

WAKING UP

A NEWCOMER'S GUIDE TO OSHO MEDITATION

GUIDE 1 OF 5

Why Active Meditation?

An Invitation into the Inner Being

Four Lives. One Question.

They came from different cities, different jobs, different struggles. Each arrived at the same quiet exhaustion — the feeling that something essential was missing, and that the usual remedies were not working.

John, 38

IT Project Manager, New Jersey

Two hours daily on the train, meetings that drain, home by seven to children half-asleep. Weekends spent recovering — until a quiet Sunday when the question surfaces: is this it?

Tried before: Mindfulness app — three months — fell asleep mid-session or felt he was adding one more task to an impossible list. Gave up.

Susan, 45

Founder, marketing agency

Cash flow crises, difficult clients, the weight of holding everything together. Her mind composes emails during dinner and runs scenarios at 3pm. She cannot remember the last time she felt simply present.

Tried before: Yoga classes — one year — her body grew stronger, but her mind never quieted. She realized she was being efficient at yoga. The stillness remained out of reach.

Jerry, 24

Graduate student in philosophy

Chronically overstimulated, living in his head. Existential questions that once felt exciting now feel like a weight. Social media leaves him emptier each time. The questions have not gone away — they have only grown louder.

Tried before: Vipassana 10-day retreat — age 22 — left on day 4. The silence amplified his anxiety. Came home feeling he had failed at the one thing meant to fix everything.

Maria, 52

Nurse and mother of two adult children, Queens NYC

A lifetime of giving — to patients, children, her mother before she passed. Now the children have left and there is space. It terrifies her. She does not know who she is when not caring for someone.

Tried before: Zen sitting group — six weeks — she loved the silence but sitting with her own mind was agony. Smiled serenely on the outside, drowning on the inside.

"I can't sit without my mind racing. I've tried and always ended up frustrated, feeling like I failed."

"Time, exhaustion, a full-time job and family. I want calm and peace — to be less reactive. I just don't know how to begin."

The Modern Mind Cannot Simply Sit Still

Osho — the contemporary mystic whose teachings have touched millions — understood something most meditation traditions do not acknowledge: the modern mind cannot simply sit still.

The ancient advice to close your eyes and watch your breath is profound wisdom — designed for a mind that has already found stillness, free from screens and relentless productivity. For the rest of us, sitting still in silence is not a doorway to peace. It is a confrontation with everything we have been avoiding.

Modern neuroscience confirms what mystics have long known: attention training changes brain structure. Expert meditators show measurably lower stress reactivity. But this capacity requires the right entry point — and for the contemporary nervous system, stillness alone is rarely that entry point.

John's exhaustion is stored. Susan's 3pm planning is undigested. Jerry's anxiety in silence is the mind meeting itself without distraction. Maria's agony on the cushion is a lifetime of giving with no practice of receiving. Before stillness can be found, the body and mind must move through what they are carrying.

What If the Chaos Is the Doorway?

Osho is not a religion, a brand, or a belief system. He belongs to the same lineage of awakened beings as Buddha, Lao Tzu, Patanjali, Krishna, and Jesus — mystics who pointed beyond all names toward the one truth that cannot be owned or institutionalized.

His active meditation techniques do not fight the restless mind — they use it. Dynamic Meditation, Kundalini, Nataraj, Nadabrahma — each moves through stored tension, shakes loose what the body is holding, exhausts the mind's resistance consciously — until something underneath becomes visible.

The stillness that arrives after Dynamic Meditation is not manufactured. It is real — your own silence found not by suppressing chaos but by moving through it entirely.

"Do not try to be peaceful. Be total in whatever you are — and peace will follow on its own."

In the sessions ahead, facilitators will guide you step by step through each technique. You will never be asked to do more than you can. You will always have the freedom to simply witness if active participation feels like too much on any given day.

Questions You May Be Carrying

Do I have to believe in anything?

Nothing. Osho asked people not to believe him but to use the techniques and trust only their own direct experience. No dogma, no belief system.

Is this a cult?

Osho is the antithesis of a cult — he spent his life dismantling the very idea of following. A cult demands surrender of judgment; Osho's teaching demands you trust only what you experience yourself.

What if I can't stop thinking?

You are not supposed to. Active techniques work with the thinking mind, not against it — movement exhausts the surface noise until something quieter beneath becomes available.

What if I cry, shake, laugh, or feel foolish?

All of it is welcome — signs the technique is working exactly as designed. Nothing is wrong. Everything is allowed. Facilitators hold the space with warmth.

Do I need to practise every day at home?

Daily practice is an invitation, not a requirement. Guide 2 — Your Meditation Life — offers a simple, flexible framework shaped around your own life.

What books shall I read to go deeper?

Start with *Meditation: The First and Last Freedom*. Then *Love, Freedom, Aloneness* for the modern struggle with self. *The Book of Secrets* is vast but entirely browsable. All by Osho.

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A Note from Your Facilitators

We sat with hundreds of people in their first session. Many thought they were doing it wrong, many felt strange at expressing emotions during catharsis, the ones who cried felt surprised, the ones who felt nothing thought they were doing something wrong. None of them were.

Bring yourself exactly as you are — tired, doubtful, curious, or simply willing. That is more than enough to begin.

Your First Week — A Simple Invitation

John

WALKING MEDITATION

Tomorrow on the platform, put the phone away. Take twenty steps with full attention on your feet — the lift, the movement, the landing. That is your meditation.

Susan

STOP — THE SACRED PAUSE

Next time your mind composes emails at dinner: Stop. One breath. Observe — where does the urgency live in your body? Proceed without reacting. Four steps, four seconds.

Jerry

AFFECT LABELLING

Next time you reach for your phone, pause first. Name what you feel: restless, hollow, scattered. "I notice restlessness in my chest." That naming is the beginning of freedom.

Maria

SOFTEN, SOOTHE, ALLOW

Once today, when you feel the pull to help someone before yourself, place your hand on your heart. Soften what you find there — meet it with kindness. Three words: soften, soothe, allow.

These small moments are the seed.

Guide 2 — Your Meditation Life — shows you how to grow them. The path has three tiers: Immersion, Connection, Living. You are already on it.

Offered in the spirit of Osho's teaching by an international collaboration of Osho meditation centres

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