

OSHO Divine Healing Exercises

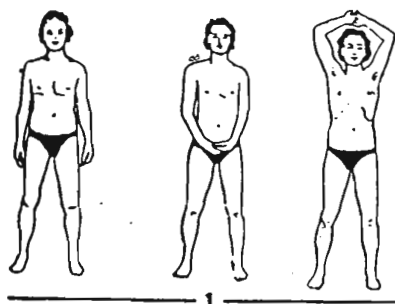
PART I

MINI-ROUND

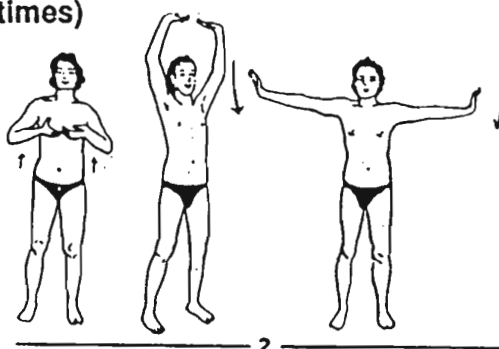
- ◆ Stand with your feet shoulder-width apart
- ◆ Keep your knees bent and jaws relaxed
- ◆ Synchronize correct breathing with each movement
- ◆ Inhale through the nose down into the belly
- ◆ Exhale through the mouth with each body opening or extension
- ◆ Remain constantly relaxed, with no body tension or discomfort
- ◆ Wear loose clothing, particularly around your waist
- ◆ Practice divine healing on an empty stomach

BREATH OPENERS

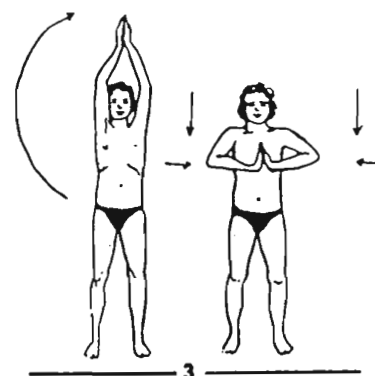
(repeat each movement three times)



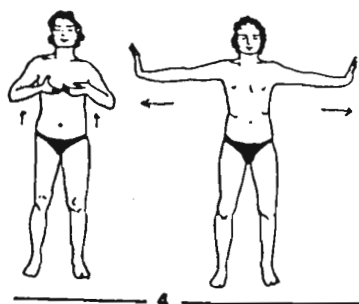
1. Inbreath: fold hands together and stretch arms upwards and over the head.
Outbreath: bring folded hands down.



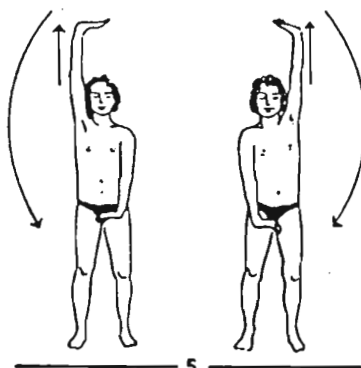
2. Inbreath: palms facing upwards, stretch arms upwards, above the head.
Outbreath: separate arms and move them down to the sides, palms down.



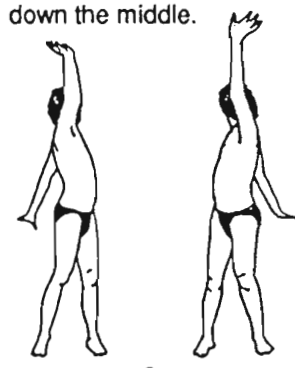
3. Inbreath: move arms up from the sides and bring together over the head.
Outbreath: press palms together and bring hands down the middle.



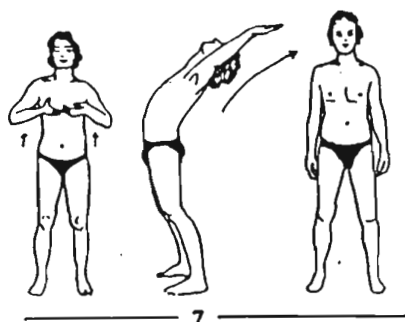
4. Inbreath: palms upwards, bring hands up together. At shoulder level, separate hands and push palms towards imaginary walls on the sides.
Outbreath: relax hands and bring arms down to your sides.



