



A meditative technique which will help you to feel more vibrant and alive, enjoying whatever life brings.

Just take a deep breath. Feel it hitting in the middle of the chest. Feel as if the whole existence is pouring into you, into your heart. Do it at least five times – deep breaths; take it in, fill the heart. Just feel in the heart centre that existence is pouring in vitality, life.

Now exhale deeply, again from the heart, and feel you are pouring all that has been given to you back into existence. Do it many times in the day, but whenever you do it, do five breaths at once.

That will help you to shift from the head to the heart. And you will become more and more sensitive, more and more aware of many things of which you have not been aware. You will smell more, taste more, touch more, see more, hear more; everything will become intense. You will start feeling life really throbbing in you, ready to jump, ready to flow.

Osho

Excerpted from The Zero Experience.