

Osho Active Meditations

Osho Gourishankar Meditation

Osho Gourishankar Meditation is a powerful centering technique which works on the third eye. This technique consists of four stages of 15 minutes each. The first two stages prepare the meditator for the spontaneous experience of the third stage. Osho has said that if the breathing is done correctly in the first stage, the meditator will feel as if on Gourishankar (Mount Everest).

First stage: 15 Minutes Music



Sit with eyes closed. Inhale deeply through the nose, filling the lungs. Hold the breath for as long as possible then exhale gently through the mouth, keeping the lungs empty for as long as possible. Repeat this cycle.

Second stage: 15 Minutes Music

Return to normal breathing and, allowing the gaze to be soft and gentle, look at a flame or a flashing (strobe) blue light. Keep your body still



Third stage: 15 Minutes Music



With eyes closed, stand up and let the body be loose and receptive. The subtle energies within will be felt to move the body outside your normal control. Allow this (Latihan) to happen. Don't do the moving. Let the moving happen.

Fourth stage: 15 Minutes Silence

Keeping your eyes closed, lie down and be still.



Osho 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.