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BEYOND DYNAMIC MEDITATION - BDM

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ONLINE TRAINING BY KRISHNAJI PAWAR

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MODULE

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The Meditation Philosophy

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BEYOND DYNAMIC MEDITATION - BDM

Dynamic Meditation is a meditation practice developed by Osho to help individuals break free from their mental and emotional patterns. It involves several phases, including chaotic breathing, catharsis, mantra, and silence.

Learning Objectives

- Introduction and Course Outline
- **The Meditation Philosophy**
- Meditation and Breathing
- Beyond Dynamic Meditation
- First Stage: Erratic Breathing
- 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

- A unique form of meditation developed by Osho, combining movement, breath, and emotional release.
- Phases include chaotic breathing, catharsis, mantra, and silence.
- Chaotic breathing involves rapid inhalation and exhalation.
- Catharsis involves releasing strong emotions through physical expression.
- Mantra focuses the mind and promotes calm.
- Silence is a critical phase for reflection after active phases.
- Emotional release helps prevent the "bursting" of negative emotions.
- Awareness is the state of being conscious of thoughts, feelings, and surroundings.
- Dynamic Meditation is a powerful practice for self-discovery and healing.

UNDERSTANDING THE POWER OF MIND AND MEDITATION

The Role of Mind in Body Communication

- The mind's activity transmits turbulence to all cells, tissues, and organs.
- A calm mind can transmit peace and harmony to every cell in the body.

The Concept of Thoughts in Yoga

- Thoughts are classified as memories or desires.
- The mind is active when thinking about past events or anticipating future events.
- Sanskara, vasana, and karma are the Sanskrit words for memory and desire respectively.

The Cycle of Thoughts and Desires

- Impressions trigger desires, which in turn lead to actions.
- Karma refers to the action that results from a desire.

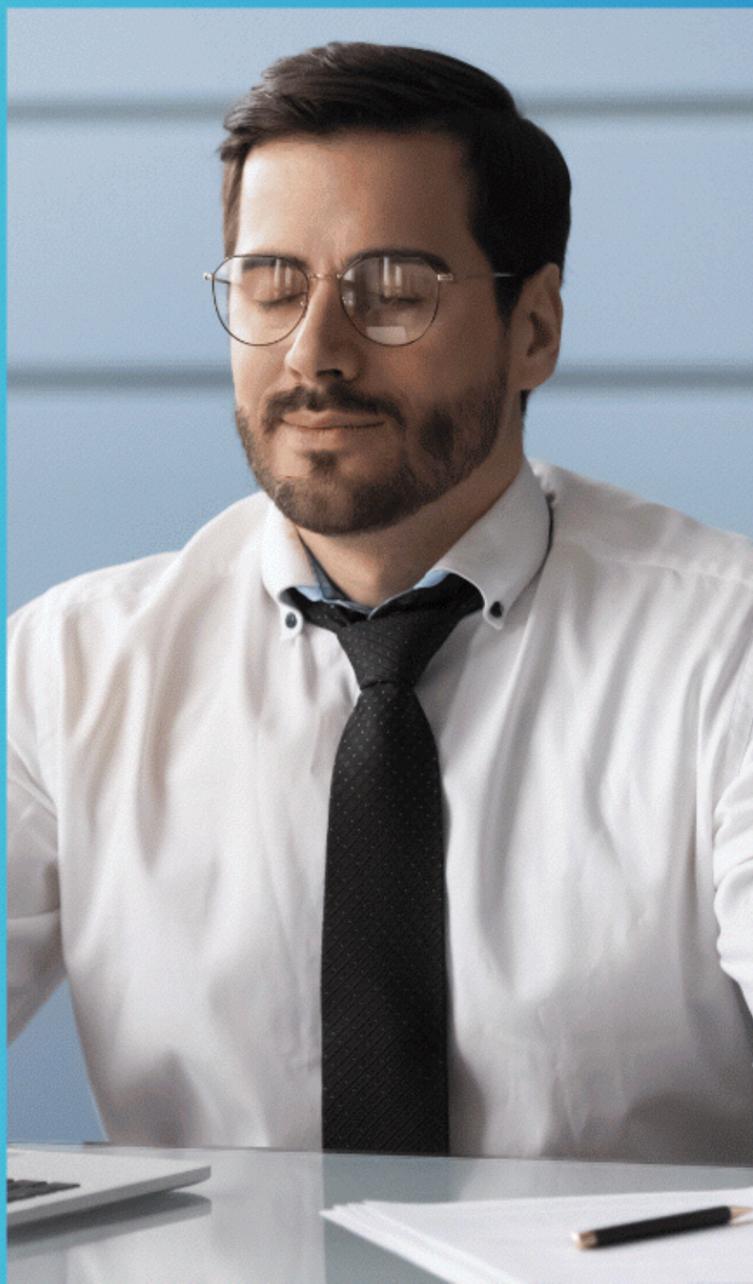




UNDERSTANDING THE POWER OF MIND AND MEDITATION +

The Role of Meditation in Mindfulness

- Meditation allows temporary escape from this cycle by focusing attention and witnessing thought forms.
- It offers the most direct path to awakening the Law of Pure Potentiality.



The Power of Meditation

- Meditation can take many forms, but the common theme is that it takes you out of the conditioned mind and opens up access to the nonconditioned mind.
- It allows you to refine your perception of objects in any sensory modality.

THE ROLE OF MANTRA IN MEDITATION

- In the yoga tradition, mantras or primordial sounds are used to shift awareness from the ever-changing realm of life to an expanded state of being.
- The sound Aum or Om, traditionally believed to be the sound the universe produces as it transitions from potential to perceptual, symbolizes the intersection of local



BREATHWORK IN ACTION: DYNAMIC MEDITATION



Understanding Breathwork

- Breathwork involves intentional breathing patterns that influence physical, emotional, and mental states.
- Slow, deep breaths can calm the mind, while rapid, shallow breaths can energize the body.



BREATHWORK IN ACTION: DYNAMIC MEDITATION +

The Process of Dynamic Meditation

- Preparation: Find a comfortable space and set an intention for the meditation.
- Breathwork: Engage in rhythmic breathing, such as inhaling deeply through the nose and exhaling forcefully through the mouth.
- Movement: Participants move their bodies freely, encouraging self-expression and releasing pent-up emotions.
- Emotional Release: Participants may express emotions such as laughter, crying, or shouting, crucial for emotional healing.
- Stillness: After the dynamic phases, participants transition into a period of stillness, allowing for introspection and peace.
- Integration: Participants take moments to reflect on their experience, often journaling or discussing it with others.





BENEFITS OF DYNAMIC MEDITATION



- Stress Reduction: Engaging in breathwork and movement can significantly lower stress levels.
- Emotional Healing: Emotional expression can release feelings of sadness, anger, or frustration, leading to greater emotional balance.
- Increased Energy: The active nature of Dynamic Meditation can boost energy levels.
- Enhanced Creativity: The freedom of movement and expression can unlock creative thinking and problem-solving abilities.



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