

Frequently Asked Questions (FAQ)

1. What should I bring to the AUM?

It is important to wear loose-fitting clothes which allow you to move your body. It can be hot in the room and you may sweat, so please bring one or two extra T-shirts with you. A dry, clean T-shirt feels good for you and for others when you hug.

2. Is the AUM a type of therapy?

No, the AUM is not therapy, and it is not a replacement for therapy. The AUM is a social meditation where you learn to master your emotions. The goal of the AUM is to transform negative emotions into positive, creative energy and to achieve personal well-being and peace of mind. The ultimate goal of this process is to create friendship between each other.

3. Why should I sign a contract?

The AUM leaders are there to ensure the safety and welfare of everyone in the meditation. Even so, each participant must take responsibility for their own actions. To create a safe environment, we have one central rule: you cannot be physically violent towards yourself, others or the environment. In order to make sure everyone is aware of the rules and guidelines, we ask each person to give prior written consent by signing the contract.

4. Can I join if I am pregnant?

The AUM is not suitable for women who are pregnant. The intense movements and emotions can be detrimental to your body and the unborn child.

5. Can anyone participate in the AUM?

No, not everyone can do the AUM. People under the influence of alcohol or drugs cannot join the AUM. Also people in treatment with a psychiatrist who are currently taking medication should not participate. There can be exceptions to this rule if there is prior communication from the psychiatrist to the AUM leader. People who have been under psychiatric treatment or who have had a psychotic episode in the past need to have a personal talk before attending.

6. I am currently in therapy, can I participate in the AUM?

You will first need to consult your counselor or therapist before joining the AUM. The reason is that participation in the AUM can influence the therapeutic process.

7. I don't know if I can cry — can I join the AUM?

Yes, you can join. For many people crying is difficult in the beginning. With practice it gets easier. Screaming can also be difficult at first, but through participating, you can learn how to express yourself and release these negative feelings. We will give you all of our support.

<https://docs.google.com/document/d/1r9qGRqQYK-Ov6gN5xkFI00K--5btxyUeo-Kb8gsq1oA/edit> 1/2

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AUM Meditation: Frequently Asked Questions (FAQ) - Google Docs

8. Where does the AUM come from?

Osho gave Veeresh the group "AUM Marathon" in 1975. It stands for Awareness, Understanding, and Meditation, and is an intense workshop of personal exploration lasting six days. In 1989, after

leading this group for many years, Veeresh created the AUM Meditation as a gift to Osho. It is a condensed version of his work that can be led and experienced all around the world.

9. If something is physically wrong with me, can I still join?

Yes, in most cases. It is important that you indicate to the leader what your limitations are. We will support you with creative solutions so that you can participate as much as possible.

10. What are the stages of the AUM and how long do they last?

There are 14 stages in the AUM, which take approximately 12 minutes each. The stages are: Negativity, Forgiveness, Positivity, Second Wind, Shaking, Freak Out, Dancing, Crying, Laughter, Dance of the Lovers, AUM-Chanting, Silence, Namaste and Sharing.

11. How does it work?

The AUM is based on the understanding that in order to be silent, the Western mind first needs to get rid of tension and stress. It is a highly active and interactive meditation that takes you on a rollercoaster ride into yourself. The stages consist of bio-energetic exercises, emotional release, dance, meditation, and various ways of meeting. Along the way, your co-meditators become mirrors in which you can see yourself clearly. You will move from one extreme to another (e.g. from crying to laughing and from negativity to positivity), to come finally to a deep inner silence. Then you are ready to meet each other with an open loving heart. The AUM is led only by specially trained and certified leaders.

12. What is the effect?

The Aum is an ideal opportunity to refresh old friendships and create new ones. It is healthy for your body and mind – giving you energy, relieving you of tension and stress, healing old pain, and helping you to get in touch with your strength and vitality. Afterwards you will feel satisfied, cheerful and relaxed. The AUM can change your life!

13. Can I come to the AUM with my partner?

Yes you can. We recommend that each of you do the meditation for yourself and follow your own process. Before the meditation starts, we ask you to make a clear agreement with each other about what you will do during the 'dance of the lovers.' In this stage you can either choose to stay together or go each your own way. Making clear arrangements beforehand can help you to avoid painful experiences.

Benefits of the AUM Meditation

Through **Awareness**, **Understanding** and **Meditation** you develop the awareness of the body, mind, emotions and spirit.

Physical Benefits

The AUM Meditation is a highly active meditation which involves your whole body. Through the exercises you lose weight, beautify your skin, and become more radiant and glowing. You improve your vitality and physical fitness, move your energy, and relax your body. You let go of physical tensions in the muscles and spine. Expressing repressed emotions frees your body and can help prevent illnesses like cancer, strokes and stomach ulcers. Stress will be reduced, your

blood pressure will be more balanced and your body detoxifies. It helps boost your immune system and increase your capacity to heal yourself.

Psychological Benefits

You develop emotional awareness through expressing and exploring feelings.

Cleaning out emotions such as anger and sorrow opens your heart and makes space for more happiness and love in your life. Getting back into your power increases your self-confidence. You become more grounded and centred. Becoming the master of your emotions means you can become the master of your own life. When you are not carrying the load of past emotions, you can respond consciously in any given situation instead of being a victim of emotional reactive behaviour. You feel more balanced and live your life more totally.

Spiritual Benefits

The more often you do the AUM the more you will learn how to witness your emotions and feelings. This will deepen your meditation and clear the space for silence and inner peace. You will see your mind more clearly and have increased your ability to master your thoughts.

Social Benefits

The AUM is a social meditation through which you connect with others, and learn from them. Doing the AUM with your friends gives you the chance to clear out negativity, have fun and share your heart. Hugging is healing and coming close to others will nourish you.