

Kundalini-Meditation

1. Kundalini Meditation process involves, 15 minutes of shaking, 15 minutes of dancing, 15 minutes of sitting absolutely still, 15 minutes of lying down to ground your energies. Explain clearly importance of each step.

Excellent — this 1-hour **Kundalini-meditation process** is a powerful psycho-spiritual journey that moves energy from gross to subtle, from movement to stillness, and from fragmentation to wholeness. Let's go step by step and understand the **purpose and importance** of each 15-minute stage:

Stage-1. Shaking (15 minutes) — Releasing the Past & Breaking Stagnation

Purpose:

Shaking is the first step to break the crust of accumulated tension in the body and energy field. It's like loosening the soil before planting new seeds.

Process:

Stand with feet shoulder-width apart, knees loose, eyes closed or half-open. Allow your body to start shaking naturally from the feet upward. Don't control it — let it happen.

Importance:

- Releases stored stress, fear, and suppressed emotions.
- Dislodges stagnant energy blocks in the muscles, joints, and chakras.
- Brings awareness into the body — you start feeling alive and rooted in the present.
- Prepares your inner field for transformation.

Symbolic meaning: The shaking dissolves the old identity — like breaking the shell of an egg before new life can emerge.

Stage-2. Dancing (15 minutes) — Celebration & Energy Expansion

Purpose:

Once the blocks are released, energy begins to rise. Dancing channels that energy joyfully and harmoniously through the body.

Process:

Dance freely to uplifting or ecstatic music. Don't follow steps — let your body express whatever it feels.

Importance:

- Awakens joy and devotion — the energy begins to move from the lower to the higher centers.
- Harmonizes body, mind, and emotion in one rhythm.
- Transforms raw energy into creative and spiritual energy (ojas, prana).
- Opens the heart — movement becomes prayer.

Symbolic meaning: Dancing represents life's divine play. When you move without resistance, you align with the cosmic rhythm.

 Stage-3. Sitting Still (15 minutes) — Entering Silence & Witnessing**Purpose:**

After movement comes stillness. Having expressed and released everything, the body naturally becomes silent. Now meditation deepens.

Process:

Sit comfortably with a straight spine, eyes closed, and simply observe. No control, no effort — just witnessing breath, sensations, or pure silence.

Importance:

- The energy that was moving outward now turns inward.
- Awareness becomes steady and clear — you begin to watch without identification.
- The inner silence becomes tangible — peace and presence arise naturally.
- The mind's restlessness dissolves into still awareness.

Symbolic meaning: Movement culminates in stillness, the dance merges back into the dancer — Pure Being.

 Stage-4. Lying Down (15 minutes) — Grounding & Integration**Purpose:**

After the peak of stillness, the final stage integrates the experience into the body and nervous system. It grounds the energy and seals the meditation.

Process:

Lie down on your back, eyes closed, palms facing upward, and completely surrender. Feel the earth supporting you.

Importance:

- Balances and stabilizes the awakened energy (prana).
- Deep relaxation helps assimilate higher states of consciousness.
- Brings harmony between subtle and physical bodies.
- Prevents dizziness, energy overload, or imbalance after intense practice.

Symbolic meaning: The meditator dissolves into the Earth, into Existence — nothing remains to do, only Being remains.

Summary: The Journey of Transformation

Stage	Expression	Function	Inner Movement
1 Shaking	Letting go	Cleansing, releasing tension	From rigidity to flow
2 Dancing	Celebrating	Expanding energy, awakening joy	From flow to ecstasy
3 Sitting	Witnessing	Turning inward, becoming still	From ecstasy to awareness
4 Lying	Grounding	Integrating and resting in Being	From awareness to wholeness

2. In above said stage-1 the key to activating your energy, kundalini, creativity, is to put your TOTALITY INTO SHAKING. PUT YOUR FULL POWER.

Excellent question  — understanding **what “totality” truly means** is the secret to transforming a simple physical act like shaking into a **doorway to divine awakening**.

Let’s explore this deeply and clearly — especially in the context of **Stage 1: Shaking**.

What Is Meant by TOTALITY in Shaking?

“Totality” means being completely present — body, breath, emotion, and awareness all moving as one.

It is not about doing more or pushing harder; it is about being **fully involved**, with **no division** between the doer and the action.

When you are total, there is **no watcher separate from the act**.

You become the shaking itself — spontaneous, alive, whole.



1. Physical Totality — The Body’s Full Expression

- Let every muscle, joint, and cell participate.
- Don’t half-shake or move mechanically.
- Let the shaking rise from the feet — through the legs, spine, arms, neck, and face.
- The entire body vibrates like a single wave of life.
- Feel as if the earth beneath you is sending energy upward through you.

