



# Mini Meditation Pack

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# About the mini meditation pack

The five meditations shared in this pack are created by Osho and either come from his talks or from *The Book of Secrets* which contains 112 meditations.

Each week on [www.osho.com](http://www.osho.com) a meditation of the week and meditations for busy people is shared. You can view these meditations and get more information at <http://www.osho.com/meditate>

The Book of Secrets and other talks by Osho that have been transcribed into books are available at <https://shop.osho.com/en/>

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Unless stated in each of the meditations, no specific time limit has been given for these meditations but from my own experience, fifteen minutes is a nice amount of time to begin with. You can make them longer or shorter if you like. They are an ideal way of incorporating meditation into your daily life. They are suitable for beginners and experienced meditators alike.

We hope you enjoy these meditations

*Osho Ireland*

# 1

*This meditation is ideal for grounding yourself after a deep meditation, if you feel spacey or out of the body. It is also excellent to do before giving a speech, presentation, interview or a stressful meeting.*

## **BACK TO EARTH**

“It is one of the most prevalent problems for the modern man; the whole of humanity is suffering from uprootedness. When you become aware of it, you will always feel [a] wavering in the legs, uncertainty, because the legs are really the roots of man. Through his legs man is rooted in the earth.

“Once you understand a problem directly, it is already on the way to being solved. Now you have to do two or three things.”

### **When: Every morning**

#### **Step 1: Shifting Your Weight**

“Stand on your feet, just 6 to 8” apart, and close your eyes. Then put your whole weight on the right foot, as if you are standing only on the right; the left is unburdened. Feel it, and then shift to the left foot. Your whole weight is on the left foot and you relieve the right foot completely, as if it has nothing to do. It is just there on the earth but it has no weight to it.

“Do this 4 to 5 times – feeling this shift of energy – and feel how it feels.

Then try to be just in the middle, neither on the left nor the right, or on both. Just in the middle – no emphasis, fifty-fifty. That 50-50 feeling will give you more rootedness in the earth.

#### **Step 2: Run and Breathe!**

“If you are near the sea, every morning go to the beach and run on the sand. If you are near the sea, run anywhere barefoot – no shoes on, just on the naked earth so there is a contact between your feet and the earth. Within a few weeks you will start feeling a great energy and strength in your legs.

“Also, start taking deeper breaths. With shallow breathing one starts feeling uprooted. The breath must go to the very root of your being, and the root is your sex center – so then there is a continuous massage of the sex center by the breathing. Then you feel rooted.

“Otherwise if your breathing is shallow and never goes to the sex center there is a gap – which makes you feel confused, uncertain, not knowing who you are, where you are going, just drifting. Then you will become lusterless, no life, because how can life be without purpose? And how can there be purpose when you are not rooted in your own energy?”

“So first: grounding in the earth, which is the mother of all.

“Then grounding in the sex center. which is the father of all.

“Then you will be completely at ease, centered and grounded.”

#### **Step 3: Stand and Shift**

End your running repeating the instructions outlined in Step 1.

*Osho, The Cypress in the Courtyard*

(This title is no longer available at Osho’s request)

## 2

*We store a lot of tension in our faces and this meditation is excellent for relieving tension in the face. Doing it at night time can also help with poor sleep too. Try it and have fun with it.*

### **RELIEVING FACIAL TENSION**

Every night before you go to sleep, sit in your bed and start making faces – just as small children enjoy doing. Make all kinds of faces – good, bad, ugly, beautiful, so the whole face and the musculature start moving. Make sounds, nonsense sounds will do, and sway, just for ten to fifteen minutes and then go to sleep.

In the morning, before you take your bath, again stand before the mirror and for ten minutes make faces. Standing before the mirror will help: you will be able to see and you will be able to respond.

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## 3

### **SAYING YES MEDITATION**

**When:** Every night, before sleeping, for at least 10 minutes; then again the first thing in the morning for at least 3 minutes. Also in the day, whenever you feel negative, sit on your bed and do it.

