

# WAKING UP

A NEWCOMER'S GUIDE TO OSHO MEDITATION

GUIDE 3 OF 5

## The Techniques

*Know the Tools*

### Two Currents — One Principle

Osho taught that the rising of the sun is the rising of all the energies in existence. In the morning you ride the ascending energy wave — awareness comes naturally. By evening, as energies descend, the body gravitates toward surrender and rest. Awareness-based techniques belong to the morning current. Surrender-based techniques align with the descending current — late afternoon through night. Each technique below is tagged accordingly, sourced from Osho's own instructions.

When to practise:

 MORNING

 LATE AFTERNOON

 NIGHT

 ANYTIME

All techniques last one hour unless noted. All use specific Osho music. Wear loose, comfortable clothing.

### Active Techniques

#### Dynamic Meditation MORNING

Five stages · 10 min chaotic breathing · 10 min catharsis · 10 min Hoo! mantra · 15 min freeze · 15 min celebration · 1 hour

Osho's signature morning technique. Eyes remain closed throughout — use a blindfold if needed. Remain a witness throughout all stages.

**STAGE 1 — 10 MIN** Breathe chaotically through the nose — intense, deep, fast, without rhythm or pattern. Concentrate always on the exhalation; the body will take care of the inhalation. Breathe as fast and as hard as possible until you literally become the breathing.

**STAGE 2 — 10 MIN** Explode — let go of everything that needs to be thrown out. Give your body total freedom: shout, scream, cry, jump, kick, shake, dance, laugh, throw yourself around. Hold nothing back, keep the whole body moving. Nothing is prohibited.

**STAGE 3 — 10 MIN** With arms raised high above the head, jump up and down shouting HOO! HOO! HOO! as deeply as possible. Each time you land, land on the flat of your feet and let the sound hammer deep into the hara — the energy centre below the navel. Give everything; exhaust yourself completely.

**STAGE 4 — 15 MIN** STOP. Freeze completely wherever you are, in whatever position you find yourself. Do not arrange the body. A cough, a movement, anything will dissipate the energy flow. Be a witness to everything happening to you. This is the peak.

**STAGE 5 — 15 MIN** Celebrate — with music and dance, express whatever is there.

**John** *first Immersion* — In the first ten minutes he felt ridiculous. By stage four — frozen mid-movement — he had not thought about work once. He could not explain what had happened. He signed up for the next one before he left.

**Susan** *second session* — She resisted the catharsis stage entirely the first time. The second time something cracked open. She cried for six minutes. She had not cried in three years.

## Kundalini Meditation

LATE AFTERNOON

Four stages · 15 min shaking · 15 min dancing · 15 min stillness · 15 min lying down · 1 hour

Best done at sunset or in the late afternoon when the day's energy begins its natural descent.

**STAGE 1 — 15 MIN** Be loose and let your whole body shake, feeling the energies moving up from your feet. Let go everywhere and become the shaking. Do not do the shaking — let it happen. Your eyes may be open or closed.

**STAGE 2 — 15 MIN** Dance any way you feel, and let the whole body move as it wishes. Your eyes may be open or closed.

**STAGE 3 — 15 MIN** Close your eyes and be still, sitting or standing, witnessing whatever is happening inside and out. Osho recommends sitting so that the whole body disappears and only the spine remains — the energy moves upward through the spine.

**STAGE 4 — 15 MIN** Keeping your eyes closed, lie down and be still. You may choose to remain sitting if preferred.

*Kundalini unwinds what the day has tightened and leaves the evening clear.*

**John** *third session — The shaking felt strange at first. By the end of the dance stage he felt lighter than he had in months. He drove home in unusual quiet.*

**Maria** *first Kundalini — The shaking stage surprised her — she expected to control it, then simply let it happen. By the stillness stage her body felt lighter than it had in years. Something that had been braced for a long time quietly released.*

## Nataraj Meditation

\* ANYTIME

Three stages · 40 min total dance · 20 min lying in stillness · 5 min celebration · 65 minutes

Dance as meditation — not performance, not exercise.

**STAGE 1 — 40 MIN** With eyes closed, dance as if possessed. Let your unconscious take over completely. Do not control your movements or be a witness to what is happening — just be totally in the dance. Osho said: forget the dancer, the centre of the ego, become the dance. The ego cannot sustain itself through total physical absorption — it simply slips away.

