

Osho Nadabrahma Meditation

This meditation is based on an old Tibetan technique of humming, which creates a beautiful vibration through the body, and a hand movement which centers the energy at the navel.

1. First stage: 30 minutes



Sit in a relaxed position with eyes closed and lips together. Start humming, loudly enough to be heard by others and create a vibration throughout your body. You can visualize a hollow tube or an empty vessel, filled only with the vibrations of the humming. A point will come when the humming continues by itself and you become the listener. There is no special breathing and you can alter the pitch or move your body smoothly and slowly if you feel it.

2. Second stage: 15 minutes

The second stage is divided into two 7 ½ minute sections. For the first half, move the hands, palms up, in an outward circular motion. Starting at the navel, both hands move forwards and then divide to make



two large circles mirroring each other left and right. The movement should be slow that at times there will appear to be no movement at all. Feel that you are giving energy outwards to the universe. After 7 ½ minutes turn the hands, palms down, and start moving them in the opposite direction. Now the hands will come together towards the navel and divide outwards to the sides of the body. Feel that you are taking energy in.



3. Third stage: 15 minutes



Sit and lie absolutely quiet and still.