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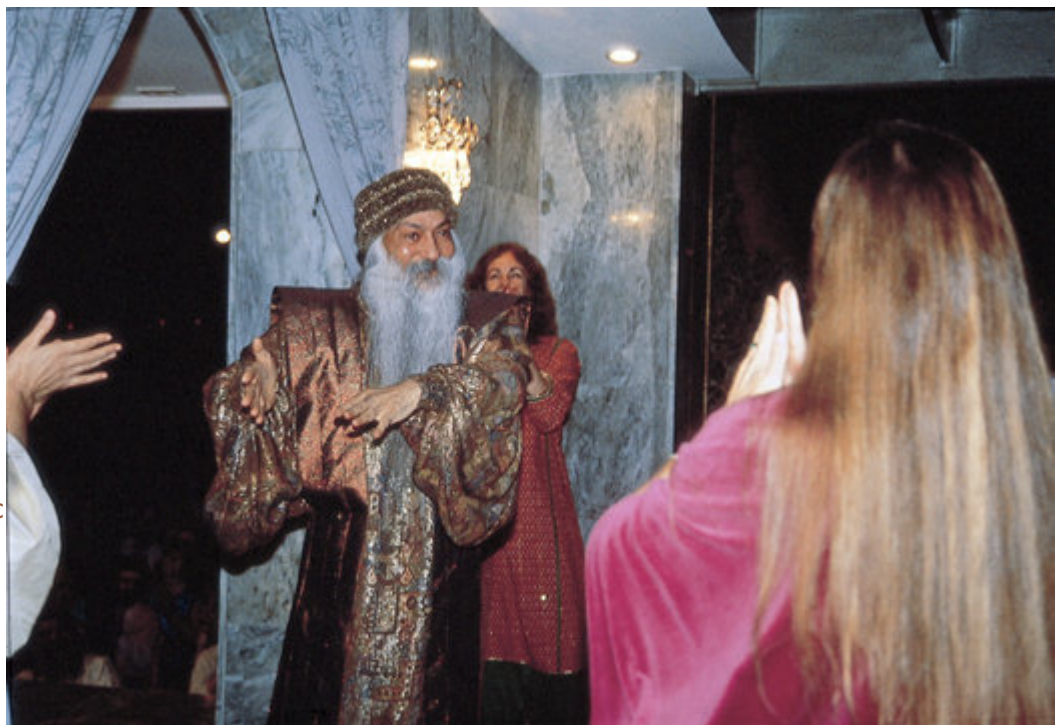
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Osho Nataraj Meditation

Dance, giving it all you have got, is an easy and natural way to turn in. This method has three stages, and lasts a total of sixty-five minutes.

Osho - " Let the dance flow in its own way; don't force it. Rather, follow it; allow it to happen. It is not a doing but a happening. Remain in the mood of festivity. You are not doing something very serious; you are just playing, playing with your life energy, playing with your bio-energy, allowing it to move in its own way. Just like the wind blows and the river flows, you are flowing and blowing. Feel it."



"Forget the dancer, the center of the ego; become the dance. That is the meditation. Dance so deeply that you forget completely that 'you' are dancing and begin to feel that you are the dance. The division must disappear; then it becomes a meditation.

If the division is there, then it is an exercise: good, healthy, but it cannot be said to be spiritual. It is just a simple dance. Dance is good in itself – as far as it goes it is good. After it, you will feel fresh, young. But it is not meditation yet. The dancer must go, until only the dance remains.... Don't stand aside, don't be an observer. Participate!

And be playful. Remember that word "playful" always with me, it is very basic. In India, we call creation God's Leela God's play. God has not created the world; it is his play." - Osho

Nataraj is dance as a total meditation. There are three stages, lasting a total of 65 minutes.

First Stage: 40 minutes

With eyes closed dance as if possessed. Let your unconscious take over completely. Do not control your movements or be a witness to what is happening. Just be totally in the dance.

Meditation is needed only because you have not chosen to be happy. If you have chosen to be happy there is no need for any meditation. Meditation is medicinal. If you are ill, then the medicine is needed. Buddhas don't need meditation. Once you have started choosing happiness, once you have.

Second Stage: 20 minutes

Keeping your eyes closed, lie down immediately. Be silent and still.

Third Stage: 5 minutes

Dance in celebration and enjoy. "Forget the dancer, the center of the ego. Become the dance. That is the meditation Dance so deeply that you forget completely that 'you' are dancing and begin to feel that you are the dance. The division must disappear. Then it becomes a meditation. If the division is there, then it is an exercise: good, healthy, but it cannot be said to be spiritual. It is just a simple dance. Dance is good in itself. As far as it goes, it is good. After it, you will feel fresh, young. But it is not meditation yet. The dancer must go, until only the dance remains.

So what to do? Be totally in the dance, because division can exist only if you are not total in it. If you are standing aside and looking at your own dance, the division will remain you are the dancer and you are dancing. Then dancing is just an act, something you are doing. It is not your being. So get involved totally; be merged in it Don't stand aside, don't be an observer, Participate!

Let the dance flow in its own way. Don't force it. Rather, follow it: allow it to happen. It is not a doing but a happening. Remain in the mood of festivity. You are not doing something very serious. You're just playing, playing with your life energy, playing with your bioenergy, allowing it to move in its own way. Just like the wind blows and the river flows you are flowing and flowing. Feel it."