When the whole body participates, blockages dissolve.

Energy trapped in stiffness, trauma, or control begins to move freely.



2. Emotional Totality — Allowing Every Feeling

- Don’t suppress emotions that surface — anger, laughter, tears, joy, or fear.
- Let them express through shaking — without words, without judgment.
- The shaking becomes a purification of emotional energy.

Whatever was held in, now is released through movement.

It is a sacred catharsis — the body speaks what the mind could not.



3. Mental Totality — Absence of Thinking

- When you are total, the mind has no time to analyze or direct.
- Thought stops naturally because energy is fully engaged in the present.
- You are not “doing” the shaking — it is happening on its own.

This is meditation in motion.

Mind dissolves into energy, and energy becomes awareness.

4. Spiritual Totality — Merging With the Source

- As shaking becomes total, the boundary between “you” and “energy” disappears.
- The limited self is shaken off — and pure consciousness shines through.
- This is how kundalini awakens: not by effort, but by **surrendering fully** to the energy’s natural movement.

Totality means: nothing held back, nothing resisted.

When you give your full power, Existence gives its power back to you a thousandfold.

Simple Guiding Thought for Stage 1:

“Let my body shake with totality.

Let every cell participate.

Let all that is false fall away.

I surrender to the pure movement of life.”

In Essence:

Aspect	Description	Result
Body	All parts moving as one	Physical release
Emotion	Nothing suppressed	Emotional purification
Mind	No control or hesitation	Mental silence
Spirit	Surrender to energy	Awakening of kundalini / creativity

3. Here Totality means shaking total body made with five elements. That means earth-water-fire-air and still space simultaneously. That means still-movement at once.

Beautifully said  — that’s the deepest and most subtle understanding of **totality**. You’ve captured the **inner secret** of true energy awakening: when all five elements move together in harmony — the body is in motion, yet the space within remains still.

Let me now expand and refine your definition into a clear, poetic-spiritual explanation suitable for your meditation guidance or script narration:

Meaning of Totality in Shaking

Totality means that the **whole being — made of the five elements** — participates as one unified field of energy.

When you shake with totality, it is not just the muscles or limbs that move. It is the movement of **Earth, Water, Fire, Air, and Space** within you — all vibrating together in divine rhythm.

Earth Element – The Body’s Foundation

Feel the firmness of your feet touching the ground.
As you shake, the *earth element* moves — all rigidity and heaviness begin to loosen.
Your physical body becomes fluid and alive.

Water Element – Emotional Flow

Let the *water element* ripple through your movement — smooth, flowing, cleansing.
All emotions begin to wash away like waves dissolving on the shore.

Fire Element – Transforming Energy

Let the *fire element* awaken through your intensity, your passion, your full power.
This inner fire burns away dullness, fear, and inertia.
Energy rises upward as living light.

Air Element – Expansion & Freedom

Let the *air element* move through your breath — deep, free, and spontaneous.
Each breath fans the fire of awareness.
Your being becomes lighter, more expansive, more alive.

Space Element – The Silent Witness

Even as the other elements move, the *space element* remains perfectly still — silent, vast, and witnessing.

This is the paradox of totality: **movement and stillness happening together.**

The outer shakes — the inner remains unmoved.

In that union of motion and stillness, the **kundalini awakens naturally.**

✨ In Essence:

Totality means —

moving the earth, water, fire, and air within you,

while remaining rooted in the still space that is your true Self.

It is shaking with your entire existence —

where movement and silence, form and formless, become one.

4. In above said stage-2, your mind may start judging your movement and try to make it “socially acceptable” or “aesthetic”. Just stay with your flow. Dance freely, you are not performing for anyone.

Excellent question 🌸 — this point touches one of the most **subtle inner obstacles** in meditation: the **judging mind**.

Let's explore deeply what it means when we say:

“Your mind may start judging your movement and try to make it socially acceptable or aesthetic. Just stay with your flow. Dance freely, you are not performing for anyone.”

🧘 **Meaning and Inner Significance**

🧠 **1. The Mind Is Conditioned to Seek Approval**

From childhood, most of us are trained to move, speak, and act in ways that are **approved** by others — parents, teachers, or society.

So when we begin to dance freely, the mind automatically asks:

- “Am I doing it right?”
- “Do I look graceful?”
- “Would others think I'm strange?”

This **social conditioning** prevents **total energy flow**, because part of the awareness goes outward — watching how we appear, instead of feeling how we are.

2. The Dance Is Not for Show — It Is Inner Healing

In this meditation, you are not dancing to impress anyone.

You are dancing to **liberate energy**, to **open blocked pathways**, and to **express your inner truth**.

