

FREEDOM FROM BONDAGE: A PATH TO BLISS WITH OSHO'S MEDITATION TECHNIQUES

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Abstract

In Today's Modern Era, Meditation is essential in our busy lives. Today man is living a restless life and is stuck in bondage. The present paper is a systematic review based on the osho meditation techniques as Bliss, which leads to freedom from bondage. Various engines were used as literature review for this study. Meditation is a way which helps to overcome the bondages and beautifully live a peaceful life. Meditation techniques are an alternative Western contemplative inquiry, most significant in western culture as well as Indian culture, introduced by Bhagwan Rajneesh Osho, which overcome bondages and show the way towards freedom. Osho meditation techniques can be outlined as a therapeutic intervention for overcoming bondages, as well as a day of Osho's Bliss Nectar. Also recommends methods of teaching in individuals and further education for comprehensive learning and a healthy lifestyle.

Keywords: Osho, Meditation, Freedom, Bliss

Introduction

An estimated 15% of young professionals have a psychiatric disorder. Anxiety and depression are thought to cost the world economy 1 trillion dollars annually, mainly through productivity loss. Individuals with severe psychological disorders are excluded from the working population, despite the reality that involvement in economic activities is critical for recovery (Guidelines on Mental Health at Work, n.d.). Meditation is as essential in our lives as beauty is. It is one of the finest arts on the planet because it makes you conscious of the overall process of existence- the impacts, miseries, exhausting routines, and so much more (Singh, 2016). It is an inner path leading to life and light's origin. It is a potent elixir that expands the tremendous energy of living cells, and positive vibes further rejuvenate and heal them. Alternative healing is a kind of Meditation in which the person is restored through the energy field and cosmic energies in the universe. Examples are naturopathy, light energy, sound energy, spiritual energy, etc. The "power of its example" has been the source of India's global influence. The ability of Indian culture to celebrate diversity and knowledgeably integrate not only new Indian forms of religion but also international world religions began to draw global appreciation. Renowned world-famous

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Spiritual guru Osho have left an imprint on history as a nation-builder because they united individuals of various cultures and religious practices and cultivated national peace and harmony (The Judgment of History - ProQuest, n.d.).

A glimpse of Osho (Acarya Rajneesh)

Rajneesh was born in 1931 to a Jain community in Kuchawada, India, as Mohan Chandra Rajneesh. (Jainism is a South Indian religious doctrine likely related to Buddhism.) He graduated from Saugar University with an MA in philosophy and quickly started working at Raipur Sanskrit College (Sanskrit Mahavidyalaya). His lectures on sexual freedom and his criticisms of the Indian political system sparked such outrage that Rajneesh moved to Jabalpur University the following year, where he was promoted to professor in 1960. When he wasn't teaching, he lectured about politics, sexuality, and spiritual practices throughout India (Osho/Rajneesh – WRSP, n.d.). “Osho never born, never died, just visited the planet” (World, 2017). Osho utilized Western psychiatric treatment to organize his disciples for Meditation, and he introduced thousands of methods for effective Meditation, primarily defined by silence and interchanging exercise. "Dynamic meditation" is one of his well-known meditation techniques (Dwivedi, 2018).

Kinds of Osho meditation

Meditation can be executed in a variety of ways. It can be done in either silence or a noisy environment. Meditation can be done quietly or with the chanting of Holy Scriptures or spiritual words such as bhagwad geeta shloka. It can be done while sitting comfortably, in an uncomfortable position, walking, or even practising physical exercise. It could last between 15 and 20 minutes. It can be done whenever one is free. Meditation is practised by concentrating on something: a simple perceptible external entity, a body part such as the abdomen, or a natural operation such as respiration, specific mental intuitions, and so on.

Meaning of Meditation

Meditation is the priority in life, according to Osho, and everything else is secondary. He considers Meditation to be the embodiment of all religious interactions. Meditation is a journey through one's depths to explore one's spirit and meet one's true ego. Another type of mediation that is met beyond the mind is mediation for attaining consciousness. As a result, to enter deep within, one must first pass through the mind. Meditation goes far beyond reason, impeding mental imaginations from receiving knowledge. This level of consciousness and understanding is

related to the unknown world within oneself, where Deity, balance, and happiness can be discovered.

Meditation, according to Osho, is an absolute belief and consciousness. This characteristic is the root of unbelievable events in life. Osho contends that Meditation transforms you into brightness and cleanses you of the toxins your mind generates. This perception results from stabilization, quietness, alignment, and positivity. Meditation, according to Osho, is a tool for amalgamating with and meeting the Divine through surrender. He assumed that when a person is free of himself, even the fear of death vanishes. He also believed that Meditation begins with unconsciousness and ends with perfect balance at the next stage (Bagheri et al., 2013).

