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BEYOND DYNAMIC MEDITATION - BDM

ONLINE PROFESSIONAL COURSES LED BY THE WORLD'S TOP SPECIALISTS

ONLINE TRAINING BY KRISHNAJI PAWAR

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MODULE

1

Introduction and Course Outline

KRISHNAJI PAWAR - CEO & FOUNDER

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BRIEF ABOUT ME

Krishnaji PAWAR

CEO & FOUNDER

Krishnaji Pawar is founder and CEO of Beyond Smart Cities. Before being named CEO in January 2020, Krishnaji held leadership roles at Beyond Smart Cities in both Sustainability ,Energy & Environmental Consultancy.

Specialized in developing sustainable design strategies for Green Building Certification Systems (LEED, GSAS, etc.), Energy & Water Conservation, Commissioning, Environmental Impact Assessment & Environmental Management Systems.

Currently responsible for 3,787 million square feet Green Building /Energy modeling Consulting since January 2008 in UAE, India and Qatar.





BEYOND DYNAMIC MEDITATION - BDM

Indian spiritual teacher Osho developed dynamic meditation in the 1970s, incorporating movement, sound, and catharsis to achieve inner silence and heightened awareness. It aims to release pent-up emotions and energies in a fast-paced, chaotic modern world.

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

- Developed by Indian spiritual teacher Osho (Bhagwan Shree Rajneesh).
- Active form of meditation combining movement, sound, and catharsis.
- Aims to release pent-up emotions and energies through physical movement and expression.
- Consists of five distinct phases: chaotic breathing, catharsis, hoo!, and celebration.
- Provides psychological, emotional, and physical benefits including emotional release, increased awareness, physical vitality, and deeper connection between mind and body.
- Active forms of meditation may positively influence psychological well-being.
- Offers a unique approach to meditation, integrating movement, sound, and emotional release.
- Offers an innovative solution for cultivating mindfulness and well-being in modern lifestyles.

"DYNAMIC MEDITATION" TECHNIQUE OVERVIEW

- A ten-minute fast, chaotic breathing period designed to awaken the energy within.
- A ten-minute period of intense catharsis, releasing psychological, emotional, and physical suppressions through screaming, crying, shouting, and laughing.
- Similar to primal scream therapy, which began popularizing in 1970.
- A period of jumping up and down and landing the balls of one's feet while repeating the Sufi word Hoo.
- A ten-minute period of silence, freezing in whatever position one happens to be.
- A fifteen-minute period of free form dance, celebrating and expressing the "bliss" felt in the fourth stage.

