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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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MODULE

5

First Stage: Erratic Breathing

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BEYOND DYNAMIC MEDITATION - BDM

The Osho Dynamic Meditation's first stage involves deep, fast, and chaotic breathing, a powerful technique distinct from pranayama. Emphasizing exhalation through the nose and a non-rhythmic pattern, this practice offers numerous benefits in meditation. Engaging in 8-10 minutes of chaotic breathing during this initial stage is transformative.

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

- Emphasizes deep, fast, and chaotic breathing, different from pranayama.
- Emphasizes exhalation through the nose and a non-rhythmic, chaotic breathing pattern.
- 8-10 minutes of chaotic breathing in this stage is transformative.

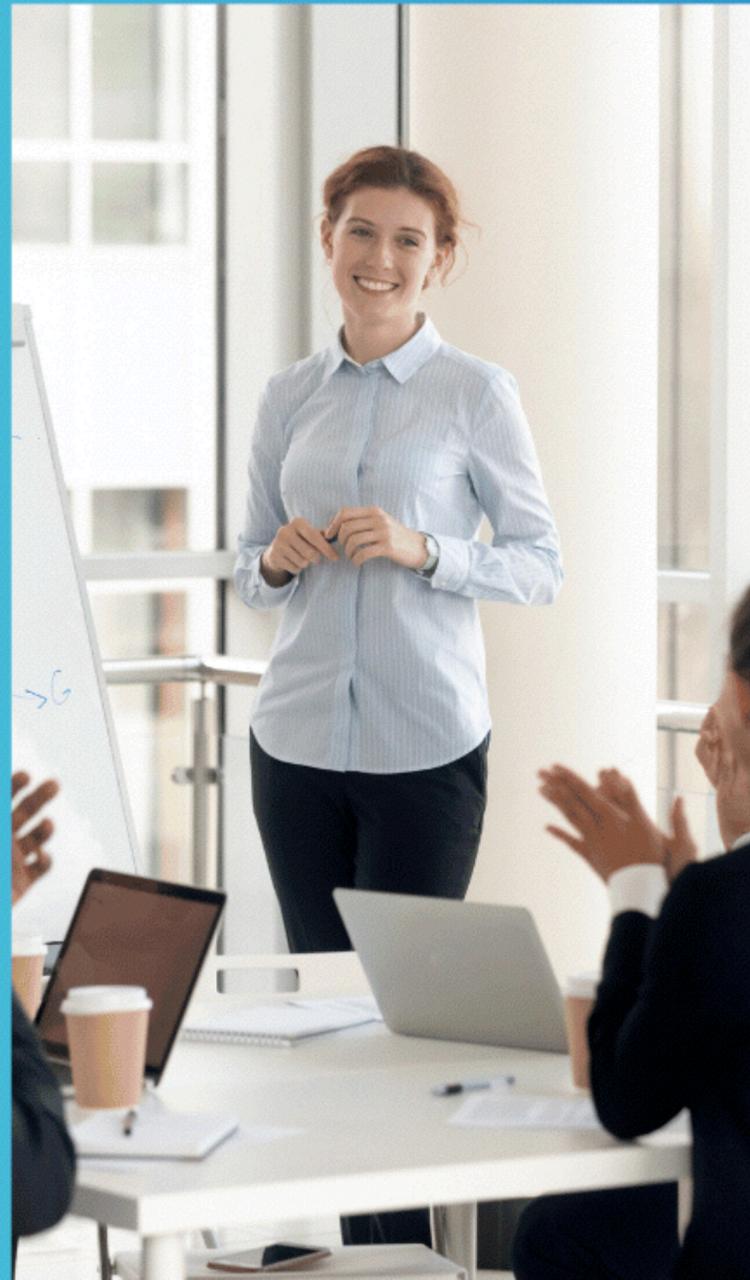
OSHO DYNAMIC MEDITATION: FIRST STAGE: ERRATIC BREATHING

Understanding Erratic Breathing

- Erratic breathing is a fast, irregular, and sometimes chaotic breathing technique.
- It encourages participants to breathe in a way that feels natural to them, without trying to control or regulate their breath.