5. Inbreath: hands together, left palm downwards, right palm upwards, bring right arm upwards, until palm is stretched horizontally above your head, and "separate heaven and earth."
Outbreath: bring right arm down the side of the body (See direction of arrow).



6. Inbreath: left arm down, right arm up diagonally, turn to your left side all the way and rotate spine and head, eyes open.
Outbreath: rotate back and bring right arm down, Reverse sides and arms.

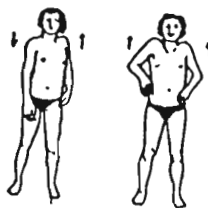


7. Inbreath: palms up, bring arms up over your head and lean backwards.
Outbreath: bring arms down to your sides.

LOOSENING THE JOINTS



1. Head: Roll, stretch, turn and nod the head in all different directions. Stretch the neck muscles and make funny faces.



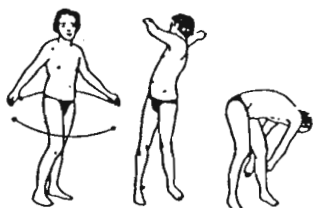
2. Shoulders: Roll both forwards, backwards, alternating one shoulder with the other. Pull both shoulders up as high as you can on the inbreath, release them on outbreath, 7 times.



3. Wrists, hands and elbows: Rotate in a circle in each direction, then pull fist down and around (like rowing a boat). Hold the back of one hand with the other twisting the wrist one direction, interlace fingers and twist wrist in other direction. Bend wrists down and up pushing the hand, then pull thumb to touch wrist. Pull pinch and shake each finger, stretch 'web' between fingers. Clasp hands and fold arms inside out. Shake hands.



4. (3x's) Tapping to open the energy meridians: With a soft fist, tap on the shoulder and move slowly down the inside of the arm and then up the outside of the arm. Then down outside leg and up inside leg. Repeat on other side of the body.



5. (3x's) Spine: **Inbreath** – swing arms and twist spine to left. **Outbreath** – swing to right, arms loose, eyes open. Start slowly, increasing speed gradually. After a while, raise arms all the way upwards and then come down, bending waist;



6. Hips: move hips in circles; spend time on tight spots. Take wider stance and move in figure eights and in circles.



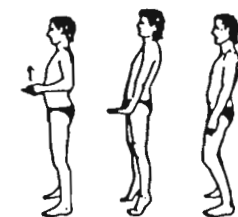
7. Knees, feet and ankles: lift one knee up, stretch foot forward, backward; rotate ankle, rotate knee, then stretch leg forward and flex foot forward and backward.



7a. Raise arms and stretch back leg. Keep this balanced stand for three breaths. Then take hold of foot and pull it towards buttocks. Hold position for a few moments. Then change legs.

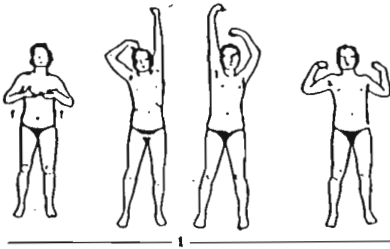


8. Legs:
1) Swing one leg forwards and backwards several times, swinging arms in opposite direction, change leg.
2) Swing leg in front of you, arms in opposite direction, change legs.
3) Rotate leg from the front to the back, change legs.
Shake leg thoroughly in all directions.

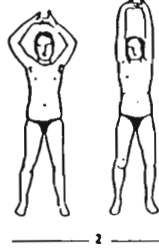


9. (3x's) Centering. **Inbreath**: lift both hands to heart level, palms facing up. **Outbreath**: push hands down, palms facing down, at the same time coming up on your toes, lifting heels. Come down firmly on heels.

