

# from **OSHO**

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## **Dynamic Meditation**

Dynamic Meditation lasts one hour and is in five stages. It can be done alone, and will be even more powerful if it is done with others. It is an individual experience so you should remain oblivious of others around you and keep your eyes closed throughout, preferably using a blindfold. It is best to have an empty stomach and wear loose, comfortable clothing.

"This is a meditation in which you have to be continuously alert, conscious, aware, whatsoever you do. Remain a witness. Don't get lost. While you are breathing you can forget. You can become one with the breathing so much that you can forget the witness. But then you miss the point.

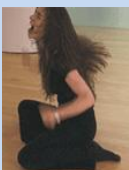
"Breathe as fast as possible, as deep as possible; bring your total energy to it but still remain a witness. Observe what is happening as if you are just a spectator, as if the whole thing is happening to somebody else, as if the whole thing is happening in the body and the consciousness is just centered and looking.

"This witnessing has to be carried in all the three steps. And when everything stops, and in the fourth step you have become completely inactive, frozen, then this alertness will come to its peak." Osho



### **First Stage: 10 minutes**

Breathe chaotically through the nose, concentrating always on exhalation. The body will take care of the inhalation. The breath should move deeply into the lungs. Be as fast as you can in your breathing, making sure the breathing stays deep. Do this as fast and as hard as you possibly can – and then a little harder, until you literally become the breathing. Use your natural body movements to help you to build up your energy. Feel it building up, but don't let go during the first stage.



### **Second Stage: 10 minutes**

Explode! Express everything that needs to be thrown out. Go totally mad. Scream, shout, cry, jump, shake, dance, sing, laugh; throw yourself around. Hold nothing back; keep your whole body moving. A little acting often helps to get you started. Never allow your mind to interfere with what is happening. Be

total, be whole hearted.



### **Third Stage: 10 minutes**

With raised arms, jump up and down shouting the mantra, "Hoo! Hoo! Hoo!" as deeply as possible. Each time you land, on the flats of your feet, let the sound hammer deep into the sex center. Give all you have; exhaust yourself totally.

The video clip shows the third and fourth stages.



### **Fourth Stage: 15 minutes**

Stop! Freeze wherever you are, in whatever position you find yourself. Don't arrange the body in any way. A cough, a movement – anything will dissipate the energy flow and the effort will be lost. Be a witness to everything that is happening to you.



### **Fifth Stage: 15 minutes**

Celebrate through dance, expressing your gratitude towards the whole. Carry your happiness with you throughout the day.

*If where you meditate prevents you from making a noise, you can do this silent alternative: Rather than throwing out the sounds, let the catharsis in the second stage take place entirely through bodily movements. In the third stage, the sound "Hoo" can be hammered silently inside.*

## Kundalini Meditation

This meditation lasts for one hour and has four stages, three with music, and the last without.

Kundalini acts like an energetic shower, softly shaking you free of your day and leaving you refreshed and mellow.



### **First Stage: 15 minutes**

Be loose and let your whole body shake, feeling the energies moving up from your feet. Let go everywhere and become the shaking. Your eyes may be open or closed.

"Allow the shaking; don't do it. Stand silently, feel it coming and when your body starts trembling, help it but don't do it. Enjoy it, feel blissful about it, allow it, receive it, welcome it, but don't will it.

"If you force it will become an exercise, a bodily, physical exercise. Then the shaking will be there but just on the surface; it will not penetrate you. You will remain solid, stone-like, rock-like within. You will remain the manipulator, the doer, and the body will just be following. The body is not the question – you are the question.

"When I say shake, I mean your solidity, your rock-like being should shake to the very foundations so that it becomes liquid, fluid, melts, flows. And when the rock-like being becomes liquid, your body will follow. Then there is no shake, only shaking. Then nobody is doing it; it is simply happening. Then the doer is not." Osho



### **Second Stage: 15 minutes**

Dance, any way you feel, letting the whole body move as it wishes. Again, your eyes can be open or closed.



### **Third Stage: 15 minutes**

Close your eyes and be still, sitting or standing, observing, witnessing, whatever is happening inside and out.



### **Fourth Stage: 15 minutes**

Keeping your eyes closed, lie down and be still.

## Nataraj Meditation

This is a 65 minute dancing meditation in three stages, with specifically created music.

Disappearing in the dance, then relaxing into silence and stillness, is the route inside for this method.

“Forget the dancer, the center of the ego; become the dance. That is the meditation. Dance so deeply that you forget completely that ‘you’ are dancing and begin to feel that you are the dance. The division must disappear; then it becomes a meditation.

If the division is there, then it is an exercise: good, healthy, but it cannot be said to be spiritual. It is just a simple dance. Dance is good in itself – as far as it goes it is good. After it, you will feel fresh, young. But it is not meditation yet. The dancer must go, until only the dance remains.... Don’t stand aside, don’t be an observer. Participate!

And be playful. Remember the word playful always – with me it is very basic.” Osho



### **First Stage: 40 minute**

With eyes closed, dance as if possessed. Let your unconscious take over completely. Do not control your movements or witness what is happening. Just be totally in the dance.



### **Second Stage: 20 minutes**

Keeping your eyes closed, lie down immediately. Be silent and still.



### **Third Stage: 5 minutes**

Dance in celebration and enjoy.