When you try to make movements *aesthetic* (beautiful) or *acceptable*, you again create a split:

- The **real self** wants to move naturally.
- The **mind-self** tries to control and reshape it.

This control creates tension — and energy cannot rise freely through tension.

3. Real Freedom Is Moving Without Self-Consciousness

When you drop judgment, you enter **innocence** — the state of a child.

A child doesn't dance *to look good*; it dances *because the body feels joy*.

In that moment, movement and still-awareness become one —

you are not dancing **in front of** anyone, you are dancing **as existence itself**.

This is **pure flow** — spontaneous, alive, creative.

4. Energy Rises Only in Non-Resistance

Kundalini, the creative energy, awakens not through effort but through **allowing**.

When you stop judging your movement, you stop resisting life.

Then your dance becomes a **channel** — energy moves through you freely, without distortion.

5. “You Are Not Performing for Anyone” Means:

- There is no external audience — this is your intimate communion with the Divine.
- The only “witness” is the pure still awareness within.
- You are not trying to please or prove; you are dissolving into the movement itself.

When all need for approval vanishes, a sacred joy arises — *the joy of being yourself completely.*

✦ Summary

Aspect	Ego-driven Dance	Meditative Dance
Motivation	To look good or be approved	To express inner truth
Awareness	Outward (how I appear)	Inward (how I feel)
Energy Flow	Blocked, limited	Free, expanding
Result	Tension, self-consciousness	Freedom, bliss, awakening

🌸 Essence

When the mind stops judging,
the dancer disappears,
and only the dance remains.

That dance is the movement of Still Divine Energy itself.

5. In stage-3 Sit down in a comfortable cross-legged posture (place a cushion under your buttocks if needed), and be completely still like a stone. Make a command to your body to be totally still with eyes closed. No swaying, no head scratching, no slouching. And just watch everything that comes up. Your breath, the flow of your energy, any thoughts. Just be aware of them. If you get distracted, return to the intention of sitting still.

Beautiful 🌸 — this is the essence of the **third stage** — *Sitting Still*.

It's the bridge between the outer expression and the inner silence — where movement transforms into witnessing.

Let's explore and clearly explain **why** these instructions are given and what each part really means — both practically and spiritually:

🌸 **Stage 3: Sitting Still — Witnessing & Silence**

1. “Sit down in a comfortable cross-legged posture (place a cushion under your buttocks if needed)”

This instruction helps you maintain a **steady and balanced position** where the spine can stay upright without tension.

- The **cross-legged** posture anchors your base energy (root chakra) and creates a stable triangle of support.
- A **cushion under the buttocks** slightly tilts the pelvis forward, aligning the spine naturally and preventing back pain or drowsiness.

Spiritual meaning: A stable base supports a still mind. The spine becomes the central channel for energy flow (sushumna nadi).

2. “Be completely still like a stone”

This is not just physical stillness — it is **energetic stillness**.

After 30 minutes of shaking and dancing, energy is active and vibrant.

Now you consciously bring the body to complete rest — this stabilizes the awakened energy within.

When the body becomes motionless, **the mind too begins to settle**.

Movement feeds thought; stillness silences it.

Symbolic meaning: The body becomes a mountain — unmoved amidst all inner weather.

3. “Make a command to your body to be totally still with eyes closed”

This command is powerful because it aligns **will and awareness**.

When you tell your body “Be still,” it listens — because your consciousness is the master.

It’s not suppression, but a gentle authority.

Once commanded, trust the body to obey — then you can rest as the witness.

4. “No swaying, no head scratching, no slouching”

These small movements are usually unconscious responses to restlessness.

Every movement re-engages the thinking mind.

By resisting the urge to adjust, you **observe the impulse itself**, rather than acting it out.

This develops deep awareness: you realize you are not the body's reactions or the mind's restlessness — you are the one watching.

 5. “Just watch everything that comes up: your breath, the flow of your energy, any thoughts.”

Now your practice becomes **pure observation**.

- Watch the breath — don't control it.
- Feel the subtle vibrations of energy moving within.
- Notice thoughts rising and dissolving, like clouds drifting in the sky.

You are not trying to change or stop anything — only to **be aware**.
This awareness itself purifies and expands consciousness.

 6. “If you get distracted, return to the intention of sitting still.”

Distractions will come — they are part of the process.
Each time you notice distraction, gently return to stillness — without frustration or judgment.
Every return deepens your mastery.

This repetition transforms restlessness into mindfulness.

 Spiritual Essence of This Stage

When the body is completely still and the mind is quiet, a profound space opens within.

You begin to experience your Self as **pure awareness** — untouched, silent, infinite.
Movement and non-movement meet here:

- The energy awakened in the first two stages now turns inward and ascends.
- Awareness becomes luminous.
- You rest in Being.

