

SOHAM INITIATION

I Am that I Am

This active meditation includes five stages. Maintain your eyes closed for the entire process. **The key is to be total.**

1. Shake

Relax. Be loose and natural and gently shake your entire body. Let go of any tensions, any stress, any blockages. Shake them all out and let go of any thoughts in your mind.

2. Dance

Let your body guide you as you move ecstatically, wildly: dance, jump, crawl, make sounds, use every muscle, every fibre, like a free, untamed animal. Let your body disappear into the music while you maintain complete awareness and observe the energy arising inside. When the music stops, remain standing still.

3. Who Am I

Let "who" become your mantra. Breathe vigorously into your sex centre as you jump up and down. Loud, fast and strong, and yell "who! who! who!" on each exhale. Straight to your root chakra, focus your body and mind. Be total and become the "who!" ("hoo!").

The mantra/question "who am I?" was the technique for Self-Knowing used by the Indian mystic Ramana Maharshi. Furthermore the word "Hoo" is also a mantra used by Sufis—it is one of the names for the Divine.

So pound yourself with this mantra "who!", take it to the inner reaches of your Being. Let the mantra work its magic on you. Focus your entire mind, body and breath on this single task. When finished, sit comfortably.

4. I Am That

Inhale "soooo", exhale "haaaam", softly and deeply. So Ham is the mantra meaning "I Am That", pure consciousness, bliss, truth. Beyond all words, all limitations, all dualities, all confusion. You Are That.

5. Meditation

Come to complete silence. Become the witness, the watcher. Relax, observe and meditate. Assimilate and incorporate the experience and any understandings you have into your consciousness.

"Who Am I?" is the most important question you can ask with your life

"Who am I?" is a question which involves the totality of our existence in all its depth and heights. This question will take me where I was before I was ever born, behind all my past lives. This question will take me where I was in the primeval beginning. The profoundness of this question is infinite. And so is its journey equally profound. Therefore, this question will immediately strike the basic centre, the deepest one: the kundalini."

– Osho, *In Search of the Miraculous*

