

## Osho Chakra Sounds Meditation

This meditation uses vocal sounds made by the meditator along with music to open and harmonize the chakras while bringing awareness to them. The meditation can bring you into deep, peaceful, inner silence either through making your own vocal sounds or by just listening to and feel the sounds on the meditation CD within you. This meditation can be done any time.

### First stage 45 minutes Chakra Sounds



Stand, sit comfortably, or lie down if you prefer. Keep your back straight and your body loose. Breathe into your belly rather than your chest. The sounds should be made with your mouth open and your jaw loose, keeping your mouth open the whole time. Close your eyes and listen to the music; if you wish, start making sounds in the first chakra. You can make a single tone or you can vary the tone. Let the music guide you; however, you can be creative with your own sounds. While listening to the sound of the music or the sounds that you make, feel the sounds pulsating in the very center of your chakra, even if it seems to be imagination at first. Osho has suggested that we can use the imagination in "becoming attuned to something that is already there". So keep doing the meditation even if it feels like you may be imagining the chakras. With awareness your imagination can lead you to an experience of the inner vibrations of each center. After making sounds in the first chakra, you will hear the tones change to a higher pitch - this is the indication to listen and feel sounds in the second chakra. If you wish, you can continue making sounds also. This process is repeated all the way up to the seventh chakra.

As you move from chakra to chakra, let your sounds become higher in pitch. After listening to and making sounds in the seventh chakra, the tones will descend one at a time down through all the chakras. As you hear the tones go down, listen and make sounds in each chakra. Feel the inside of your body becoming hollow like a bamboo flute, allowing the sounds to resonate from the top of your head down to the very base of your trunk.

At the end of the sequence, you will hear a pause before the next sequence starts. This upward and downward movement of sound will be repeated three times for a total of approximately 45 minutes.

After you have become familiar with the meditation, you can add another dimension to it through visualization. Be open to allowing visual images to appear in your imagination as you focus on each chakra. There is no need to create images, just be receptive to any which may come. The images could be colors, patterns or scenes of nature. What comes to your awareness may be visual, or it may be more natural for you to have a thought rather than a visual image. For example, you may think "gold" or you may see color in your imagination.

### Second stage 15 minutes silence

After the last sound sequence, remain sitting or lying down in silence with closed eyes. Remain in silence and don't focus on anything in particular. Allow yourself to become aware of and watch whatever is happening within. Be relaxed and remain a witness, not judging it.