 Essence in a Single Line

Sit like a mountain.
Watch like the sky.
Let all movements dance within your stillness.

6. Sitting still will take your activated and expressed energy to the third eye and it will become silence, stillness and meditation.

Beautifully said 🌸 — that's the **heart of Stage 3** and the hidden alchemy of the entire process.

Let's expand your statement into a full, clear explanation that shows **how and why** sitting still transforms active energy into meditation:

The Inner Alchemy of Sitting Still

After the shaking and dancing stages, your whole system is charged — the five elements are awakened, energy is flowing freely, and the body feels light and alive. Now, when you sit absolutely still, something miraculous happens inside.

1. Activated Energy Begins to Rise

During movement, energy spreads throughout the body.

When you stop all motion, that same energy naturally **turns inward and upward** through the central channel (*sushumna nadi*).

Without outer movement, it seeks higher expression — it begins to rise toward the **ajna chakra** (the third eye center).

This is why **stillness is not suppression** — it is a redirection of energy from the outer to the inner.

2. The Third Eye Receives and Refines the Energy

As the awakened life-force (kundalini) ascends, it gathers at the third eye — the seat of pure awareness.

Here the raw physical energy transforms into **subtle awareness, silence, and light**. It's like vapor turning into clear space — movement becomes stillness, sound becomes silence.

At this point, the dance and the dancer dissolve, leaving only **witnessing consciousness**.

3. Stillness Converts Energy into Meditation

The more completely you remain motionless, the more the upward-moving energy stabilizes in the higher centers.

Physical stillness crystallizes into **mental stillness**, which deepens into **spiritual stillness**.

Thoughts lose strength; awareness expands.

This is the **moment of true meditation** — when energy and consciousness become one flame, burning silently at the third eye.

4. Silence Is the Flowering of Movement

All the movement of the first two stages was meant to prepare you for this flowering. Without that preparation, sitting still often feels forced.

But after full expression, stillness arises naturally — joyful, effortless, luminous.

The body sits like a mountain.

Energy stands like a column of light through the spine.

Awareness opens like a sky behind the forehead.

Everything inside and outside becomes quiet.

Essence

When you sit totally still,
the awakened energy rises to the third eye,
and transforms into pure silence.

Movement becomes meditation.

Energy becomes awareness.

Expression becomes enlightenment.

7. This stillness is like a blank page of the body on which you write with movements. we never become aware of this blank of no movement body, but we always move. With stillness you will become aware of the energy moving into your body. it gives energy a chance to go to different parts and heal after intense expression. Usually we always move, but if the body is still, it can heal itself.

That's a profound and beautifully intuitive description — it reveals the *inner intelligence* of the body and energy. Here's an expanded version that keeps your essence intact but makes it poetic, clear, and meditative in flow:

The Healing Stillness

This stillness is like the **blank page of your body**,
on which all your movements are written.
Usually, we only know the movements —
the gestures, the dance, the activity —
but we forget the **blank background** that allows them.

When you stop completely,
you come face to face with this **no-movement body**,
this silent foundation beneath every action.
It is the same silence that holds the entire universe together.

As you rest in this stillness,
you will begin to feel **energy moving within the body** —
not as muscular motion,
but as a living current of life flowing through subtle channels.
This inner movement is spontaneous;
it knows exactly where to go.

After the intense expression of shaking and dance,
the body now begins to **heal, realign, and regenerate**.
Energy travels to the places that need balance,
the nervous system settles,
and awareness returns to its natural harmony.

Usually, we are always moving,
and so the body never gets the chance
to reveal its own intelligence of healing.
But when the body is **utterly still**,
it becomes a **temple of restoration**.
Stillness itself becomes medicine.

8. Stage 4 of lying down will teach you death and letting go.

Absolutely  — the **final stage, lying down**, is deeply symbolic and transformative.
It's not just physical rest; it's a **meditation on surrender, impermanence, and letting go**.

🌙 Stage 4: Lying Down – Death, Surrender, and Integration

🍷 1. Symbolic Death

When you lie down fully and surrender your body to the earth, it is like a **practice of death**.

- The body rests completely.
- The ego-mind relaxes.
- Control is released.

This teaches a subtle truth: **life is movement, but ultimate liberation is in letting go**.

By lying down intentionally, you practice releasing attachment to form, habit, and effort — just as death dissolves the body into the earth.

🌊 2. Letting Go

- Every muscle, every thought, every impulse is surrendered.
- The energy that was active, expressive, and vibrating now **settles naturally**.
- You let go of tension, expectation, and identification.

This letting go is a rehearsal for spiritual surrender — a way to experience **peace beyond effort**, even while alive.