**STAGE 2 — 20 MIN** Keeping your eyes closed, lie down immediately. Do not arrange the body. Be silent and still.

**STAGE 3 — 5 MIN** Dance in celebration and enjoy. No steps, no technique, no right way. Only totality.

*Note: Nataraj lasts 65 minutes.*

**Jerry** *second session — No rules, no self-consciousness. He forgot to monitor himself. For twenty minutes he simply moved. Afterwards he sat in unusual stillness — the philosopher temporarily absent.*

**Susan** *first Nataraj — She judged her own movement for the first fifteen minutes. Then the music shifted tempo and she stopped thinking. Something gave way and she has not been the same in that room since.*

## Gourishankar Meditation

🌙 NIGHT

Four stages · 15 min each · deep breathing · soft gazing · Latihan movement · lying in stillness · 1 hour

Osho said that if the breathing in stage one is done correctly, the carbon dioxide formed in the bloodstream will make you feel as high as Gourishankar — Mount Everest. This high is then carried into the subsequent stages.

**STAGE 1 — 15 MIN** Sit with closed eyes. Inhale deeply through the nose, filling the lungs fully. Hold the breath as long as possible. Exhale gently through the mouth and keep the lungs empty as long as possible. Continue this breathing cycle throughout.

**STAGE 2 — 15 MIN** Return to normal breathing. With eyes open and relaxed, gaze gently and softly at a candle flame or flashing blue light — body completely still.

**STAGE 3 — 15 MIN** Stand up with eyes closed, body loose and receptive. Allow subtle energies to move the body without your direction — a spontaneous Latihan. Do not do the moving; let moving happen, gently and gracefully.

**STAGE 4 — 15 MIN** Lie down with eyes closed, silent and still. The technique calms the nervous system and promotes deep, peaceful sleep.

*If you have a neurological condition, use a candle rather than a strobe light.*

**Maria** evening session — *The breathing slowed everything. By stage two she felt held — not by anything she could name, simply a quality of being received. She slept that night without waking for the first time in months.*

**Jerry** first Gourishankar — *He was skeptical of the candle-gazing. Then something in the soft light pulled his attention completely inward. The philosopher went very quiet. He stayed on the floor through stage four and did not want to move.*

### Passive Techniques

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## Nadabrahma Meditation

\* ANYTIME

Three stages · 30 min humming · 15 min hand movements · 15 min stillness · 1 hour · empty stomach

The humming meditation. Sit in a relaxed position with eyes closed and lips together throughout. No special breathing required.

**STAGE 1 — 30 MIN** Start humming loud enough to be heard by others — creating a vibration throughout the body. You can visualise a hollow tube or empty vessel filled only with the vibration of humming. A point comes when the humming continues by itself and you become the listener rather than the producer.

**STAGE 2 — 15 MIN** Two halves: for the first 7.5 min, move the hands palms up in an outward circular motion, starting from the navel — feel that you are giving energy outward to the universe. After 7.5 min turn the hands palms down and reverse the direction — feel that you are drawing energy inward. Move as slowly as possible throughout.

**STAGE 3 — 15 MIN** Sit or lie absolutely quiet and still.

*Nadabrahma works by bringing body and mind into alignment through shared vibration — and then slipping awareness quietly out of both. Always done on an empty stomach. Rest for at least fifteen minutes after.*

**Maria** *third session — The humming asked nothing of her except to be present. She became the sound and forgot to be tired. The stillness that followed was the deepest she had found anywhere.*

**Susan** *Connection Zoom session — She had expected something more dramatic. The humming felt almost too simple. Then the silence after the hand movements arrived — and she understood. This was the quietest her mind had been in years.*

## Gibberish Meditation

*Gibberish is the only official Osho technique that is 30 minutes rather than one hour — making it uniquely accessible.*

## Gibberish Meditation

NIGHT

Two stages · 15 min gibberish · 15 min silence or merging · 30 min · flexible: 15 to 45 min

Say everything you ever wanted to say and have not been able to say because of civilization, education, culture, and society — but say it in a language you do not know. Use Chinese if you don't know Chinese, Japanese if you don't know Japanese. Let the body participate: shout, laugh, cry, gesture, move. Nothing is prohibited except touching others.

The conscious mind cannot follow what is not language — the unconscious is finally given full permission to speak.

**STAGE 1 — 15 MIN** Gibberish — express everything fully, using any sounds or movements the body calls for.

**STAGE 2 — 15 MIN** Stop completely. Either lie face down and feel yourself merging with the earth with each exhalation, or sit silently watching the inner sky. The stillness arises naturally once the noise has been fully expressed.

