

Osho Active Meditations

Osho Mandala Meditation

Osho Mandala Meditation is a powerful, cathartic technique that creates a circle of energy for natural centering. There are four stages of 15 minutes each.

"The mind is a mandala, a circle. If you watch, you become aware of the vicious circle of the mind. Again and again it brings the same emotions – the same anger, the same hatred, the same greed, the same ego. And you are just a victim. Becoming aware of the mind, you break the circle, you are no more identified with the mind." – Osho

First stage: 15 Minutes Music



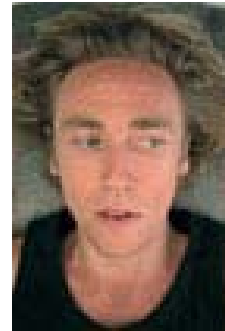
With open eyes run on the spot, starting slowly and gradually. Bring your knees up as high as possible. Breathing deeply and evenly will move the energy within. Forget the mind and forget the body. Keep going.

Second stage: 15 Minutes Music

Sit with your eyes closed and mouth open and loose. Gently rotate your body from the waist, 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 Music



Lie on your back, open your eyes and, with the head still, rotate your eyes 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 your centered energies to the third eye.

Fourth stage: 15 Minutes Silence

Close your eyes and be still.

