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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

**7**

# Third Stage: Jumping on Your Heels

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# BEYOND DYNAMIC MEDITATION - BDM

In the third step of the meditation, use the sound "Hoo!" as a mantra to bring your total energy to the sex center. Scream "Hoo!" loudly for ten minutes, letting out your total breath and creating a space within you for sex energy to move upward. This method is intense and requires total energy and force.

# 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 third step involves using the sound "Hoo!" as a mantra, bringing total energy to the sex center.
- The mantra "Hoo!" throws out the total breath, creating a space within the sex center for sex energy to move upward.
- The mantra is done with so much energy and force that nothing is left behind.
- The method is intense and requires the hands to be raised towards the sky, preparing the body for a meeting with the cosmos.
- The energy is moved upward, a state called "kundalini" or serpent power.
- The mantra "Hoo!" hits the energy within, causing it to move in a fast current.
- The energy is moved in a current, and the more you feel it, the more you are to jump to help it move.
- The mantra "Hoo!" is a hammering with sound, and the energy must be completely moved into it.
- Within twenty minutes, the energy becomes vital and flowing, becoming a current moving from the earth toward the sky.
- If the meditation space prevents making a noise, the sound "Hoo!" can be hammered silently inside.

# "JUMPING ON YOUR HEELS IN DYNAMIC MEDITATION"

## Introduction to Dynamic Meditation

- Dynamic Meditation, developed by Osho, is a structured practice for self-awareness, emotional release, and spiritual awakening.
- The third stage, "Jumping on Your Heels," involves physical movement to liberate stagnant energy.

## Purpose and Psychological Underpinnings of the Third Stage

- Energy Release: This stage helps release accumulated tension and emotional debris.
- Grounding and Centering: The physicality of the stage connects participants to the earth, promoting a sense of grounding.
- Stimulating the Root Chakra: The act of jumping stimulates the root chakra (Muladhara), governing feelings of safety, security, and physical vitality.



## EXECUTION OF THE STAGE +



- Positioning: Participants should stand with feet shoulder-width apart, relaxed at the sides or raised slightly to facilitate movement.
- Initiation of Movement: Participants should jump up and down on their heels, allowing the balls of the feet to remain off the ground.
- Rhythm and Breath: The jumps should be executed in a rhythmic manner, synchronized with the breath.
- Expression of Emotion: Participants are encouraged to express any emotions that arise.
- Duration: The vigorous activity continues for about ten minutes, after which participants transition into the next stage of the meditation.

### Conclusion

- The third stage of Dynamic Meditation is a powerful tool for emotional release and physical rejuvenation, integrating movement, breath, and emotional expression

# UNDERSTANDING THE POWER OF TIREDNESS IN MEDITATION

## The Concept of Tiredness

- Tiredness does not imply a lack of energy.
- Tiredness refers to the exhaustion of the bodymind and sense organs, which are responsible for energy flow.
- The term "self" refers to the organism, not the potential self.

## The Interplay of Tiredness and Energy

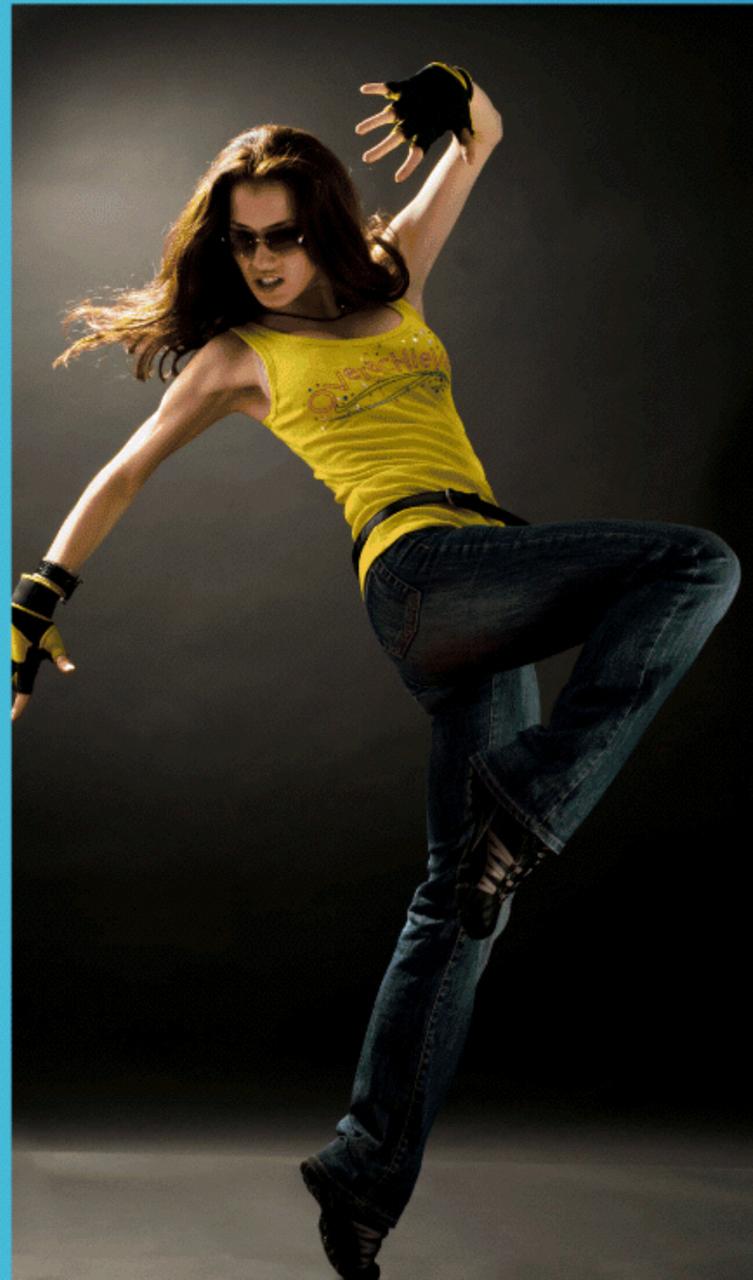
- Tiredness leads to fatigue and awakening of the kundalini, causing the body to tire out.
- This fatigue leads to the inability to use energy further, leading to physical and mental exhaustion





# THE ROLE OF NEW ENERGY

- Energy awakens when old organs like eyes and ears refuse to accept it.
- This new energy can lead to new dimensions of perception and psychic center of sight.



## The Role of Supersenses

- New energy can hear inner sounds and light, requiring less physical effort.
- It can also smell and perceive beyond ordinary noses, bringing subtle senses to life.

## The Connection between Sense Organs and Supersense Organs

- Each sense organ is connected to a corresponding supersense organ.
- Overworked outer ear activates the new energy, activating the inner ear, which has never been used before.

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# THANK YOU

