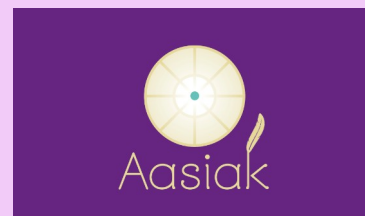


Vasumaya Christiane Wurm
Meditation leader | shamanic practitioner
Reikimaster and -teacher
+49 (0) 173 352 5291
www.vasumaya.com



Active Meditation - Osho Kundalini

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

Active meditations have been designed by Osho for the modern men, who is living in very different circumstances, then 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 Kundalini Meditation**.

The music for the meditation

One possible place to get the music to guide and to accompany you through the 4 stages is here: https://soundcloud.com/osho_satori/osho-kundalini-meditation or get the [music as download](#).

The meditation has 4 Stages – in total lasting 1 hour.

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

- 1. Stage shaking:** stand with feet shoulder wide apart, feet parallel, loose in your knees and pelvis, like sitting on a horse. Also let the jaw be loose and your mouth slightly open, shake in a “yes-motion”. Let the shaking come from the ground, through your feet, raising up. Let the shaking be alive, change the rhythm, do not let it get automatic– it helps to stay in the moment.
- 2. Stage dancing:** softly change from shaking into dancing, let your body move, let the dance happen and celebrate. Smiling, feeling alive is welcome to happen – celebrate, enjoy, rejoice.
- 3. Stage sitting:** you can sit or stand – keep your spine straight, best not to lean on to something, unless urgently needed to be comfortable. Become the listener, become listening.
- 4. Stage laying down:** lay down on your back, place your hands to the side of your body, your legs and head straight. Feel the ground underneath you, become the witness. If thoughts come observe them like clouds, without judgment, come back to be the witness - come home.

Enjoy! ♥

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