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BEYOND DYNAMIC MEDITATION - BDM

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ONLINE TRAINING BY KRISHNAJI PAWAR

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

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Beyond Dynamic Meditation

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BEYOND DYNAMIC MEDITATION - BDM

Meditation, as explained by Osho, is a technique that helps individuals focus their thoughts and achieve a state of calm. It involves training the mind to maintain attention on a particular object, thought, or sensation. According to Osho, meditation is a way to become aware of one's inner self and the world around them, allowing one to discover the true essence of life beyond the distractions of everyday existence.

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

- Meditation involves techniques to promote awareness and focused attention, often used for stress reduction, emotional regulation, and enhanced cognitive functioning.
- Breathing, a fundamental physiological process, plays a pivotal role in many meditative practices.
- Two primary types of meditation are Focused Attention Meditation and Open Monitoring Meditation.
- Breathing is regulated by the respiratory center in the brainstem and can be consciously controlled.

UNDERSTANDING MEDITATION ACCORDING TO OSHO +

- The primary purpose of meditation is to achieve a state of awareness, allowing individuals to see the world without conditioning or preconceived notions.
- Osho introduced various meditation techniques, such as Dynamic Meditation, Nadabrahma Meditation, and Kundalini Meditation, offering benefits like increased awareness, stress reduction, emotional healing, and enhanced creativity.
- By understanding and applying Osho's teachings, individuals can cultivate a more peaceful and aware existence.



ATTENTION AND INTENTION MEDITATION OVERVIEW



- Aims to calm mind commotion and promote healing and transformation in the body through conscious attention and intention.
- Techniques like So Hum meditation or Primordial Sound Meditation can regulate basic physiological functions.
- The meditation involves a slow, deep breath, releasing tension in the body, and focusing on the heart area.
- The intention is to feel sensations in the heart and acknowledge gratitude for life's experiences and opportunities.

ATTENTION AND INTENTION MEDITATION OVERVIEW +

- The intention is to release any grievances, regrets, or hostility, and to surrender to the universe's intelligence.
- The heartbeat throbbing is observed in the chest and the intention is to slow it down.
- The intention is to increase blood flow and warmth to the hands.
- The intention is to focus on any part of the body that needs healing and feel the heart throbbing slowly.
- The intention is to repeat the phrase "Healing and transformation."
- The meditation concludes with observing the inflow and outflow of breathing.

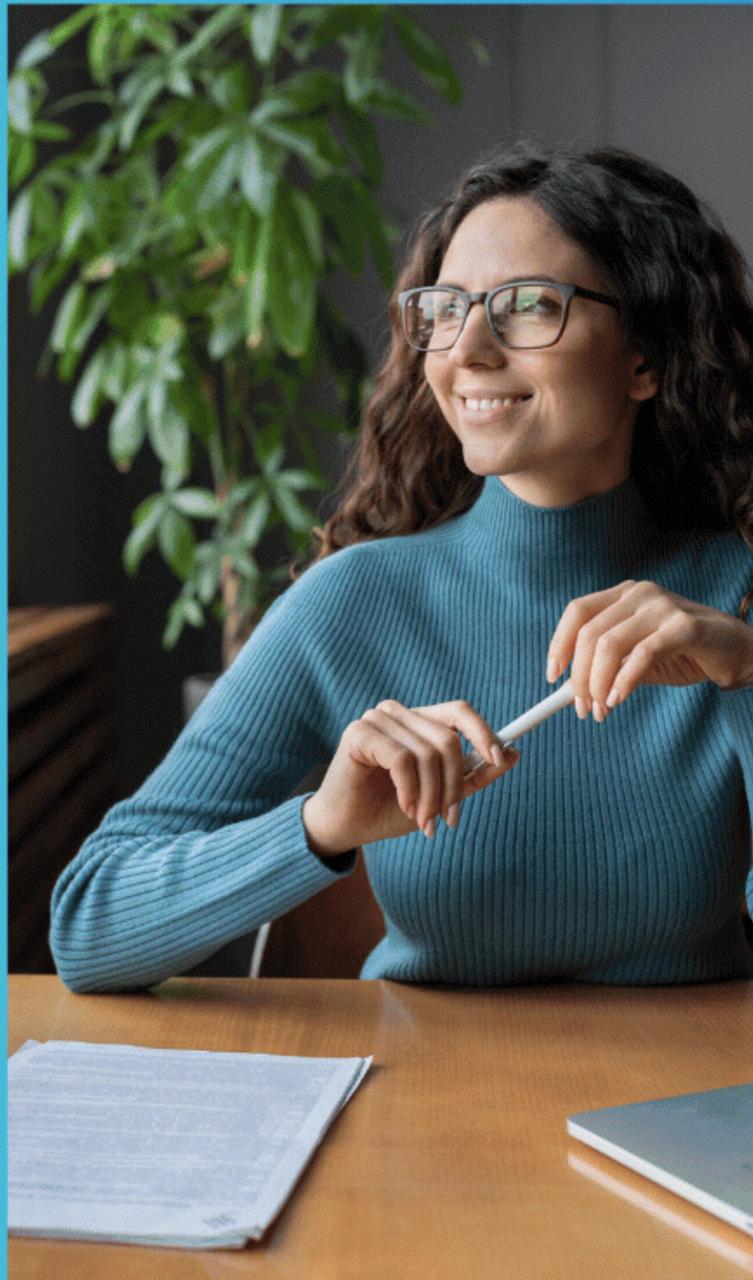




MEDITATION: AN IN-DEPTH EXPLORATION

Introduction

- Meditation is a practice that fosters mental clarity, emotional balance, and spiritual insight.
- Attention and Intention Meditation (AIM) is a dual-faceted practice that integrates focused awareness (attention) and a purposeful mindset (intention).



Attention in Meditation

- Attention refers to the cognitive process of selectively concentrating on specific aspects of experience while disregarding others.
- Types of attention include focused attention (focusing on a single object, thought, or sensation) and open monitoring (open to all aspects of experience).
- Attention can be likened to a spotlight in a dark room, gaining insight into mental processes.

MEDITATION: AN IN-DEPTH EXPLORATION +

Intention in Meditation

- Intention refers to the underlying purpose or motivation behind one's meditation practice.
- Types of intentions include setting an intention, being open to whatever arises during meditation, and exploring emotional responses without judgment.
- Intention can be compared to the North Star for a traveler, providing a framework for orienting meditation practice and maintaining focus amid distractions.

Interplay Between Attention and Intention

- The relationship between attention and intention in meditation is synergistic, providing the focus necessary to engage with the present moment and directing the purpose behind that engagement.
- This creates a holistic approach to meditation that can enhance the practitioner's experience.

Empirical Evidence and Applications

- Research in psychology and neuroscience supports the effectiveness of combining attention and intention in meditation.
- Attention and Intention Meditation has been integrated into therapeutic practices like Mindfulness-Based Stress Reduction (MBSR) and Acceptance and Commitment Therapy (ACT).





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