Purpose of Erratic Breathing

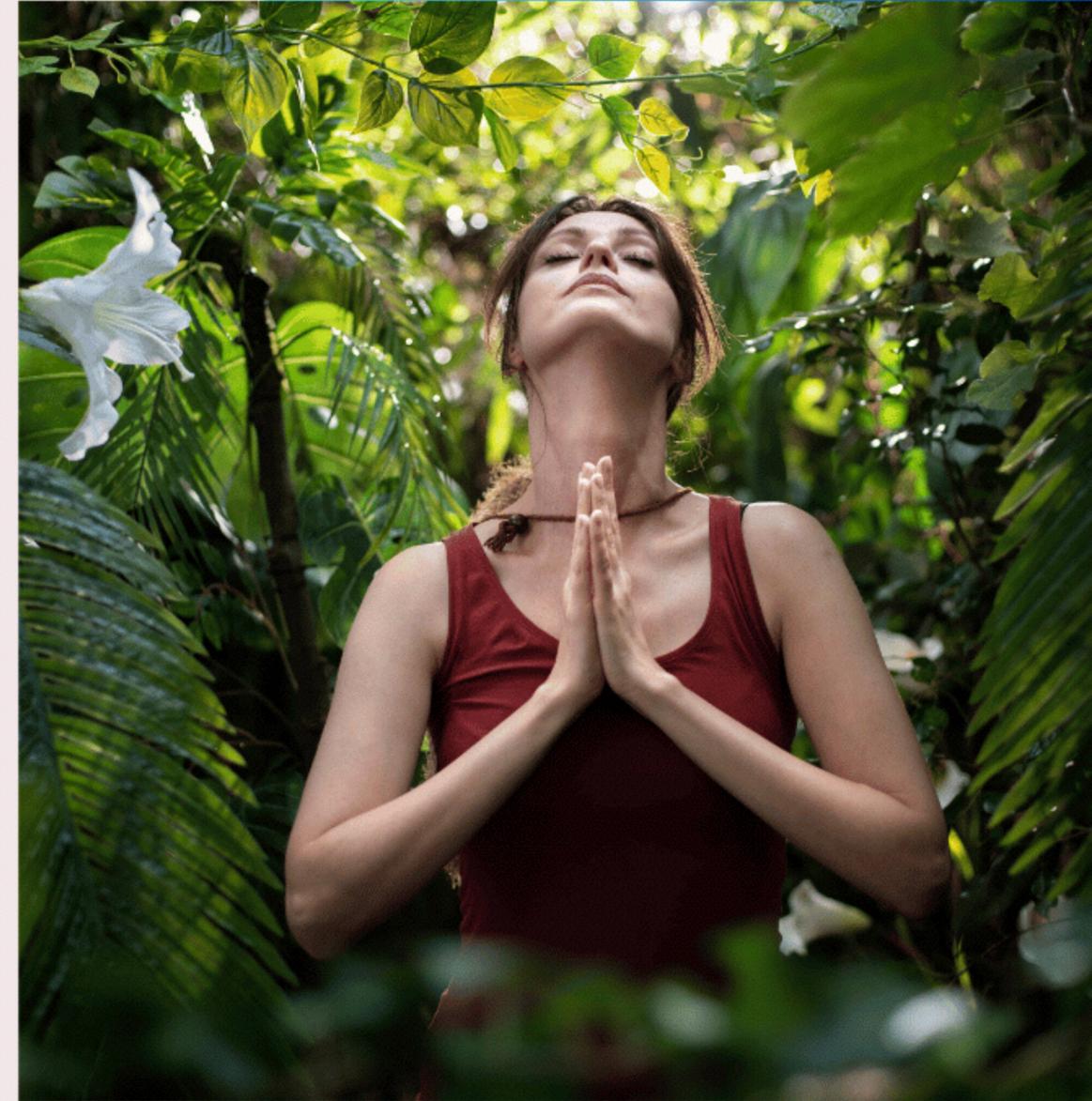
- It helps individuals break free from their regular, habitual breathing patterns.
- It allows individuals to tap into their emotions and release any stored energy or feelings that may be holding them back.



OSHO DYNAMIC MEDITATION: FIRST STAGE: ERRATIC BREATHING +

Practicing Erratic Breathing

- Find a comfortable, safe environment where you can move freely.
- Begin with Awareness: Notice your natural breathing pattern and pay attention to how your chest and abdomen rise and fall.
- Start Breathing Erratically: Allow your breath to become irregular, taking quick, short breaths, followed by deeper, longer breaths.
- Let Go of Control: Don't judge or control your breath.
- Incorporate Movement: Shake your arms and legs, jump, or dance while you are breathing erratically.



EFFECTS OF ERRATIC BREATHING +



- Increased Energy: Leads to a rush of energy, breaking down barriers and making way for deeper emotional experiences.
- Emotional Release: As you breathe erratically, emotions you didn't realize were there start to surface.
- Heightened Awareness: Helps become more in tune with your body and feelings.

Conclusion

- Erratic breathing is the first stage of dynamic meditation, opening up to emotional release and increased self-awareness.



BREATHING FROM THE BELLY IN THE FIRST STAGE

- Breathing is through the nose, with emphasis on the out-breath.
- Mistake: Start exhalation from the belly, not the belly.
- Breathing should be abdominal, with pelvis movement towards the front and upwards.
- This helps move the diaphragm upward and expel the breath.
- Avoids chest and face effort, avoiding running out of breath.
- Exhale from the belly upwards, keeping shoulders at the same height.





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THANK YOU

