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MODULE

8

Fourth Stage: Stop and Freeze

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The fourth stage of meditation, known as dhyana, is a moment of non-doing where there is no doing, and the mind becomes exhausted. This is a natural consequence of the previous stages, as the ego disappears when there is no doer. The ego is an accumulation of past actions, and the more a person has done, the more egocentric they become. In this moment, there is only consciousness, a consciousness of deep let-go.

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 fourth stage is the moment of non-doing, or dhyana, or meditation.
- The first three stages are steps, while the fourth stage is the door to a state of complete exhaustion.
- The fourth stage is a grace, a vacuum filled with spiritual energy.
- The ego disappears when there is no doer, indicating that the ego is not an entity but a memory of past actions.
- The fourth stage ends as a memory, allowing for recollection but leaving only consciousness.
- The gap in consciousness is recognized as a part of the memory, a phenomenon similar to a tape recorder recording words and silence.
- The gap is remembered and remembered, creating a calm, blissful interval, dhyana, or meditation.

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Overview of the Fourth Stage

- The fourth stage of Dynamic Meditation, developed by Indian spiritual teacher Osho, is a critical transition from chaotic movement to stillness.
- It lasts approximately 15 seconds and involves an abrupt cessation of all movement.
- The purpose of this stage is to create a space of awareness and presence, allowing participants to observe their inner landscape without distraction.

Purpose and Significance of the Fourth Stage

- The sudden stop allows the practitioner to assimilate intense emotional and physical experiences stirred in the earlier stages.
- It cultivates the awareness of physical sensations, thoughts, and emotions.
- It acts as a bridge between the tumultuous energy of the previous stages and the quietude of the fifth stage.



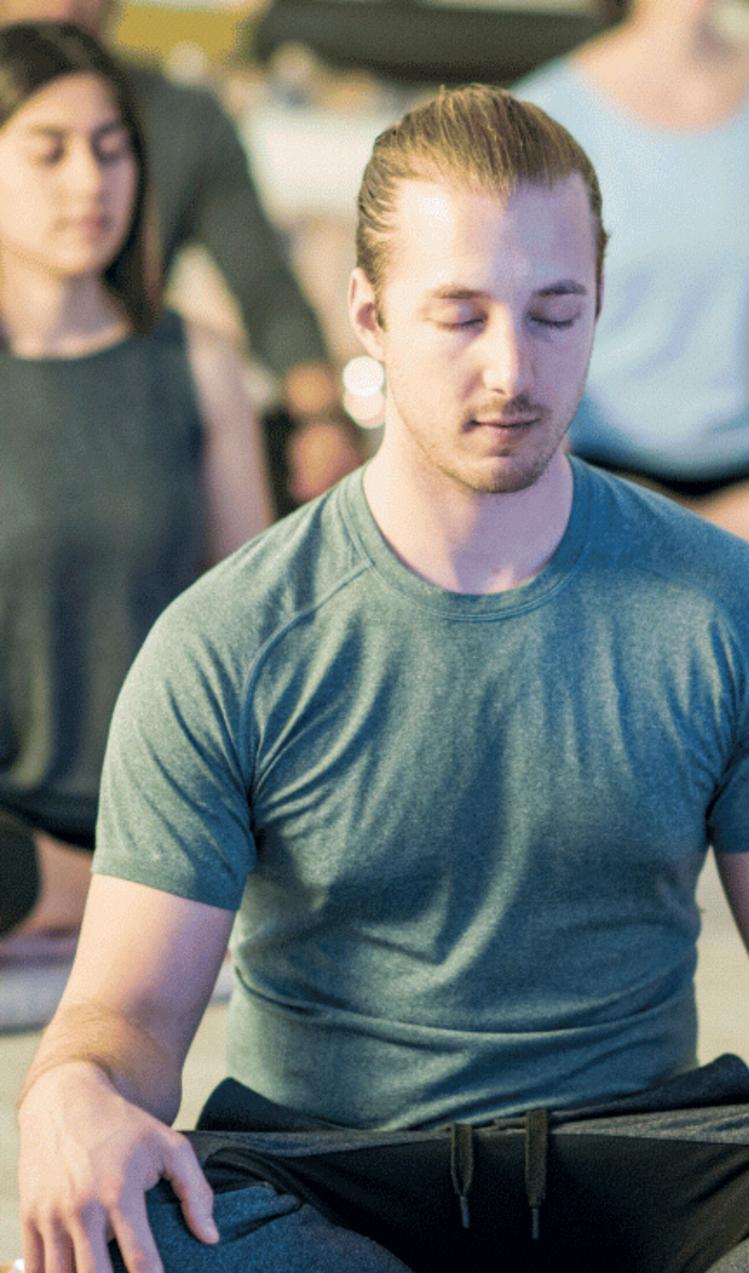
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Practical Implementation

- Practitioners should focus on maintaining their breath and allowing their bodies to hold the position they were in during the preceding stage.
- Practical steps include awareness of position, sensory engagement, and emotional observation.

