

Osho No Dimensions Meditation

A centering dance and a good preparation for whirling, Osho No Dimensions Meditation originated from Gurdjieffian movements. This meditation lasts one hour and is in three stages. The first is a set of movements coordinated with breathing. The second is whirling, and the third is lying down with closed eyes to integrate the practice.

First stage: 30 minutes



A six part movement repeated continuously for 30 minutes. Stand with your hands on the belly. Listening to the music, get into the rhythm of the breathing.

1. Breathe in through the nose and bring the hands up to the heart. While breathing out through the mouth move the right arm and foot forward and let the left hand return to the belly. Then return to the original stance.
2. Repeat the breathing and movement with left arm and foot moving forward, while the right hand returns to the belly, and then return to the original stance.
3. Repeat the breathing and movements with right arm and foot moving sideways to the right, in a 90 degree turn.
4. Repeat the breathing and movements with left arm and foot moving sideways to the left, in a 90 degree turn.
5. Repeat the breathing and movements with right arm and foot moving behind, in a 180 degree turn.
6. Repeat the breathing and movements with left arm and foot moving behind, in a 180 degree turn.



Remember always to move from the center (hara), using the music to keep the correct rhythm. Movements should be in a continuous flow and not automatic. The dance starts slowly and builds up in intensity. If the body falls down by itself, this is also fine.

Second stage: 15 minutes



Whirling. Turn counterclockwise keeping the eyes open a little, arms stretched out with the right palm turned upward and the left palm facing the ground. Breathe normally and let the whirling take you over. If you feel discomfort from whirling counterclockwise, you can change to clockwise and reverse position of the hands. If a sensation of nausea arises, focusing the eyes on the left hand or thumb can be helpful. To end the whirling, slow down and allow the arms to fold over the chest and heart.

Third stage: 15 minutes

Silence. Lie down, preferably on the belly, with eyes closed. Just go inside and allow witnessing to happen.



OSHO NO-DIMENSIONS

This Meditation, which originated from Gurdjieffian movements, is a centering dance as well as a good preparation for whirling. It lasts one hour and is in three stages.

1. Stage: Continuous dance in a set of movements for 30 minutes.
2. Stage: Whirling for 15 minutes.
3. Stage: Silence, lying down for 15 minutes.
Keep the eyes open during the first two stages, and closed in the last stage.

1. STAGE

A six-part movement repeated continuously for 30 minutes.

Begin with standing in one place, placing the left hand on the heart and the right hand on the belly. Listening to the music get into the rhythm of the breathing.

- a) Touch the back of the hands together on the belly, breathe in through the nose and bring the

hands up to the heart. While breathing out through the mouth move the right arm and foot forward and let the left hand return to the belly in a circular movement. Then return to the original stance.

- b) Repeat this breathing and movement with left arm and foot moving forward, while right hand returns to the belly, and then return again to the original stance.
- c) With the hands again starting on the belly, repeat the breathing and movements with right arm and foot moving sideways to the right, in a 90 degree turn.
- d) With the hands again starting on the belly, repeat the breathing and movements with left arm and foot moving sideways to the left, in a 90 degree turn.
- e) With the hands again starting on the belly, repeat the breathing and movements with right arm and foot moving behind, in a 180 degree turn.



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- f) With the hands again starting on the belly, repeat the breathing and movements with left arm and foot moving behind, in a 180 degree turn.

Remember always to move from the belly center (hara), using the music to keep the correct rhythm. Movements should be in a continuous flow and not automatic. This dance starts slowly and builds up in intensity. If the body falls down by itself, this is also fine.

2. STAGE

Whirling for 15 minutes. Turn anti-clockwise keeping the eyes open a little, arms stretched out with the right palm turned upward and the left palm facing the ground.

Breathe normally and let the whirling take you over. If you feel discomfort from whirling anticlockwise, you can change to clockwise and reserve position of the hands. If a sensation of nausea arises, focussing the eyes on the left hand or thumb can be helpful.

To end the whirling, slow down and allow the arms to fold over the chest and heart.

3. STAGE

Silence. Lie down, preferably on the belly, with eyes closed. Just go inside and allow witnessing to happen.

A meditation from the World of Osho

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