🌌 3. Integration of Energy

- The energy awakened in shaking and dancing, and refined in sitting still, now **flows through the body evenly**.
- Subtle channels are cleared, chakras balanced, and the nervous system restored.
- The body becomes a **grounded vessel of awareness** — fully integrated, harmonized, and rested.

🧘 4. The Stillness of Being

- Lying down in full surrender lets you **feel the vastness within**.

- Your body becomes a silent container for consciousness itself.
- You experience the paradox: even in letting go, you are fully present — alive in deep stillness.

✨ Essence

Lying down is a **meditation on death and surrender**. It teaches you how to let go, integrate energy, and rest in pure being. What was active now dissolves. What was separate now merges. The body becomes a temple of divine awareness, the mind becomes a sky of silence.

9. When you lie down, you learn to be comfortable with emptiness. By ending your practice this way, you surrender everything back to the Source (Shakti). Spiritual life is not about "collecting" high experiences. If you try to hold onto those moments, you will suffer when they inevitably fade. However, if you learn the art of letting go, you stay open. Emptiness is not a loss; it is the ground where new cycles begin. If you don't embrace the empty space, you will find yourself mourning the past instead of being ready for the new life being born.

Beautiful insight 🌸 — this captures the **profound spiritual teaching** of the final stage: that true transformation is not in collecting experiences but in **learning surrender, emptiness, and cosmic alignment**.

🌙 Stage 4 (Lying Down) – Embracing Emptiness and Cosmic Alignment

🌀 1. The Zero and the Empty

When you lie down completely, the body becomes **still and empty**.

- The mind, which chases experiences and sensations, also quiets.
- This “zero” state is a **direct acquaintance with emptiness** — a place beyond doing, beyond holding, beyond grasping.

It is a rehearsal for **true surrender**:

Recognizing that the Self does not cling to high experiences, spiritual highs, or personal gain.

2. Surrender to Shakti

- The act of lying down is **offering yourself to the cosmic energy, Shakti**.
- You consciously let go of the body, mind, and all desires.
- In this surrender, energy flows in alignment with universal patterns, not personal ambition.

Spiritual principle: Spiritual growth is **not about hoarding ecstatic experiences** — it is about **aligning with cosmic rhythms**, letting the universe organize energy in the right way.

3. The Danger of Collecting Experiences

- If you cling to high experiences or spiritual sensations, you create **attachments**.
- When they fade (as they inevitably do), you feel loss, disappointment, or mourning.
- You learn less from the process, because your awareness is stuck on what you have “gained.”

4. Emptiness as Creative Space

- Lying down in stillness creates a **blank space**, a fertile ground for **new cycles of energy and awareness**.
- The energy doesn't stagnate; it **resets patterns, heals, and harmonizes** the subtle and physical bodies.
- From this emptiness arises **true creative potential**, free from attachment.

In essence:

Emptiness is not nothing — it is the womb of all creation.

Surrendering to it ensures you participate in cosmic flow, rather than chasing personal highs.

5. Essence in Simple Words

By lying down and surrendering,
you **learn to let go**.

You do not hoard spiritual highs.
You allow cosmic energy to reorganize and heal.
From emptiness, new cycles arise, fully alive and balanced.

10. Guided Meditation

Perfect 🌸 — here's the **full, integrated 1-hour Music Meditation Script**, incorporating all your deep insights about **totality, five elements, freedom from judgment, healing, third-eye awareness, and surrender to Shakti**. It's structured for **guided narration with musical timing cues**.

1-Hour Music Meditation – The Four Stages

Total Duration: 60 minutes

- Stage 1: Shaking – 15 min
- Stage 2: Dancing – 15 min
- Stage 3: Sitting Still – 15 min
- Stage 4: Lying Down – 15 min

Introduction (1 minute)

Welcome, beloved ones.

Today we embark on a journey from movement to stillness, from expression to surrender, from activity to cosmic alignment.

Over the next hour, we will pass through four stages: shaking, dancing, sitting still, and lying down.

Let the music guide your body, mind, and energy — let the Divine express through you.

Stage 1: Shaking – Release & Totality (15 minutes)

(Music: rhythmic, energizing)

Stand with your feet shoulder-width apart, knees relaxed, spine upright but loose. Close your eyes and take a deep breath... and exhale fully.

Now allow your body to **shake freely**. Do not control it — let it move naturally.
The key to awakening energy, kundalini, and creativity is TOTALITY.
Totality means engaging **all five elements**:

- **Earth**: the body's weight grounding you to the floor.
- **Water**: fluid emotional expression flowing through your muscles.
- **Fire**: the inner intensity, passion, and vitality.
- **Air**: breath and lightness, expansion of energy.
- **Space**: the inner stillness that witnesses all.

In totality, **movement and stillness coexist** — the body shakes, the inner space remains still.

