is one more experience you might have that is especially relevant to people engaged in personal growth. It is possible that some friends, or members of your family or social network 'expect' or want you to behave in the old way. If you come back from a workshop ready to make changes in your life, others may not be so receptive to these changes. You may experience a pull or pressure to fall back into your usual role or behavioral patterns. Please don't give up your authenticity. Find a way to communicate with others so they understand the process you are in.

See the section on Relationships.

## Good News

*'The mind, once expanded to the dimensions of larger ideas, never returns to its original size.'*

Oliver Wendell Holmes

It's important to know that your re-entry experiences are a good sign that you have grown or expanded in some way. The world appears to have changed because **you have changed**. After all, this is why you enter personal growth workshops in the first place.

Life is a journey and you have started the adventure of **conscious living**. In Part 2, we look at some aspects of keeping your process on-track.

## Part 2: Creating Change in your Life

### Stay with your Process

When you go home, you may find yourself in familiar surroundings with everything in its place, and yet *you* feel out of place. It's a bit like coming home after a rock concert and your ears are still ringing. Part of you is 'back there'. It's true – it is. However, this is temporary. Don't get lost in looking back: it's important to practice staying in the here and now.

Understand that **your growth process is still continuing**. During the workshop you opened many windows into your being and **energy is still moving**. This will carry on for some time until you have integrated everything. You may have a **flow of emotions** or mood swings. You may have feelings at strange or inconvenient moments. You might feel a tear in the eye in one moment and laughter in the next. You are now integrating a more complete depth and range of emotional intelligence.

You may find yourself **spacing out**, or not so attentive to people simply because your heart and mind are still busy with the experiences you have had. You may want to **sleep at strange times** or, you might wake up suddenly with a brilliant idea! This will often happen if you have been through a marathon. You may have **vivid dreams** as your psyche sorts out and folds the inner laundry. You don't need to analyse each and every dream – the mind is always busy. Rather, pay attention to what your heart is saying.

There may be moments when you just need to get on the phone and gossip with somebody from the workshop about how you are feeling, and put out all your **confusion**



**and irrationalities.** That can help. It can even be fun.

Be aware that **you may begin to bore others** with your pre-occupation with your process. After all, your process is yours. You have no right to impose it on others or to expect them to be entertained by everything going on in your mind. You may feel tempted to give loved ones the benefit of your **negative feedback.** Don't do that. It's not fair to use others as a dumping ground for your own feelings.

Then there is the famous **'gap'**. This is a strange and often funny moment when you don't know anymore what you are doing or why you are doing it. You may lose things or forget things. Don't worry – it simply means your mind is busy somewhere else! This too is ok. Wait and the next step will present itself. Gradually, any emotional fog will begin to lift. In time, the core issue that needs most

attention will reveal itself. That is where you can put your creative energy in the future.

Here are some practical tips for moving on.

## Live Consciously

### Body

**Keep moving:** You did a lot of bodywork in your workshop and this has activated a lot of psychic energy. The body-mind needs to keep moving in order to integrate all the energy that is still moving around. You can do many things including active meditations, dancing, walking, jogging, shaking, martial arts and yoga. Remember the value of moving, breathing and making a sound.

**Water:** Keep drinking water to flush out any toxins that were activated during your emotional release processes.

**Rest:** It's important to rest well especially if you have been in a workshop in which there was not much sleep.

**Eat well:** Fuel your body with nourishing food and generally take care of your body's condition.

**Care:** Often people focus on the mental aspects of their process. Body care is just as important. Consider getting a massage, sauna, swimming or bathing so that you can enjoy your body.

## Mind

**Awareness is your greatest resource:** Try to stay present in the here and now. If you find yourself spacing out or daydreaming, catch yourself and try to identify what it is that you are busy with, or simply come back to the present moment.

**Journal:** Consider keeping a diary or continuing with your workshop data book. You write down your thoughts, inspirations and insights.

**Dreams:** It may help to write about your dreams so that you can process them. Remember, always look for the positive message in them.

**Automatic writing/gibberish:** If your mind simply overflows, let it all out with gibberish or spontaneous speed writing without censorship.

## Heart

**Listen:** It's important to keep listening to your heart. It tells you what is really important in life. Every now and then, take a quiet moment to check in with your heart.

**Hug:** Often a hug is better than a million words. Keep in touch with people – literally.

**Release:** It's good to support your ongoing emotional process with expression and release. Sometimes the feelings collect and get stuck. Try to move your energy with the Dynamic, the AUM, Our Sacred Earth mediation or, if it does not disturb your neighbours, freak-out and hit some cushions.



**Share:** A good way to help sort out all your mind-stuff is to share yourself with others. Our trusted friends can receive us and give us a reality check when we need it.

## Soul

That part of us which is spiritual seeks **meaning and purpose** in our life. So many books describe the peak of the spiritual journey as 'coming home'. Consider what **coming home** means for you.

**Body is home:** Listen to it. Take care of it. See suggestions above.

**House is home:** Keep your home clean and tidy and beautiful. Make your bed when you get up. Your place reflects who you are and how you are right now. Make your little corner of the planet a pleasure to enter.

**Earth is home:** It's also important to ask whether you are giving all you can so that you are living your life fully. Are you giving something of yourself to the world so that it is a better place to live in?

**Home is where the heart is:** The thing that usually gives most meaning to life is our relationships. A good starting point is to look at all your relationships and ask what you can do to create the most love in your life.