Aim of Osho meditation

One of the purposes for which Meditation is introduced is to achieve spiritual and mystical goals. Meditation is religious science and spiritual training that achieves magnificent objectives. As a result, one purpose of Meditation is to accomplish spiritual consciousness. Another reason for guided Meditation is to enhance one's health. Eastern-style Meditation, which induces mental and physical stress relief and endows tremendous peace, is assumed to be significantly more advantageous than sleep in aspects of relaxing forces. Osho gives different Meditation techniques.

Osho Dynamic Meditation (Active Meditation)

The first stage of this osho dynamic meditation technique is chaotic breathing for 10 minutes, followed by 10 minutes of catharsis, 10 minutes of shouting a mantra "hoo," 15 minutes of silence, and finally, 15 minutes of celebration through dance. (Active Meditation, 1988.).

Guidelines to Freedom

The first is a relaxed state in which there is no mental conflict, cognitive control, or mental concentration. Second, observe with only a passing awareness of what is going on, without interfering - observe the reason silently, without judgement or evaluation. These are the three things: relaxation, caring, and no review, followed by a great silence. (Meditation The First And Last Freedom, 1988.). All movement within you comes to a halt. You are, but there is no sense of 'I am,' only space.



Osho Kundalini Meditation

The first step is to loosen up and start shaking your entire body, feeling the vitality move up from your feet. Allow everything to go and become the vibration. Your eyes could be open or shut. (Meditation The First And Last Freedom, 1988).

Nataraj Meditation

Let the dance flow naturally; don't force. Instead, allow it to happen; pursue it. It is starting to happen, not doing. Stay in the celebratory spirit. You are not doing anything serious; you are playing with your natural energy, your bioenergy, allowing it to move in its way, just as the wind is blowing and the rivers are flowing - you are floating and blowing. Memorize this word playful with me everywhere; it is very fundamental to this country! We call this god's creation or leela - Divine play. God did not construct the world; it was his creation (Osho, 2004).

Methodology

Various engines, Pubmed/Medline, Ebscohost, Psycinfo, Systematic reviews database, CINAHL, Medline/Web of Science, and Scopus, were searched for this study. Zotero software is open software used for reference purposes.

Discussion

According to (Bansal, 2016), this study, "Osho Dynamic Meditation's Effect on Serum Cortisol Level", found that after 21 days of regular sixty minutes of osho dynamic Meditation, a significant improvement decrease in the serum cortisol level ($p=0.00029$) among sixteen participants. (D'Amico et al., 2007) This study, " Effects of Seven-Day Osho Dynamic Study: A Pilot Study", found that after seven days of osho dynamic Meditation practice, there was a significant improvement decrease in anxious-depressive syndrome at ($p = 0.02$) level, and There was also a significant change in meditative impact ($p=0.04$) and enduring influence ($p=0.01$), Somatic complaints reduced significantly overall ($p = 0.01$), with significant long-term ($p=0.02$) and durable benefits ($p=0.02$). Additionally, there was a general significant ($p = 0.03$) reduction in thought difficulties, as well as a substantial meditation effect ($p = 0.05$) and long-term benefit ($p = 0.05$). Aggressive behaviours dropped significantly overall ($p=0.02$), with post-hoc analysis indicating a significant long-term benefit ($p=0.02$). Overall, internalization decreased significantly ($p=0.04$). Overall, externalization decreased significantly ($p=0.05$). A significant overall decrease in clinical disorders was seen ($p = 0.001$). There was a substantial meditative impact ($p=0.03$), a significant persistent impact ($p=0.001$), and a significant abiding effect

($p=0.01$) among twelve participants. As per (Essence Institute, The Netherlands & Fonteijn, 2020), this study, "The Impact of Kundalini Awakening on Personal Life and Psychotherapeutic Practice", found that Osho Kundalini meditation expressly enables Kundalini awakening. But what begins to happen, no matter how intense, is marked as a part of the journey and accepted by the yoga or meditation scholar. (Espinosa et al., 2022) This study, "Effects of Occupational Therapy Program Based on Active Meditation on Hair Cortisol Levels in Undergraduate Healthcare Students", found that after three months of osho active meditation practice for one hour thirty minutes, significant improvement to changes in hair cortisol levels at ($p=0.0003$) among fifteen students. As per (Omelyanenko, 2014), this study "Dynamic Meditation in sports dances" found that the practice of dynamic Meditation is associated with psychological therapies and had a significant impact on treatment group videlicet: their psycho-emotional and psychosomatic circumstances among enhanced trainees. Hence, osho meditation techniques help to achieve freedom from bondages and show the path of Bliss through various Dynamic Meditation techniques.

Conclusion

This review study found that Osho Meditation techniques also overcome psychosomatic and Physiological disorders. The practice of osho Meditation leads to a blissful life, and one can live an active life, i.e. freedom from bondage.

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