

## Osho Mahamudra Meditation

### Tantra: The Supreme Understanding, Chapter #6, 16 February 1975 a.m.

What is this Mahamudra again and again? What happens? Mahamudra is a state of your being when you are not separate from the total. Mahamudra is like a deep sexual orgasm with the whole. When two lovers are in deep sexual orgasm, they melt into each other; then the woman is no more the woman, the man is no more the man. They become just like the circle of yin and yang, reaching into each other, meeting into each other, melting, their own identities forgotten. That's why love is so beautiful. This state is called mudra; this state of deep orgasmic intercourse is called mudra. And the final state of orgasm with the whole is called Mahamudra, the great orgasm.

... This vibration of two as one is orgasm. When the same thing happens, not with another person, but with the whole existence, then it is Mahamudra, then it is the great orgasm. It happens. I would like to tell you how you can try it, so that the Mahamudra becomes possible, the great orgasm.

In Indonesia, there is a very rare man, Bapak Subud. He has come unknowingly to a method known as Latihan. He stumbled upon it, but Latihan is one of the oldest Tantra methods. It is not a new phenomenon; Latihan is the first step towards Mahamudra. It is allowing the body to vibrate, allowing the body to become energy, nonsubstantial, nonmaterial; allowing the body to melt and dissolve the boundaries.... Bapak Subud is a Mohammedan but his movement is known as "Subud."

... Latihan is simple. It is the first step. One has to stand relaxed, loose and natural. It is good if you stand alone and nobody is there to disturb you. Close your room, stand alone. If you can find someone who has already stepped into Latihan, his presence can be helpful, his very presence works like a catalytic agent, he becomes the opener. So, somebody who is advanced a little already can open you very easily; otherwise, you can open yourself also. A little more time will be needed, that's all.

... You are not to do anything; you are simply to be there, loose and natural, just waiting for something to happen. And if your body starts moving, you have to allow it, you have just to cooperate and allow. The cooperation should not become too direct, it should not become a pushing; it should remain just an allowing. Your body starts moving suddenly, as if you are possessed, as if a great energy from the above has descended on you, as if a cloud has come and has surrounded you -- and now you are possessed by that cloud, and the cloud is penetrating within your body, and your body starts taking movements. Your hands are raised, you make subtle movements, you start a small dance, soft gestures; your body is taken up.

... In Latihan you leave your whole body loose and you wait, and you cooperate, and suddenly you feel an urge. The hand is raising by itself, as if somebody is pulling it by some invisible strings -- allow it. And the leg goes moving; you take a turn, you start a small dance; very chaotic, with no rhythm, with no manipulation, but by and by, as you get deeper, it takes its own rhythm. Then it is no longer chaotic, it takes its own order, it becomes a discipline, but not forced by you. This is your highest possibility taking possession of your lowest body and moving it.

Latihan is the first step. And, by and by, you will feel so beautiful doing it that you will feel a meeting is happening between you and the cosmos. But this is only the first step. That's why in Subud something is missing. The first step in itself is very beautiful, but it is not the last step. I would like you to complete it. For thirty minutes at least -- sixty will be wonderful; by and by from thirty you reach to sixty minutes of latihan dancing.

In sixty minutes, your body, from pore to pore, from cell to cell, is cleansed; it is a catharsis, you are completely renewed, all the dirt is burned. That's what Tilopa says: In Mahamudra all one's sins are burned. The past is thrown into fire. It is a new birth, a rebirth. And you feel energy showering all over you, in and out. And the dance is not only outside. Soon, when you get attuned in it, you will feel an inner dance also. Not only that your body is dancing, inside the energy is dancing; and they both cooperate with each other. And then a pulsation happens, and you feel you are pulsating with the universe -- you have found the universal rhythm.

Thirty to sixty minutes is the time: start with thirty, end with sixty. Somewhere in between you will have the right time. And you will come to know: if you feel attuned near about forty minutes, then that is your right time; if you feel attuned at twenty minutes, then that is your right time. Then your meditation must go beyond that: if you feel tuned at ten minutes, twenty minutes will do; if you feel tuned at fifteen minutes, thirty minutes will do. Do it double, don't take any chances, so really you are completely cleaned. And end it with a prayer.

When you are completely cleaned and feeling that your body is refreshed -- you have been under a shower of energy, and your whole body is feeling one, undivided; and the substantialness of body is lost, you feel it more like an energy, a movement, a process, not material -- now you are ready. Then kneel down on the earth.

Kneeling down is beautiful; just like Sufis kneel down, or Mohammedans do their prayer in the mosque, kneel down like them because that is the best posture for latihan. Then raise both your hands towards the sky with closed eyes, and feel yourself to be like a hollow vessel, hollow bamboo; inside, hollow, just like an earthen pot. Your head is the mouth of the pot, and the energy is falling tremendously on your head as if you are standing under a waterfall. And you will be actually standing -- after the latihan you will feel it; it is like a waterfall, not like a shower. When you are ready it falls in greater strength, strong, and your body will start trembling, shaking, like a leaf in a strong wind; or, if you have stood under a waterfall sometime, then you will know. If you have never stood under one, go to a waterfall and stand under it and feel how it feels. That same feeling will come to you after latihan. Feel yourself hollow inside, nothing inside, just emptiness -- and the energy is filling you, filling you completely.

Allow it to fall into you as deeply as possible, so it can reach to your farthest corner of your body and mind and soul. And when you feel it -- you are so much filled, and the whole body is shaking -- kneel down, put your head down on the earth, and pour the energy into the earth. When you feel the energy is overflowing, pour down into the earth. Take from the sky; give it back to the earth, and you be just a hollow bamboo in between.

This has to be done seven times. Take from the sky and pour down into the earth and kiss the earth, and pour down -- be empty completely. Pour down as completely as you did for filling, be completely empty. Then raise your hands again, fill again, pour down again. Seven times it has to be done, because each time it penetrates one chakra of the body, one center of the body; each time it goes deeper in you. And if you do less than seven times, then you will feel restless after it because the energy will be hanging somewhere in between.

No, it has to penetrate all the seven chakras of your body so that you become completely hollow, a passage. The energy falls from the sky and goes into the earth, you are earthed; you simply pass the energy to the earth, just like electricity. For electricity we have to put an earth wire. The energy comes from the sky and goes into the earth, you become earthed -- just a vessel, a hollow bamboo passing the energy. Seven times -- more you can do, but not less. And this will be a complete Mahamudra.

If you do it every day, soon, within three months somewhere, one day you will feel you are not there. Just the energy is pulsating with the universe -- nobody is there, the ego is completely lost, the doer is not. The universe is there, and you are there, the wave pulsating with the ocean -- that is Mahamudra. That is the final orgasm, the most blissful state of consciousness that is possible.

#### MAHAMUDRA MEDITATION

Stage 1: 30– 60 minutes, Latihan. Opening to allow energy to flow through and move the body. No conscious effort is needed to move, allow it to happen by itself.

Stage 2: 20 minutes, Prayer – opening to receive energy from the sky then when full, empty into the earth by bowing down, with forehead touching the ground. Do this at least seven times.

Stage 3: 15 minutes. Silence - lying down with belly on the ground, like a baby resting on its mother's body.

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