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SMART CITIES



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BEYOND DYNAMIC MEDITATION - BDM

ONLINE PROFESSIONAL COURSES LED BY THE WORLD'S TOP SPECIALISTS

ONLINE TRAINING BY KRISHNAJI PAWAR

LEED AP(BD+C), GSAS CGP, GCP, ISO 14001

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KNOWLEDGE IS POWER

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MODULE

10

Summary and Resources

KRISHNAJI PAWAR - CEO & FOUNDER

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Learning Objectives

- Introduction and Course Outline
- The Meditation Philosophy
- Meditation and Breathing
- Beyond Dynamic Meditation
- First Stage: Erratic Breathing
- Second stage: Explosive Dance and Sound.
- Third Stage: Jumping on Your Heels
- Fourth Stage: Stop and Freeze
- Fifth Stage: Celebrating
- Summary and Resources
- BDM Practice Test V.4.1_Test Your Knowledge!



INTRODUCTION

- The course covers meditation philosophy, breathing techniques, and advanced stages of dynamic meditation.
- Dynamic meditation, developed by Indian spiritual teacher Osho (Bhagwan Shree Rajneesh), is an active form of meditation that combines movement, sound, and catharsis to achieve heightened awareness and inner silence.
- The process consists of five distinct phases: chaotic breathing, catharsis, hoo!, stillness, and celebration.
- The course aims to provide psychological, emotional, and physical benefits, including emotional release, increased awareness, physical vitality, and a deeper connection between the mind and body.
- The course was created by Krishnaji Pawar, a green building specialist at Beyond Smart Cities, with expertise in sustainable design strategies, environmental impact assessment, green building certification systems, energy modeling, and environmental management systems.
- Dynamic meditation benefits include emotional release, increased awareness, physical vitality, and a deeper connection between mind and body.

RESOURCES

- The Seven Spiritual Laws of Success. San Rafael, Calif.: Amber-Allen Publishing, 1994. How to Know God. New York: Harmony Books, 2000.
- The Spontaneous Fulfillment of Desire. New York: Harmony Books, 2003.
- The Wisdom of Healing. New York: Three Rivers Press, 1997. Return to Wholeness. New York: John Wiley & Sons, 1999.
- Vital Energy. New York: John Wiley & Sons, 2000.
- <https://www.osho.com/>





WELCOME TO BEYOND SMART CITIES

Beyond Smart Cities is the world's 1st Green Technology Marketplace, connecting millions of Sustainability Specialists, Green Building Specialists, Energy Specialists, Commissioning Specialists, Environment Specialists, Health & Safety Specialists, Fire Safety Specialists, Climate Change Specialists & Green Products/Technology Manufacturers with independent talent around the globe.

Our mission is to build and support a global community of experts with the highest professional standards in sustainability, green building, energy, commissioning, environment, health & safety, fire safety, climate change, GHG accounting, carbon auditing, and GHG emissions management.



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THANK YOU



A hand holding a glowing lightbulb with a circular logo on top, surrounded by gears and a network of nodes. The logo features a stylized figure in a blue and green circle, with the text "HEALTH & SAFETY SPECIALIST" and "BEYOND SMART CITIES" around it. The background is a blurred cityscape at night with a network of white nodes and lines overlaid.

I AM NOT GOING TO GIVE YOU A DESTINATION.
I CAN ONLY GIVE YOU A DIRECTION –
AWAKE, THROBBING WITH LIFE,
UNKNOWN, ALWAYS SURPRISING, UNPREDICTABLE.
I'M NOT GOING TO GIVE YOU A MAP.
I CAN GIVE YOU ONLY A GREAT PASSION TO DISCOVER.
OSHO