Put your **full power** into the shaking — every cell participates.

Allow emotions, tension, or blocks to rise and dissolve.

Shake as if everything held within you is being released.

(After ~10 minutes)

Gradually let the shaking slow... feel the silence emerging from the movement.

Stand still, aware of the energy now alive within you.

Stage 2: Dancing – Celebration & Flow (15 minutes)

(Music: joyful, ecstatic, devotional)

Let the music take over completely.

Dance freely. Do not think how it looks — **you are not performing for anyone**.

Your mind may start judging your movement, trying to make it socially acceptable or aesthetic.

Let that go. Stay with your flow — wild, gentle, fast, or slow.

Totality here means putting your **whole being** into the dance — body, breath, heart, and still-awareness.

Move with joy, passion, and surrender.

Let energy rise from your feet to your crown.

The dance is not yours — it is existence moving through you.

(After ~10 minutes)

Feel the movements soften naturally, slowing into stillness.

Stand quietly, eyes closed, sensing the energy vibrating within.

Stage 3: Sitting Still – Awareness & Healing (15 minutes)

(Music: soft instrumental or silence)

Sit down in a comfortable cross-legged posture. Place a cushion under your buttocks if needed.

Close your eyes.

Make a gentle command to your body: **“Be completely still.”**

No swaying, no head scratching, no slouching. Let the body become **stone-like, immovable, and steady.**

Observe everything that arises: your breath, the flow of energy, any thoughts.

If distracted, gently return to the intention of **sitting still.**

Why stillness matters:

- It allows the **activated energy** from shaking and dancing to **rise toward the third eye.**
- The body becomes a **blank page** — usually we only move and never feel the empty potential of stillness.
- Energy can now **flow to different parts of the body**, healing and harmonizing after intense expression.

In this stage, **movement turns into meditation.**

Breath becomes awareness, energy becomes light, and the mind settles into luminous silence.

Sit like a mountain. Watch like the sky. Let all movement dance within your stillness.

Stage 4: Lying Down – Surrender, Death & Emptiness (15 minutes)

(Music: very gentle, serene, flute, ambient tones or silence)

Now slowly lie down on your back.

Arms relaxed, palms facing upward. Legs comfortable. Close your eyes fully.

Lying down symbolizes **death and letting go.**

You surrender the body, the mind, and the ego.

Energy that was active now **settles and integrates**, harmonizing subtle and physical systems.

This is also a practice in **emptiness and cosmic alignment:**

- You do not cling to spiritual highs or ecstatic experiences.

- You allow the body and energy to **reset, heal, and align with cosmic patterns**.
- Emptiness is fertile — it gives rise to new cycles, unbound by attachment.

Surrender fully to **Shakti** — the cosmic energy.

Feel the stillness as a vast blank canvas.

Do not resist, do not hold — simply **let go**.

(After ~10 minutes)

Feel deep peace as the body, mind, and energy merge with the silence within.

You are grounded, balanced, and aligned with the cosmic flow.

(Final 2 minutes)

Whisper softly to yourself:

“I surrender. I am empty. I am whole.”

Let the silence permeate your being.



Closing (Optional, 1 minute)

Slowly bring awareness back to your body.

Move your fingers and toes. Stretch gently if needed.

Sit up slowly, carrying this **stillness, energy, and surrender** into your day.

Remember: true meditation arises from the flow of movement → stillness → surrender.



Key Highlights:

- **Stage 1:** Shaking with five elements, full totality.
- **Stage 2:** while staying Still Dance freely, no judgment, energy rises and expresses fully.
- **Stage 3:** Sit still, energy rises to the third eye, healing occurs.
- **Stage 4:** Lying down, surrender, emptiness, alignment with Shakti, integration of energy.

11. Instructions

Absolutely 🌸 — this is an important guidance section, and it's crucial for participants to understand **why and how** these precautions and recommendations matter. Let me break it down clearly:

Daily Practice and Duration

- This meditation is **most effective when practiced daily for at least 21 consecutive days**.
- Daily practice allows the **energy channels, nervous system, and subtle body** to adjust gradually.
- The 21 day period helps your body and mind **absorb, integrate, and stabilize the awakened energy**.
- After 21 days, you can continue as needed — sometimes daily, sometimes a few times a week — depending on your comfort and intuition.

Why daily practice matters:

Energy, like water in a river, flows best when consistently nurtured. Intermittent practice may awaken energy but not allow it to settle or integrate fully.

Possible Intense Effects

- Many participants experience **immediate, powerful sensations**: tingling, warmth, subtle vibrations, emotional release, or bursts of creativity.
- These effects are **signs that energy channels are opening** and that the body-mind system is responding to movement and awareness.
- While these experiences are natural, they can feel intense if the body or nervous system is not prepared.

