



Sweet Surrender

BY AMRITA

Inviting playfulness into my daily life supports me to fully embrace the moment and enjoy the magic and mystery the world offers. By letting go of a sense of limitation, being playful opens me up to something far greater than myself. This sweet surrender clears the path for transcendence and an expansion of spirit.

Bringing playfulness into my yoga and meditation practices profoundly changes the way I experience them and the world around me. When I first began meditating, I practiced sitting still and quiet, setting my intention to connect with the Divine. Sometimes it was easy to connect to my true nature, but often there was a feeling of separation from my blissful state and a deep longing to reunite with my true essence. As my meditation practice deepened, I began to notice that when I was feeling this sense of separation, my sitting meditation could take on a serious and heavy tone. I remember being on retreat with Deva Premal and Miten, and Miten telling us that Osho would always say something like, "If it isn't joyful, it isn't meditation." This struck me deeply as true and transformed the way I approached my practices.

Now, when heaviness creeps in as I am sitting in meditation, I remind myself to bring in more of a sense of playfulness. This playful meditation includes chanting mantra, breath work, and dancing to music. Chanting, breathing, and moving my body in a loose and natural way to music opens my heart and makes me feel lighter and brighter. The playfulness I invoke connects me to the bliss, joy, and love that I am, and these heart qualities express themselves by flowing through me. Playfulness allows me to creatively celebrate and to reunite with the Beloved.

In yoga class, I notice when my students become overly goal-oriented, striving to perform the perfect pose, that this creates a contraction around their practice. Our bodies have limitations, and our minds can be very critical and judgmental, telling us stories about those limitations. In those moments, I know that the most valuable thing I can offer to my students is to bring in more play. By embodying a relaxed attitude, a sense of fun and spontaneity, it makes even the most challenging postures more pleasurable and attainable. Whenever I become aware of a student tensing unnecessarily to achieve a posture, I like to say something light and playful to elevate the mood. This always positively affects the energy of the class. Being



playful allows us all to let go of the outcome and enjoy the process. It invites us to shift our focus to what we are able to do, inviting curiosity, exploration, and growth, which connects us to our innate goodness.

Playfulness is not relegated to the yoga mat and meditation cushion, but is a life practice. Over the past year I have been feeling the strain of the pandemic, feeling much more confined and uncertain. Listening or reading the news takes seriousness to a whole new level. Having the ability to tap into my playfulness affects not only me and those around me but, I believe, uplifts the collective energy as well. Osho's words on playfulness remind me that when heaviness descends I can create space for laughter, dancing, and celebration as ways to raise my vibration and experience the freedom and joy available to me in the present moment. ♡

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PLAY WITH MEDITATION
TECHNIQUES

This will look strange – that I say don't make meditation a practice, rather make it a play, a fun. Enjoy it while doing it, not for any result.

But our minds are very serious, deadly serious. Even if we play, we make it a serious thing. We make it a work, a duty. Play just like small children. Play with meditation techniques, and then much more is possible through them. Don't be serious about them; take them as fun. [...]

If you really understand me, these 112 techniques will show you that everything can become a technique – if you really understand. That's why there are 112. Everything can become a technique if you understand the quality of the mind that brings meditation. Then whatsoever you do can become a technique. Be playful, celebrate it, enjoy it. Move so deeply in it that time ceases. [...]

Take meditation as a fun, a festivity, a celebration of anything. You are just digging outside in the garden – it can become a technique. Simply dig and enjoy and celebrate the very act. Become the act and forget the actor. The "I" is not there, only the action remains, and you are present to the action, blissfully present. Then ecstasy is there – no impatience, no desire, and no motivation.

Vigyan Bhairav Tantra, Vol. 2, Chapter 12

OSHO