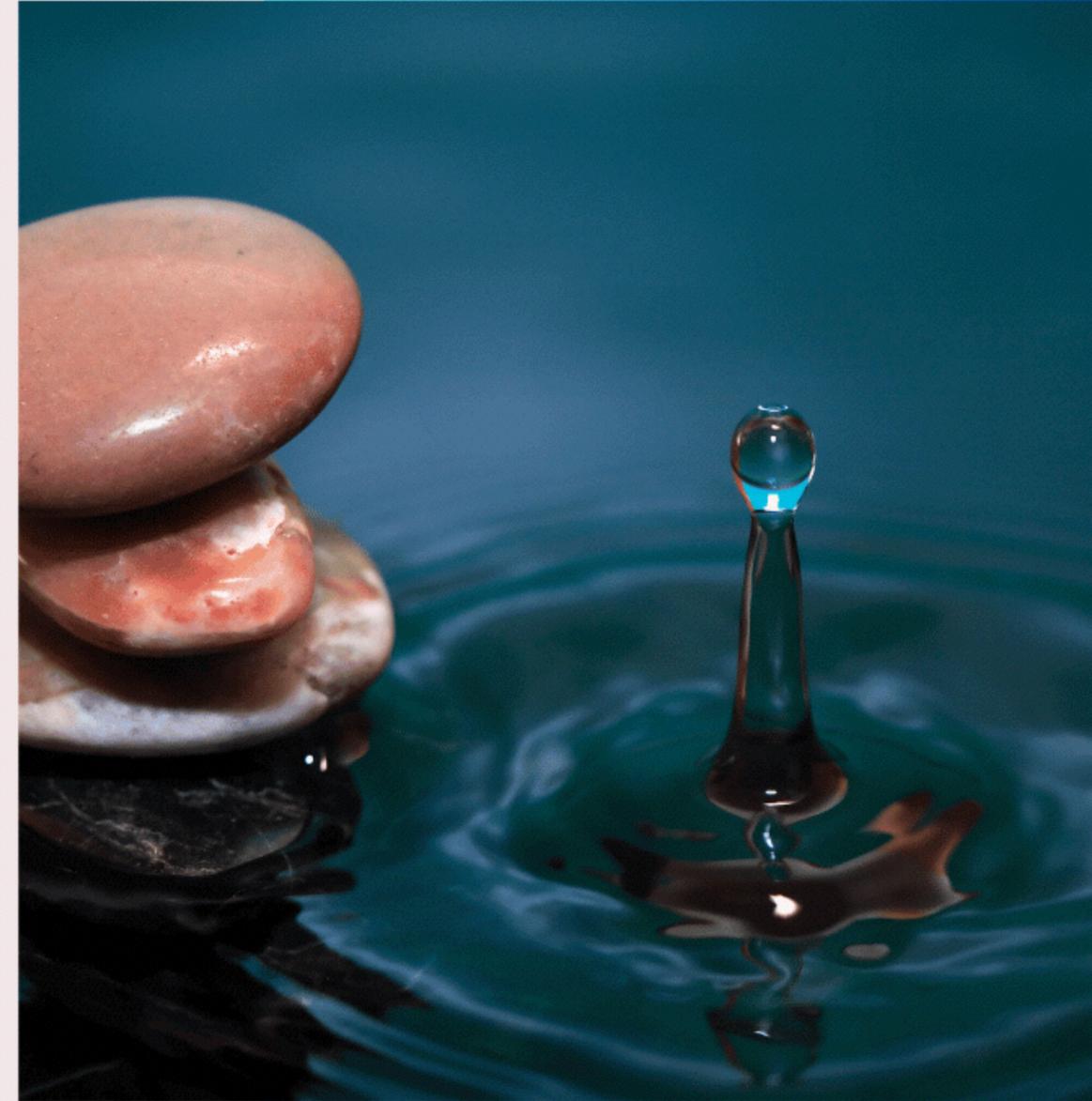
Analogies and Illustrative Examples

- The fourth stage can be likened to the eye of the storm, a brief moment of calm amidst the chaos.
- It can also be likened to the silence that follows an energetic crescendo, where the musician pauses to absorb the applause and reflect on the emotions conveyed through the music.



FOURTH STAGE: STOP AND FREEZE KEY POINTS

- The exercise involves becoming a frozen statue, where the mind and body are constantly engaged in activity.
- The mind's activity is associated with the body's activity, and when the body stops, the mind also stops.
- This psychological law of association was discovered by Pavlov, but Gurdjieff discovered it before Pavlov.
- The mind freezes when the body freezes, causing the mind to feel strange as it has no association with the frozen body.
- The mind is shocked and confused, leading to a moment of complete silence, which is enough to give the taste of meditation.





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