

# Dynamic Meditation

## Osho® Active Meditation

### INSTRUCTIONS

The meditation lasts one hour and has five stages. Keep your eyes closed throughout, using a blindfold if necessary. It can be done alone and can be even more powerful if it is done with others.

#### FIRST STAGE

Breathing chaotically through the nose, let breathing be intense, deep, fast, without rhythm, with no pattern – and concentrating always on the exhalation. The body will take care of the inhalation. The breath should move deeply into the lungs. Do this as fast and as hard as you possibly can 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.

10  
minutes

#### SECOND STAGE

EXPLODE! ... Let go of everything that needs to be thrown out. Follow your body. Give your body freedom to express whatever is there. Go totally mad. Scream, shout, cry, jump, kick, 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. Consciously go mad. Be total.

10  
minutes

#### THIRD STAGE

With arms raised high above your head, 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 centre. Give all you have; exhaust yourself completely.

10  
minutes

#### FOURTH STAGE

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.

15  
minutes

#### FIFTH STAGE

Celebrate! With music and dance express whatsoever is there. Carry your aliveness with you throughout the day.

15  
minutes

If your meditation space prevents you from making 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, and the fifth stage can become an expressive dance.

Watch the videos online on [www.simontransparently.com](http://www.simontransparently.com)

\*This type of meditation was originally found by Osho in the 1970s.