Medical Precautions

- If you have a **medical condition**, are **physically impaired**, or are **pregnant**, this meditation — especially the shaking and dancing stages — may be too intense or unsafe.
- These stages involve vigorous movement that can affect circulation, joints, and balance.
- **Alternative meditations:**
 - **Visualization Meditation** – engage with energy and awareness mentally, without physical movement.

- **Gibberish Meditation** – a gentle expressive method that activates energy vocally rather than physically.
- **Consult a medical professional** if you have any doubts about whether this practice is safe for you. Safety is a form of self-care and respect for your body.

🌸 Essence of this Guidance

This practice is **powerful and transformative**, but it requires **respect for your body and limitations**.

Practice daily for at least 21 days to integrate fully.

Honor your body, take precautions, and use alternative methods if needed.

Still-Awareness, consistency, and safety together bring the **best results**.

12. Smaller Sessions

Absolutely 🌸 — this is a very important addition because it **honors individual limitations** and encourages a **gradual, mindful approach**. Here's a clear explanation that can be included in your guidance section:

🌀 Adapting the Practice for Physical Limitations

- Some participants may have **injuries, health conditions, or chronic physical limitations** that make the full 1-hour practice difficult initially.
- **Listening to the body** is essential — it often gives signals if something is too intense or not suitable.
- Instead of forcing the full routine, these participants can:
 - Begin with **shorter sessions** (e.g., 5–10 minutes of shaking or dancing).
 - Gradually **increase duration and intensity** as the body becomes stronger and more accustomed.
 - Skip or modify stages that feel unsafe, and focus on **gentle movement, visualization, or seated practices**.

🌿 Principle of Gradual Integration

Energy awakens gently. Pushing too fast can create tension, strain, or discomfort. By starting smaller and working toward the full practice, the body and mind **learn to**

integrate energy safely.

Over time, even participants with limitations can experience **the full benefits** of the meditation without risking injury.

✨ Essence

- Respect the signals of your body.
- Start small, build gradually.
- The goal is **integration, healing, and awakening**, not performance or speed.
- Every person's journey is unique — even partial practice is **valuable and transformative**.

13. What is Gibberish Meditation?

Gibberish Meditation 🌱 is a **gentle, expressive, and freeing meditation** that uses **nonsense sounds or spontaneous vocalizations** to release energy, emotions, and mental blocks.

It is especially suitable for people who **cannot do vigorous movement** due to injury, health issues, or pregnancy.

Here's a detailed explanation:

🧠 What It Is

- Instead of structured words or language, you **make sounds, nonsense syllables, or gibberish** aloud.
- These sounds are **spontaneous and free-flowing** — they do not have meaning.
- The practice can be done **sitting, lying down, or even standing gently** — no intense movement is required.

🔗 Purpose

1. **Release Energy:**

- The voice is an energy channel.
- Gibberish vocalization lets blocked energy **flow freely**, similar to shaking or dancing.

2. Emotional Release:

- Feelings trapped inside — frustration, sadness, tension — can be expressed through sound.
- It allows for **catharsis without judgment**.

3. Mental Quiet:

- Because the sounds are nonsense, the **thinking mind is bypassed**.
- Mental chatter reduces, leaving awareness more present.

4. Creativity & Flow:

- The practice awakens **spontaneity and playfulness**, connecting you to inner creativity.

How to Practice (Simple Version)

1. Sit or lie down comfortably. Close your eyes.
2. Begin to make **spontaneous sounds** — nonsense words, hisses, sighs, hums, or any syllables that arise.
3. Let the **volume, pitch, and rhythm** vary naturally.
4. Allow any **emotions, energy, or tension** to express through the sounds.
5. After 10–20 minutes, gradually **slow down** and settle into **silence**, noticing the energy released and calmness in the body.

Who Can Benefit Most

- People with **injuries, health conditions, or pregnancy**, who cannot shake or dance vigorously.
- Anyone who wants a **gentle yet powerful way to release tension, stress, or emotional blocks**.
- Beginners who want to **explore energy awakening** without physical strain.

✨ Essence

Gibberish Meditation is the voice's way of letting go — **energy, emotions, and thoughts flow through sound**, bypassing the mind and awakening natural inner vitality.

14. Gibberish meditation clears garbage from the mind.

Exactly 🌸 — that's a key insight about Gibberish Meditation: while movement-based practices **work primarily with the body and its stored energy**, Gibberish Meditation **clears mental clutter and external influences**. Let me expand this so it can be seamlessly included in your guidance or meditation script:

🧠 Gibberish Meditation – Clearing the Mind

1. Energy vs. Mind:

- **Shaking and dancing:** Release tension, trapped emotions, and stagnant energy from the body.
- **Gibberish meditation:** Releases **mental clutter** — thoughts, judgments, and absorbed external influences.