## Relationships

**Sharing with your partner:** It is important to bring your care and awareness to your close relationships back home. You may feel that you want to share *everything*, but it is important to know that others may not be so able to receive everything you have to say. It's important to see the other person for who they are and where they are at. More relevant than sharing *what you did* is to share **who you are and what you have learned**. Try to paint a picture for them of

your growth process, so that they understand the positive things you are seeking and why. If you involve them, there is more possibility that they will support your process.

Identify **practical changes** you can make in your relationships. For instance: I will listen more carefully; I will keep my agreements; I will be on time. Relationships involve cooperation; involve your partner so that you can both feel you are doing it together.

You may feel that the best way to bring change is to unload your **judgements** about what you find wrong in your partner or friends. First, clean up your own backyard. If you really do need to share some challenging information, always do it in a way that the other person can say **'Thank you'**.

### Sharing with the other group members:

You may be feeling high one day and down the next. It can be very helpful and uplifting to unburden your heart to a friend from the group. They will immediately understand. So, it's helpful to get a phone number or e-mail address from people in the workshop who you can share with.

The wonderful thing about such deep connections is that you can share and ventilate all your thoughts, fantasies and irrational ideas as you begin to sort yourself out.





It might also help them sort out their own thoughts and feelings.

**Make new friends:** Keep moving, sharing and expanding. Fresh connections bring new ideas and possibilities into your life.

**Call us:** If you find yourself in a difficult stage of re-entry, or you are just missing us, you are always welcome to call or send us an e-mail. Simply ask if you can talk to the workshop leader or someone else from the staff. We are interested to know how you are doing and will do our best to support you.

**The Basics: Keep moving, keep relating, keep meditating.**

## Decision and Action

After re-entry, you will eventually see some things about yourself or your life that you will want to change. There comes a point when thinking stops and action begins.

Sometimes people hesitate. Change can be scary; we don't want to get it wrong. Here are some tips:

When it comes to changes don't assume that the changes must be big or dramatic. Life is usually a gradual process of small steps. You can visit a friend that you haven't seen for a long time, open a door for someone, read a story to a child, pay your bills on time, smile at a stranger, get up half an hour earlier to enjoy a good breakfast before work.

Never underestimate the power of small changes; often it is the small changes that are the most important. They introduce a new quality into your life.

Here are some **small changes** you can make to support your growth: Bring more awareness to your daily habits. Instead of simply going into things the way you always have done them, notice: What do I want to eat? Or drink? What music do I want to hear? Would I like music or silence? Reconnect with your senses with the small things of daily life.

Maybe you really do wish and need to make substantial changes in your life such as starting a relationship, ending a relationship, starting a family, changing jobs or even countries. Such changes can be appropriate and timely, but it is not always the case. See if you can make decisions that are based on a conscious move towards something positive and satisfying rather than a move away from something simply out of a negative or ill-considered emotional reaction.

If you are in any doubt, talk things over with a friend who you can trust to give you their frank and honest opinion. You can also book an individual counseling session with one of our therapists.

Any changes you do make should be your own. Don't compare yourself with others who were in the workshop. Don't feel you have to keep up with friends who seem to be doing 'big' things. It's your life.



## The Humaniversity Way

Lost for ideas? If you are really unsure what your next step is, here's a reminder of some key Humaniversity principles that can help you find your direction:

Review your **values**. What are your top priorities in life? Awareness, love, and personal responsibility? Which of these areas needs most attention?

The best way to implement these values is to include meditation in your life. Practice **meditation** so that you keep expanding your awareness. With greater awareness comes a greater ability to make conscious choices.

Be more loving in your connections and relationships with others. This is called **love in action**. When you are more caring, you will be surprised at the number of doors that open in your life. It is these very openings that may provide you with the answers you have been looking for. **Be a friend**; the world needs love.

Take **care of the Earth**. Do something – even something small – that adds to a more beautiful planet. Pick up litter, plant a tree or simply straighten a picture; it will

bring more beauty into the world. By doing everything in a caring way, you bring more beauty into the outer world and create more harmony in your inner world.

**We like to share with you our best knowledge to support you in integrating your experience. We invite you to contribute any suggestions or feedback to upgrade this booklet.**

We look forward to seeing you again soon. Best wishes and good luck.

**Remember: love is always the answer.**

### Further Reading

Top Ten Immediate Re-entry Challenges - Dr. Bruce LaBrack, School of International Studies, University of the Pacific.

[www.arcadia.edu](http://www.arcadia.edu)

Tips for Coming Home also by Dr. Bruce LaBrack.

[www.ogp.columbia.edu](http://www.ogp.columbia.edu)



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SCHOOL FOR MASTERS

Osho Humaniversity is an international center for personal growth, therapy, spirituality, professional development, and the training of therapists. It was founded in 1978 by Veeresh D. Yuson-Sánchez, and is based in Egmond aan Zee, on the North Sea coast in the Netherlands. The philosophical aim of the Osho Humaniversity is 'Working with People for a Better World'; a goal which the institute teaches by providing extensive and intensive experiential education – the combination of emotional awareness and wisdom, and objective, practical information. This takes place in a dynamic communal-living environment with a high level of social interaction. The Osho Humaniversity has several affiliated centers throughout the world, including UK, Sweden, Italy, Canada and Israel.



**Discounts for students, friends and early bookings, call us: + 31 (0) 72- 506 4114**

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