Osho recommended this especially before sleep. Flexible duration: the official technique is 15 + 15 min. It can be shortened to 7 + 8 min or extended proportionally up to 45 minutes total — scale both stages equally.

Note: Gibberish is also the first hour of OSHO No-Mind — a 7-day residential meditative therapy at the Osho Multiversity in Pune, where one hour of gibberish is followed each day by one full hour of silent sitting. No-Mind is a much deeper, extended immersion and not the same as this standalone technique.

**Jerry** first Gibberish — The philosopher's mind finally had permission to stop making sense. He howled, muttered, sang nonsense for fifteen minutes. In the silence afterwards there was more space in his head than he had ever noticed before.

**John** second session — He felt foolish for the first two minutes. Then he stopped caring. By the silence stage he was lying on the floor completely empty. He slept eight hours that night — the first time in years.

## Vipassana

### Vipassana

\* ANYTIME

No fixed duration · begin with 20–30 min · extend gradually

Vipassana is the oldest of these techniques — a method of Gautama the Buddha, as presented by Osho. Sit still. Watch the breath where it enters the nostrils. When the mind wanders — and it will — gently return. No judgment, no suppression. Just returning, again and again. The watching itself is the practice.

Unlike the active techniques, Vipassana asks you to arrive in stillness — which is why the active techniques often serve as its natural preparation. What failed at 22 for Jerry in a ten-day retreat becomes accessible after three months of Dynamic and Kundalini.

**John** three months in — He could finally sit still. The body that once fidgeted through a mindfulness app had been prepared by three months of Dynamic. The restlessness had somewhere else to go. The watching arrived on its own.

**Jerry** revisiting at 24 — At 22 he left a Vipassana retreat on day 4 because the silence amplified his anxiety. Now, after active techniques had discharged what the body was carrying, the same silence felt entirely different. Not agony. Simply quiet.

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## Flexible Practices — Informal and Time-Adjustable

Before using these practices, one principle is essential — and it comes directly from Osho's teaching. **Active meditation always precedes silence** unless you already feel a sense of calm and settled. If you just begin with sitting, the inner noise is amplified. But if you begin with something active — dancing, shaking, chaotic breathing, gibberish — the body discharges what it has been holding, and a natural inner stillness arises on its own. As Osho said: with a mad dance, you become aware of a silent point within you; with sitting silently, you become aware of the madness.

*Adjustable from 15 to 45 minutes. Distinct from the official one-hour techniques above.*

### **Dancing · followed by silence**

*15–45 min · Anytime*

Put on music that moves you. Close your eyes and let the body go — no steps, no performance, no right way. Total absorption. When the dancer disappears into the dance, the ego slips away with it. Always follow with silence — lie or sit in stillness after dancing. The silence after dancing is not ordinary silence — it is alive, earned, and deep.

### **Humming · then stillness**

*15–45 min · Anytime*

Sit quietly, close your eyes, and begin to hum — any tone, any pitch. Let the vibration fill the body. No music required, no structure. Allow the sound to continue until it seems to hum by itself and you become the listener. This is the informal spirit of Nadabrahma — available anywhere, any time. Follow with a period of sitting stillness. Humming is naturally settling and can also precede a short Vipassana sit.

### **Gibberish · half gibberish, half silence**

*15–30 min · Anytime*

Speak, shout, mutter, sing — in any language you do not know. Express everything the conscious mind has been organizing and suppressing. Always maintain the ratio: half the session in active gibberish, half in complete silence. In the silence, lie face down and feel yourself merging with the earth, or sit watching the inner sky. This informal version is distinct from the official 30-minute Gibberish technique above.

### **Vipassana — Two Options**

*15–45 min · Anytime*

**Option 1 — Dancing before sitting:** when energy is high or the mind is busy, begin with 10 to 15 minutes of free dance before sitting. Then sit in Vipassana — watching the breath at the nostrils, returning gently when the mind wanders.

**Option 2 — Sitting directly:** when already settled, sit watching the breath for 15 to 45 minutes, then close with a few minutes of slow mindful walking — bringing the same quality of watching to each step. Both options end in stillness.

Now that you know the tools —

*Guide 4 — Osho's Voice — brings you the teachings behind the techniques: on meditation, the mind, the witnessing self, and ordinary life as sacred ground.*

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