

Osho Active Meditations

Osho Dynamic Meditation

The most active of the Osho techniques, Osho Dynamic Meditation is best done at sunrise. Osho Dynamic Meditation is an individual experience so you should remain oblivious of others around you. If possible, keep your eyes closed throughout, or you can use 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... Don't get lost. Observe what is happening as if you are just a spectator, as if the whole thing is happening to somebody else..." – Osho.

First stage: 10 minutes



Breathing rapidly in and out through the nose, concentrate always on the exhalation. The breath should move deeply into the lungs, and the chest expands with each inhalation. Be as fast as you can in your breathing, making sure breathing stays deep. Do this as totally as you possibly can; without tightening up your body, make sure neck and shoulders stay relaxed. Continue on until you literally become the breathing, allowing breath to be chaotic (that means not in a steady, predictable way). Once your energy is moving, it will begin to move your body. Moving your arms and body in a natural way will help your energy to rise. Feel your energy building up; don't let go during the first stage and never slow down.

Second stage: 10 minutes

Follow your body. Give your body freedom to express whatever is there ... EXPLODE! ... Let your body take over. Let go of everything that needs to be thrown out. Go totally mad... Sing, scream, laugh, shout, cry, jump, shake, dance, kick, and 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. Remember to be total with your body.



Third stage: 10 minutes



Leaving your shoulders and neck relaxed, raise both arms as high as you can without locking the elbows. With raised arms, jump up and down shouting the mantra HOO!...HOO!...HOO! as deeply as possible, coming from the bottom of your belly. Each time you land on the flats of your feet (making sure heels touch the ground), let the sound hammer deep into the sex center. Give all you have, exhaust yourself completely.

Fourth stage: 15 minutes

Stop! Freeze where 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!...with music and dance express whatsoever is there. Carry your aliveness with you through-out the day.