**Step 1:** Start putting your energy into yes, make a mantra of yes. Sitting on your bed, begin repeating "Yes, yes". Get in tune with it. First you will be just repeating it and then get into the feel of it, begin to sway with it. Allow it to come all over your being from head to toe. Let it penetrate you deeply.

**Step 2:** If you can't say it out loud, at least silently say "Yes...yes..yes!"

*Osho, The Sun Behind the Sun Behind the Sun, Talk #15*

(This title is no longer available at Osho's request)

# 4

## PROTECTIVE AURA MEDITATION

**When:** Every night, last thing before going to sleep. First thing in the morning.

**Duration:** 4-5 minutes.

**Step 1:** Imagine a Halo

“Sit on your bed and imagine an aura around your body, just six inches away from your body, the same shape as the body... surrounding you, protecting you. It will become a shield. Still feeling this, go to sleep, fall into sleep imagining that aura like a blanket around you, which protects you from any tension entering from outside, from any thought entering you from outside. No outside vibration can enter you. You fall asleep but that imagination will enter the unconscious and becomes a tremendous force and energy.”

**Step 2:** In the Morning...

“In the morning, the moment you feel that now sleep is gone, don't open your eyes: just feel your aura all over the body protecting you. Do it for four to five minutes and then get up.”

**Step 3:** All the Time...

“Taking your bath, having tea, go on remembering it. Any other time during the day when you remember – sitting in a car or train or in the office doing nothing – just relax into it again.

“This [exhaustion] happens to many people because we don't know how to protect ourselves. Others are not only there but broadcasting their being continuously in subtle vibrations. Somebody passes by and throws something [energy] at you: if you are receptive and you don't have a protective aura...and meditation makes one very receptive.

“So if you are alone, it is good; when you are surrounded by meditative people, very good. But when you are in the world, the marketplace and people are not meditative but very tense and anxious, you start getting that energy. After mediation one has to create a protective aura. Sometimes it happens automatically, sometimes it doesn't. If it is not happening automatically to you, you have to work for it. It will be coming within three months. Anytime between three weeks and three months, you will start feeling very powerful.”

*Osho, Dance Your Way to God*

# 5

## **PUT YOUR AWARENESS ON THE SPINE**

Close your eyes and visualize your backbone. Let the backbone be straight, erect. Visualize it, see it, and just in the middle of it visualize a nerve, delicate as the lotus thread, running in the center of your spinal column...

In the spine, just in the center, there is a silver cord – a very delicate nerve. It is not really a nerve in the physiological sense. If you operate to find it; it will not be there. But in deep meditation it is seen. Through that thread you are related to the body, and through that thread also you are related to your soul.

First, visualize the spine. At first you will feel very strange, you will be able to visualize it, but as an imagination. And if you go on endeavoring, then it will not be just your imagination. You will become capable of seeing your spinal column...

Man can see his own body structure from within. We have not tried it because it is very, very fearful, loathsome: because when you see your bones, blood, veins, you become afraid. So really, we have completely blocked our minds from seeing within. We see the body from without, as if someone else is looking at the body. It is just as if you go outside this room and look at it – then you know the outer walls. Come in and look at the house – then you can look at the inner walls. You see your body from outside as if you are somebody else seeing your body. You have not seen your body from inside. We are capable of it, but because of this fear it has become a strange thing.

Indian yoga books say many things about the body, which have been found to be exactly right by new scientific research, and science is unable to explain this. How could they know? Surgery and knowledge of the inside of the human body are very recent developments. How could they know of all the nerves, of all the centers, of all the inner structures? They knew even about the latest findings; they have talked about them, they have worked upon them. Yoga has always been aware about all the basic, significant things in the body. But they were not dissecting bodies, so how could they know? Really, there is another way of looking at your own body – from within. If you can concentrate within, suddenly you begin to see your body – the inner lining of the body.

Close your eyes and feel your body. Relax. Concentrate on the spinal column. And this sutra says very simply, in such be transformed. And you will be transformed through it.

*Osho, The Book of Secrets, Talk #9*