

# WAKING UP

A NEWCOMER'S GUIDE TO OSHO MEDITATION

GUIDE 2 OF 5

## Your Meditation Life

*Understand the Path*

We hear the same question at the end of every full-day Immersion. "What do I do now? How do I keep this alive on my own?" The answer is one of the oldest in human spiritual history — stated in Pali more than 2,500 years ago. Three refuges: a teacher, a community, and a path. This guide is all three — made practical, made yours.

### A Different Relationship with Yourself

A meditation life is not a schedule. It is not a discipline to maintain or a practice to perfect. It is a growing familiarity with yourself — with what is actually happening inside you, beneath the noise of plans, reactions, and obligations. The three tiers below are simply a map. The territory is you.

### The Three Tiers

#### 1 Immersion

GO DEEP, GO FIRST

Two full-day events and two half-day events offered each cycle. Full days run 9:30am–5:30pm at Times Square or 10:30am–5:30pm in Farmingdale NY. Half-day morning sessions follow the same two-technique structure, compressed into four hours. This is where the shift begins — an honest encounter with yourself in the company of others doing the same.

#### 2 Connection

STAY IN CONTACT WITH YOURSELF

Three weekly Zoom sessions — Tuesday, Wednesday and Thursday, 8:30–9:40pm EST — open to participants anywhere. In-person half-day events in NY and CT each cycle. Choose whatever format and frequency sustains rather than strains. The Connection tier keeps the thread alive between Immersions and extends it gently into ordinary life.

#### 3 Living

BRING IT HOME

Daily life as practice. Not a formal sit, not a scheduled session — simply a growing quality of awareness woven into what you are already doing. Walking to the train. Eating breakfast. Pausing before reacting. The Living tier has no minimum requirement and no failure condition. Any moment of genuine presence counts.

*These three tiers are not stages to complete in sequence. You may begin with Connection before your first Immersion. You may find the Living tier arrives naturally before you consciously chose it. The map is not the journey — it is simply an orientation.*

### Immersion — The Full Day

The full day is designed as a complete journey — a carefully sequenced series of active and passive meditation techniques that give you a deep taste of your own inner being. A guided orientation introduces the active techniques, the philosophy behind them, and how to take the practice home.

*A full day of meditation gives you a pranic shot — a concentrated charge of vitality and energy that a single session cannot produce. That charge does not dissolve when you leave. It is precisely what makes the Connection sessions and the daily Living practice that follow not just possible but natural. The Immersion lights the fire. The other two tiers keep it burning.*

**John** first Immersion, two weeks ago — He did not know what to expect. Something shifted during the silence that followed Dynamic — for the first time in months, he had not thought about work once. He could not explain what had happened. He signed up for the next one before he left.

### Connection — Staying in Touch

The Connection tier is where the energy of the Immersion is kept alive and deepened. Three weekly Zoom sessions — Tuesday, Wednesday and Thursday at 8:30–9:40pm EST — open to participants worldwide. Each session includes technique, Satsang or listening meditation. In-person half-day events in NY and CT each cycle follow the two-technique structure compressed into four hours.

Regular connection sustains the momentum the Immersion ignites — keeping the inner thread alive between full-day events and gently extending practice into everyday life.

Join the WhatsApp group to receive latest schedule updates.

**Zoom ID:** 968 9364 1329 · **Password:** love

**Susan** Tuesday Zoom session, 8:30pm — She closed her laptop at 8:25 for the first time all day. The session used Nadabrahma — humming, stillness, then awareness. She sat at her desk afterwards in unusual quiet, the planning-mind temporarily absent. She noticed the absence and thought: so this is what they mean.

## Living — Daily Life as Practice

The Living tier asks nothing dramatic. Three simple anchor moments on which an ordinary day can quietly turn: a conscious breath before reaching for your phone in the morning; STOP at midday — Stop, Take a breath, Observe, Proceed — four steps, four seconds; and two minutes of journaling or a Body Scan before sleep. All of these tools are described in the Tool Library below.

