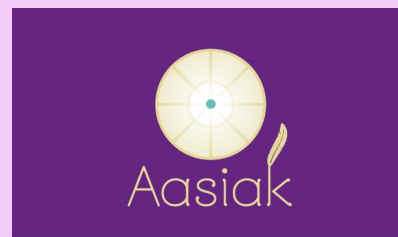


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Active Meditation - Osho Nadabrahma

Created by the Indian Mystic Osho for people of the modern, speedy times.

Active meditations have been designed by Osho for the modern men, who is living in very different circumstances, than the people who lived 2.000 or 2.500 years ago, when meditations like Vipassana etc. have been developed and practiced. For most of us it is usually difficult just to sit down and to be immediately, easily silent and to stop thinking. We live in quite a rush, are used to move quickly and are busy most of the time. Regarding these very different circumstances of this century, the active meditations have active parts in the beginning, for to prepare you to be able to enter the state of meditation and of not thinking. In many therapeutic places these Meditations have been offered and used since many years, particular the Osho Kundalini and Osho Dynamic Meditation.

Find here the [link to the explanation video](#) of the **Osho Nadabrahma Meditation**.

The music for the meditation | Find the music to guide you through the 3 stages here: <https://soundcloud.com/oshosatori/oshonadabrahma-meditation> or get the [music as download](#).

The meditation has 3 Stages – In total lasting 1 hour.

The change of stages is indicated by the change of the music in this meditation.

1. **Stage humming:** find a comfortable position so you can sit with straight back for 30 min. Start slowly and let the humming be just that loud, that someone next to you could hear it. Find your tone by varying and trying until you feel this is your tone. It might feel a bit like the sound of your inner “engine”.
- 2,a **Circling hands with palms up:** move the hands, palms up, in an outward circular motion. Starting at the hara – two fingers wide below the navel, both hands move very slowly forward and then divide to make two large circles mirroring each other left and right. The movement should be so slow that at times there will appear to be no movement at all. Feel that you are giving energy outward to the universe.
- 2,b **Circling hands palms down:** when the music changes after 7½ minutes, turn the hands palms down and start moving them in the opposite direction. Now the hands will come together toward the navel and divide outward to the sides of the body. Feel that you are taking energy in. Also this movement is very slowly, like in slow motion.
3. **Sitting or laying down:** Sit or lay on your back, just be still, be the witness, come home.

Enjoy! ♥

“Be sincere, but be non-serious.” Osho