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BEYOND SMART CITIES

BEYOND DYNAMIC MEDITATION - BDM

ONLINE PROFESSIONAL COURSES LED BY THE WORLD'S TOP SPECIALISTS

ONLINE TRAINING BY KRISHNAJI PAWAR

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MODULE

9

Fifth Stage: Celebrating

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The final stage is a celebratory stage where you express your feelings through dancing and singing, enjoying the moment. Even if the music stops, you will carry your awakened state and aliveness throughout the day.

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

- Dance is a form of meditation where one forgets they are dancing and begins to believe they are the dance.
- The division in dance is not spiritual but a simple exercise, beneficial and revitalizing.
- The dancer must leave until only the dance remains, indicating the separation between the dancer and the dancer.
- The dancer must be completely involved, merging with the dance and not being an observer.
- Participation is encouraged, allowing the dance to flow in its own way.
- The dance should be a festive atmosphere, allowing life energy and bioenergy to move in their unique way.

MEDITATION AND DANCE: A GUIDE

- The term "play" is fundamental and should not be approached seriously.
- The dance and singing can connect with a deep source within oneself, allowing new dimensions to emerge.
- Life energy is wiser than oneself, and understanding it can lead to a deeper connection with life.
- The goal is to free up life energy, freeing up the quality of life, which is divine and not human.



"CELEBRATION IN DYNAMIC MEDITATION BY OSHO"

Introduction

- Dynamic Meditation, developed by Indian spiritual teacher Osho, is an active meditation process that integrates emotional expression and physical movement.
- The fifth stage, "Celebration," encapsulates the essence of joy and liberation from the preceding stages.

Overview of the Dynamic Meditation Process

- The five stages include chaotic breathing, catharsis, affirmation, silence, and celebration.
- The Celebration stage is characterized by an outpouring of joy, freedom, and exuberance.



CHARACTERISTICS OF THE CELEBRATION STAGE

- Expression of Joy: Participants are encouraged to express their joy through spontaneous movement, dance, and vocalization.
- Connection with the Collective: Participants are encouraged to connect with others in a shared experience of joy.
- Embodiment of Freedom: The stage represents liberation from the constraints of the self, encouraging participants to let go of inhibitions and societal norms.





TEACHINGS FOR ENGAGING IN THE CELEBRATION STAGE



- **Movement and Dance:** Participants are invited to move freely, expressing their joy through dance.
- **Vocal Expression:** Singing, laughing, or chanting can further enhance the experience.
- **Use of Music:** Incorporating uplifting music can amplify the celebratory atmosphere.
- **Mindfulness:** Participants are encouraged to remain present in the moment, experiencing the joy without distraction or judgment.



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THANK YOU