Beyond these anchors, do one or more Osho meditation techniques as regularly as you can — daily if possible, or as often as life allows. The full toolkit — active techniques, passive techniques, and mindfulness tools — is listed in the Tool Library below. Use whatever calls to you, as often as you can. Every moment of practice counts, however brief.

**Jerry** Living tier, this week — He used STOP four times before reaching for his phone. On the third occasion he named what he felt precisely: hollowness in the chest. He sat with it for thirty seconds instead of filling it with a screen.

**Maria** Living tier, three times this week — Hand on heart in the hospital corridor between patients. Soften, Soothe, Allow when a patient's pain felt like her own. She noticed she could be present with suffering without drowning in it. That was new.

## Your Path — A Simple Sketch

No two people walk this path the same way. The questions below are not a form to complete — they are an invitation to think for a moment about what is actually possible in your life right now.

Which Immersion will you attend first? (Ask your facilitator for upcoming dates.)

Which Connection format suits your life — Zoom, in-person, or both? How often?

Which one Living practice will you try this week — morning breath, STOP, or evening journaling?

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## Your Tool Library

These tools are available at any time — in sessions, between sessions, and in daily life. Guide 3 covers the active techniques in full detail.

<b>Dynamic Meditation</b> Cathartic active — Guide 3	<b>STOP</b> Quick awareness reset
<b>Kundalini</b> Shaking and dance — Guide 3	<b>Walking Meditation</b> Any speed, anywhere
<b>Nataraj</b> Meditation in dance — Guide 3	<b>Affect Labelling</b> Name emotions precisely
<b>Nadabrahma</b> Sound-based humming — Guide 3	<b>Soften, Soothe, Allow</b> Self-compassion for difficulty
<b>No-Mind</b> Expressive release — Guide 3	<b>Mindful Conversation</b> Looping and Dipping
<b>Body Scan</b> Head to feet awareness	<b>Journaling</b> Fishbowl prompts, two minutes

## Three Months From Now

None of them have become enlightened. All of them have become a little more honest.

**John** has added Kundalini to his Tuesday evenings. Something about the shaking at the end of the work day makes the commute home feel different.

**Susan** does twenty minutes before opening her laptop each morning — ten minutes of Gibberish followed by ten minutes of silence. She calls it her most productive meeting of the day.

**Jerry** has not missed a monthly full-day in three months. He came for the philosophy. He stayed for the silence.

**Maria** returned to her Zen sitting group last week. The silence that was once agony was, this time, simply quiet.

## Continuing Your Practice

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We hear the same question at the end of every full-day Immersion: "What do I do now? How do I keep this alive on my own?" The answer is one of the oldest in human spiritual history — stated in Pali more than 2,500 years ago and still as alive as it was then.

**Buddham Sharanam Gacchami** — *I take refuge in the awakened one. The teacher. The living proof that this is possible.*

*In our programme: the lineage of awakened masters — and Osho's voice in Guides 4 and 5.*

**Sangham Sharanam Gacchami** — *I take refuge in the community. The fellow travellers. The shared field of intention.*

*In our programme: the Immersion full-days, the Tuesday-Thursday online sessions, and the in-person half-days — the sangha that holds the space.*

**Dhammam Sharanam Gacchami** — *I take refuge in the path. The techniques. The teachings. The daily practice.*

*In our programme: the techniques in Guide 3, the teachings in Guide 4 — and your own daily practice, built from all the tools you now have.*

These three are your answer. A teacher whose voice is in Guides 4 and 5. A community that meets every Tuesday, Wednesday and Thursday online — and gathers in person each month. A path of techniques that are yours now, available every morning and every evening, wherever you are.

Now that you have the map and the schedule —

*Guide 3 — The Techniques — introduces each practice: what it is, what happens in the body, what you might feel, and what the silence afterwards feels like.*

*In the world, be the most ordinary person. And in your inner world, be the most extraordinary.*

— Osho

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