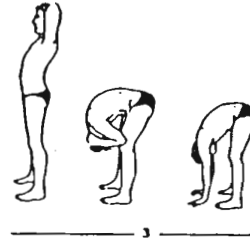
STRETCHING MUSCLES AND TISSUES



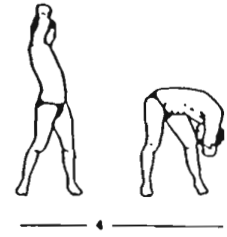
1. Inbreath: Arms stretched up. Now pick grapes, with one hand after the other, holding your breath and keep picking as you need to breathe out. Take a deep breath and move arms down to shoulder height, gathering the energy in your hara. **Outbreath:** Arms go down.



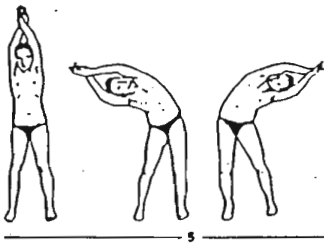
2. Inbreath: Palms up, arms up to the sky, stretch. **Outbreath:** Push up against the sky.



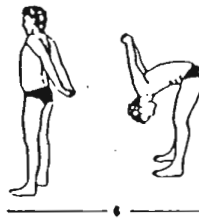
3. Inbreath: Put folded hands on the back of your head. **Outbreath:** Push head and then spine slowly downwards. Hold for a while then let hands go with a swing. Slowly roll back up with knees bent. **Inbreath:** Come back up slowly.



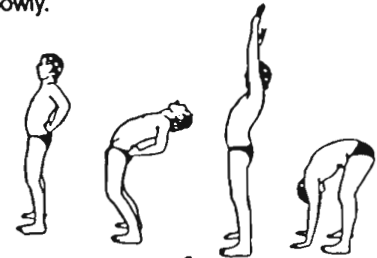
4. Inbreath: Hands hold elbows crossed over head. **Outbreath:** Turn and bend down upper body towards knee; change sides.



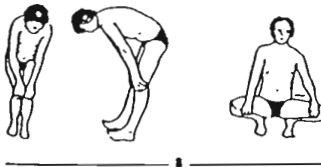
5. Inbreath: Stretch arms above head with hands interlocked. **Outbreath:** Bend and stretch to each side twice.



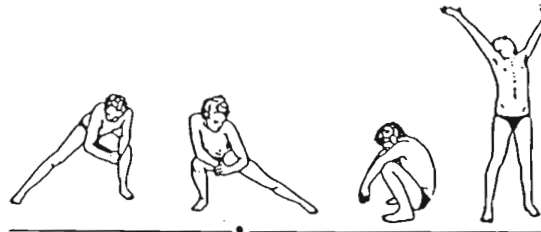
6. Inbreath: Holding one thumb, with fingers of the other hand with arms behind back. **Outbreath:** Bend forward, stretching arms up and over. Hold position. Release letting arms fall; slowly roll up.



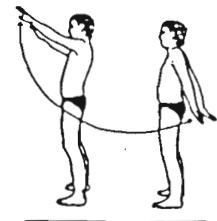
7. Inbreath: Place fists in lower back. **Outbreath:** Lean back sticking tongue out. **Inbreath:** Come back. **Outbreath:** Arms up, bend forward, knees straight.



8. Feet together bend and rotate knees, straighten legs lock knees; stretch and turn up toes, rock forward onto toes squatting down with knees wide. Then gently hit inside of bent knees with fists.



9. Take wide stand, stretch one leg to the side while bending the other, change sides, go as low as possible, change sides. Then curl up in squat position and slowly roll spine upwards until you stand with your arms outstretched over your head.



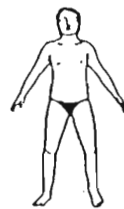
THE MASTER'S EXERCISE: Swing arms down on outbreath, up on inbreath preferably for 10 minutes.

The Five Healing Sounds

- 1) sing each sound with one breath, one by one - 3 x's
- 2) sing all the sounds consecutively swinging the arms round with one breath - 3 x's



AAH (METAL)
Stretch arms up and leaning back slightly
- white -



OOH (EARTH)
Arms come around to side of body fingers pointing to earth - as if holding two pumpkins.
- yellow -



UUUH (WATER)
Arms come up in front of hara stretched out parallel with palms up.
- dark blue -



EEEH (FIRE)
Arms stretched forward at heart level, palms facing each other.
- red -



IIIH (WOOD)
Arms raised straight up to the sky, parallel to ears.
- green -