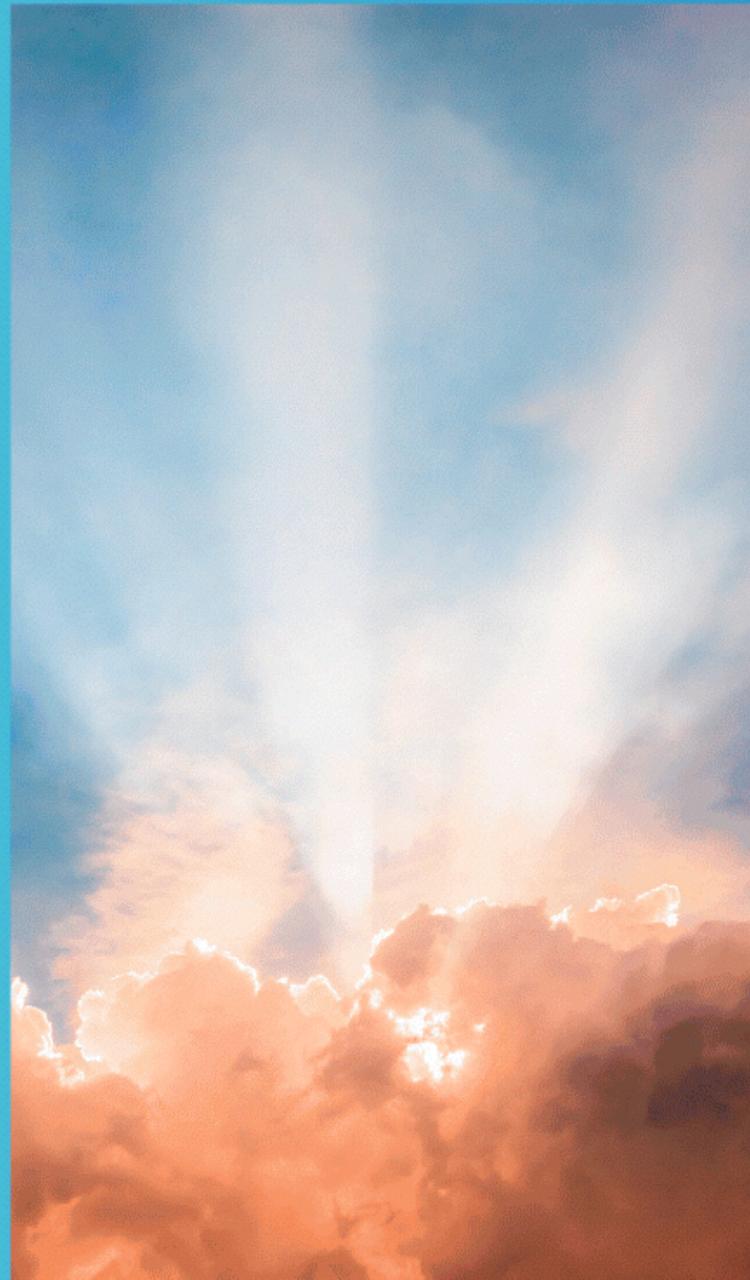




DYNAMIC MEDITATION BENEFITS

Emotional Release and Catharsis

- Dynamic Meditation facilitates emotional release through vigorous physical activity and expressive vocalizations.
- This practice reduces psychological distress, reducing pent-up anger or sadness.
- It promotes mindfulness and present-moment awareness, allowing individuals to observe their thoughts and feelings without judgment.



Enhanced Energy Levels

- Dynamic Meditation's physical intensity leads to increased energy levels, similar to the effects of aerobic exercise.
- This increased energy can lead to improved productivity and creativity.

DYNAMIC MEDITATION BENEFITS +

Improved Mental Clarity and Focus

- Engaging in Dynamic Meditation can lead to improved cognitive function, releasing distractions and mental clutter.
- This can enhance attention and working memory.

Development of Self-Awareness

- Dynamic Meditation encourages participants to confront their thoughts, emotions, and bodily sensations.
- This heightened self-awareness is crucial for personal growth and emotional intelligence.



DYNAMIC MEDITATION BENEFITS++

Reduction of Stress and Anxiety

- Dynamic Meditation activates the parasympathetic nervous system, counteracting the physiological effects of stress.
- Regular engagement in mindfulness practices can lead to decreased levels of cortisol, the stress hormone.

Spiritual Connection and Transcendence

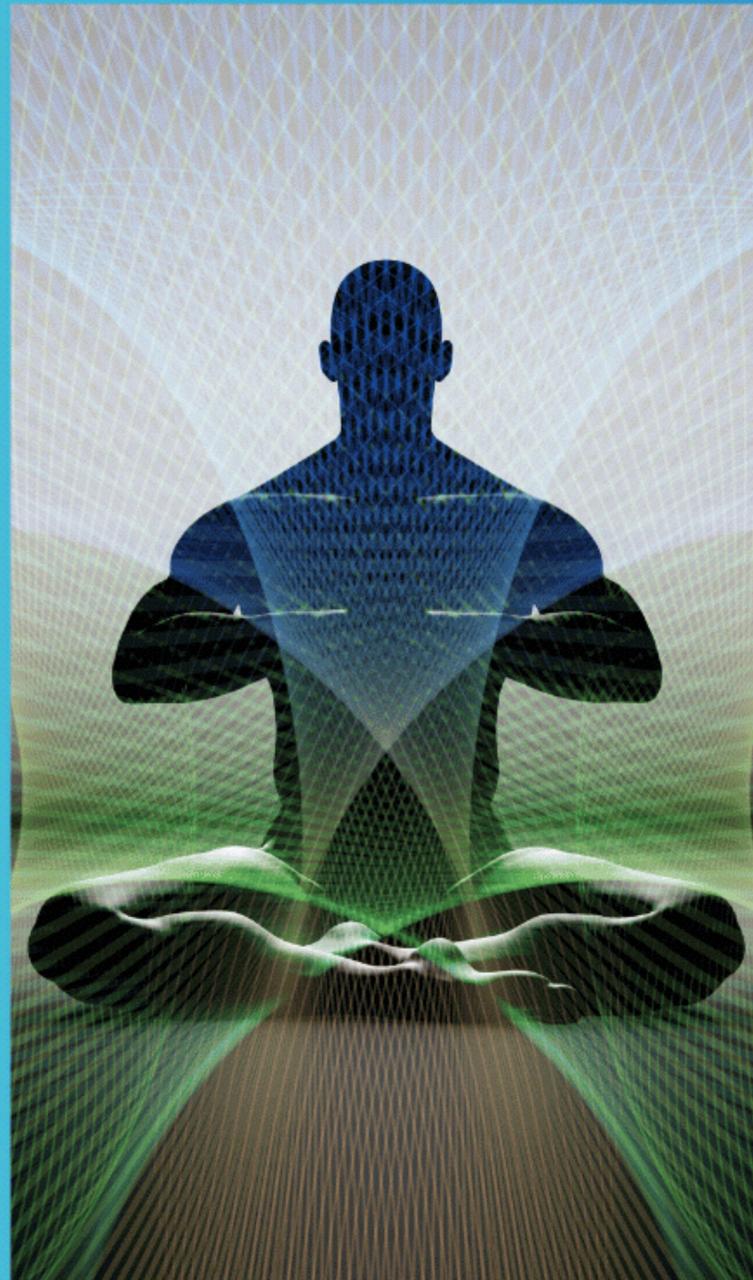
- The process of releasing physical and emotional blockages can lead to experiences of spiritual connection or transcendence.
- This process can lead to profound moments of insight or clarity, promoting feelings of peace and interconnectedness.