## Gourishankar Meditation

This technique, for the nighttime, consists of four stages of fifteen minutes each. The first two stages are preparation for the spontaneous Latihan of the third stage. If the breathing is done correctly in the first stage, the carbon dioxide formed in the bloodstream will make you feel as high as Gourishankar (Mt. Everest).



### **First Stage: 15 minutes**

Sit with closed eyes. Inhale deeply through the nose, filling the lungs. Hold the breath for as long as possible; then exhale gently through the mouth, and keep the lungs empty for as long as possible. Continue this breathing cycle throughout this stage.



### **Second Stage: 15 minutes**

Return to normal breathing and with a gentle gaze look at a candle flame or a flashing blue light. Keep your body still.



### **Third Stage: 15 minutes**

With closed eyes, stand up and let your body be loose and receptive. Allow your body to move gently in whichever way it wants. Don't *do* the moving, just allow it to happen gently and gracefully



### **Fourth Stage: 15 minutes** Lie down with closed eyes, silent and still.

## Mandala Meditation

This is another powerful technique that creates a circle of energy, resulting in a natural centering. There are four stages of 15 minutes each.



### **First Stage: 15 minutes**

With open eyes run on the spot, starting slowly and gradually, getting faster and faster. Bring your knees up as high as possible. Breathing deeply and evenly will move the energy within. Forget the mind and forget the body. Keep going.



### **Second Stage: 15 minutes**

Sit with your eyes closed and mouth open and loose. Gently rotate your body from the belly, like a reed blowing in the wind. Feel the wind blowing you from side to side, back and forth, around and around. This will bring your awakened energies to the navel center.



### **Third Stage: 15 minutes**

Lie on your back, open your eyes and with the head still, rotate them in a clockwise direction. Sweep them fully around in the sockets as if you are following the second hand of a vast clock, but as fast as possible. It is important that the mouth remains open and the jaw relaxed, with the breath soft and even. This will bring centering energies to the third eye.



### **Fourth Stage: 15 minutes**

Close your eyes and be still.

## No Dimensions Meditation

This is a powerful method for centering one's energy in the hara - the area just below the navel. It is based on a Sufi technique of movements for awareness and integration of the body. Because it is a Sufi meditation, it is free and non-serious. In fact it is so non-serious that you can even smile while you are doing it.

This one-hour meditation has three stages. During the first two stages the eyes are open but not focused on anything. During the third stage the eyes are closed. The music, created especially for this meditation, begins slowly and gradually becomes faster and faster as an uplifting force.



### **First stage: SUFI MOVEMENTS 30 minutes**

A continuous dance in a set of six movements. With your eyes open, begin by standing in one place and placing the left hand on the heart and the right hand on the hara. Stand still for a few moments just listening to the music to get centered. This stage of the meditation starts slowly and builds up in intensity.

If you are doing this with others you may get out of synchronicity with the others and think you have made a mistake. When that happens, just stop, see where the other people are, and then get back into the same rhythm and timing as everyone else.

When the bell rings, start the sequence as described below. The movements always come from the center, or hara, using the music to keep the correct rhythm. The hips and eyes face the direction of the

hand movement. Use graceful movements in a continuous flow. Loud "Shoo" sounds are made from the throat in synchronicity with the sounds from the recording.

Repeat this six-movement sequence continuously for 30 minutes.

The sequence:

1) Touch the backs of the hands together pointing downward on the hara. Breathing in through the nose, bring the hands up to the heart and fill them with love.

Breathing out make the sound "Shoo" from the throat and send love out to the world. At the same time move the right arm (with fingers extended, palm downward) and right foot straight forward, and move the left hand back down to the hara. Return to the original position with both hands on the hara.

2) Repeat this movement with the left arm and foot. Return to the original position with both hands on the hara.

3) Repeat this movement with the right arm and foot, turning sideways to the right. Return to the original position with both hands on the hara.

4) Repeat this movement with the left arm and foot, turning sideways to the left. Return to the original position with both hands on the hara.

5) Repeat this movement with the right arm and foot, turning directly behind from the right side. Return to the original position with both hands on the hara.

6) Repeat this movement with the left arm and foot, turning directly behind from the left side. Return to the original position with both hands on the hara.

This stage is over when the music comes to a stop. The second stage begins with new music.





**Second stage:  
WHIRLING 15  
minutes**

Begin by placing the right toe over the left toe. Fold your arms across your chest and embrace yourself. Feel love for yourself. When the music starts bow down to existence for bringing you here for this meditation. When the tempo changes, begin whirling either to the left or to the right, whichever feels best for you. If you whirl to the right put the right foot and the right arm to the right and the left arm in the opposite direction. As you start to whirl you can change your hands to any position which feels good to you. If you have not whirled before then go very very slowly at first and once your mind and body get acclimated to the movements the body will naturally go faster. Do not force yourself to go too fast too soon. If you do

get dizzy or it feels like it is too much for you, it is okay to stop and stand or to sit down. To end the whirling, slow down and fold the arms over the chest and heart.



**Third stage:  
SILENCE 15  
minutes**

Lie down on the belly with your eyes closed. Leave your legs open and not crossed to allow all the energy you have gathered to flow through you. There is nothing to do except to just be with yourself. If it is uncomfortable to lie on your belly, lie on your back. A gong will indicate the end of the meditation.