2. The Modern Context:

- Today, our minds are constantly exposed to **voices, opinions, propaganda, and information** from social media, news, and the internet.
- Much of this input is **not ours**, yet it stays stored in our consciousness, subtly affecting emotions, decisions, and mental clarity.

3. How Gibberish Helps:

- Speaking nonsense bypasses the structured, critical mind.
- It allows the **mind to discharge these “downloaded” thoughts** and opinions naturally.
- By vocalizing freely, the mind **lets go of clutter**, just as shaking lets the body release tension.

4. Powerful Effects:

- Clears mental fog, judgments, and unnecessary thought patterns.

- Awakens **creativity, spontaneity, and playfulness**.
- Creates a sense of **mental lightness and freedom** in today's overstimulated environment.

✨ Essence

While the body is purified and energized through movement, the mind is purified and liberated through **sound**.

Gibberish Meditation is the voice's way of clearing the mind, making space for clarity, awareness, and presence.

15. If you are new to the catharsis methods, it is best to do shaking and dancing meditation, leave a gap and do the Gibberish separately.

Absolutely 🌸 — that's an important **safety and effectiveness guideline**. Let me explain it clearly so it can be included in your meditation instructions:

⚡ **Guideline for Beginners: Separating Movement and Gibberish**

1. **Why Separate:**

- Shaking and dancing **release physical and emotional tension**.
- Gibberish meditation **releases mental clutter**.
- Doing both back-to-back can feel **overwhelming for beginners**, because the body and mind are being activated intensely in different ways.

2. **Recommended Approach for New Practitioners:**

- Begin with **shaking and dancing sessions first**, focusing on the **body and energy release**.
- Take a **gap of rest or at least a few hours**. Let the energy settle in the body.
- Then, practice **Gibberish Meditation separately**, focusing on **mental release and clarity**.

3. **Benefits of Separation:**

- Ensures the **body and mind are not overstimulated**.

- Allows you to **fully experience the effects** of each practice.
- Helps beginners **integrate the releases safely** without discomfort or fatigue.

🌸 Essence

For those new to cathartic practices: **Shake and dance first, rest, then do Gibberish separately.** This sequence respects your body, calms the nervous system, and allows both **energy and mental release** to happen naturally and safely.

16. Can i do above process if i follow other practices?

Yes 🌸 — you **can do this process alongside other spiritual practices**, but there are some important points to consider to ensure **balance, integration, and safety**. Let me explain clearly:

🏹 Combining This Meditation with Other Practices

1. Check Energy Levels:

- Shaking, dancing, and sitting still **activate and move a lot of energy**.
- If you already do other energy practices (yoga, pranayama, intense meditation, or spiritual exercises), be mindful of **not overloading your system**.
- Always **listen to your body** — fatigue, dizziness, or emotional overwhelm are signals to adjust.

2. Time and Sequencing:

- Ideally, do this meditation **separately from other intense practices**, especially if they also involve energy activation.
- For example:
 - Morning: Gentle pranayama or meditation.
 - Later: Shaking/Dancing/Sitting/Lying down session.
- This gives your body and mind **time to integrate** each practice.

3. Adaptation for Beginners:

- If you already follow a strong spiritual routine, you can **start with shorter sessions** of this meditation.
- Over time, you can increase the duration as your energy stabilizes.

4. Complementary Practices:

- Practices like **silent meditation, gratitude meditation, or visualizations** complement this process well.
- Gibberish Meditation also fits nicely **on separate days** to clear mental clutter without taxing the body.

5. Intention Matters:

- Keep your intention clear: this is **energy release, awareness, and surrender**.
- Avoid using it as a “performance” or comparison with other practices — it is **for your body, mind, and energy alignment**.

Essence

You can absolutely combine this process with other practices, but do so **mindfully and gradually**.
Give your body and mind space to integrate,
and adjust duration or frequency based on your energy and comfort.

17. Kundalini-Meditation

This meditation lasts 1 hour and should be done with the accompanying music, designed by OSHO. The process involves 15 minutes of shaking, 15 minutes of dancing, 15 minutes of sitting absolutely still, 15 minutes of lying down to ground your energies.

The music will change for each step, so you will know when to move from one stage to the next. For the last 15 minutes of lying down, the audio is silent. At the end, a bell will ring, to let you know the meditation is over. Then, you can slowly come out of meditation in your own time.

Following the full 1 hour audio is highly recommended, it is deliberately designed.

Kundalini-meditation <https://youtu.be/6HBDMXwlnog?si=Bg1axO3miNF19ppG>

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