DYNAMIC MEDITATION: KEY TERMS

Dynamic Meditation is a unique form of meditation that combines movement, breath, and emotional release. Developed by Osho, a spiritual teacher, Dynamic Meditation aims to help individuals break free from their mental and emotional patterns through physical activity. This section will explore key terms associated with Dynamic Meditation, providing definitions and examples for better understanding.



DYNAMIC MEDITATION: KEY TERMS +

Dynamic Meditation: Dynamic Meditation is a structured meditation practice that includes specific phases of movement, breathing, and expression.

Phases : Dynamic Meditation consists of several distinct phases, each designed to activate different aspects of the mind and body.

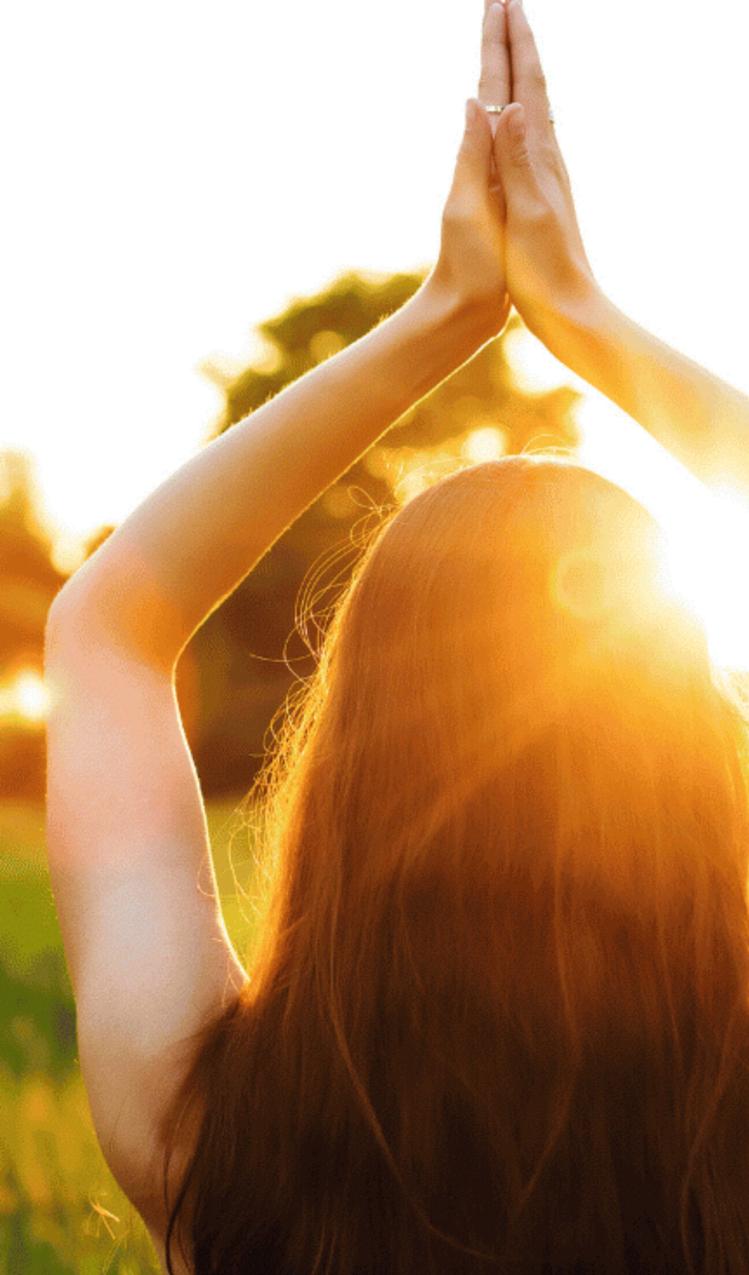
Chaotic Breathing: Rapid, deep breathing to energize the body.

-Catharsis:Expressing emotions through movement, shouting, or crying.

Mantra:Chanting or repeating a phrase to center the mind.

Silence: A period of stillness to reflect and integrate the experience.





DYNAMIC MEDITATION: KEY TERMS +

Breath Work : Breath work refers to the practice of controlling and manipulating breath to influence physical and mental states.



Catharsis: Catharsis is the process of releasing strong emotions. In Dynamic Meditation, this happens through physical expression, such as screaming, crying, or dancing.

Mantra: A mantra is a word or phrase that is repeated during meditation to focus the mind and promote a sense of calm.

Silence: Silence is a critical phase in Dynamic Meditation where participants sit quietly and reflect after the active phases.

DYNAMIC MEDITATION: KEY TERMS +

Emotional Release: Emotional release is the act of letting go of pent-up emotions that may be causing stress or discomfort.

Awareness: Awareness is the state of being conscious of one's thoughts, feelings, and surroundings.





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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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