

Meditation for Today “Dissolving the Armor”

This meditation is about dissolving a layer of protection, a certain type of invisible “armor” with which we have learned to face the world, creating our “risk-free” zone.

One of the ways we protect ourselves from situations or people that feel threatening is to create a kind of armor around ourselves, a “protective shield” that helps us feel less vulnerable, more safe and secure. It’s easy to see this in others – we even have a common expression to describe it; for example when a person who is normally shy and timid starts to speak up, we say, “she’s coming out of her shell.”

Sometimes this armor can be useful – even necessary. But the problem is that it often becomes a habit, a pattern, almost like a second skin that keeps us from feeling fully alive, spontaneous, playful, confident in ourselves and of who we are. But this shield has been with us for so long we don’t know how to get out of it – and we should in fact be able to take it off as easily as we put it on.

A woman came to Osho with just this difficulty, and this is what he said:

“You carry an armor around you. It is just an armor – it is not clinging to you, you are clinging to it. So when you become aware of it you can simply drop it. The armor is dead: if you don't carry it, it will disappear.”

He went on to suggest ways to start becoming more aware of this armor, using a meditation technique that brings awareness to where the armor is expressed in the body.

There are three parts to this meditation.

The Method

While walking or sitting:

Walking or sitting, exhale deeply. The emphasis should be on exhalation, not on inhalation. So exhale deeply – throw out as much air as you can throw. Exhale through the mouth, but do it slowly so it takes time. The longer it takes the better, because then it goes deeper. When all the air inside the body is thrown out, then the body inhales; don't you inhale. The exhalation should be slow and deep and the inhalation should be fast.

This will change the armor near the chest.

While walking, running or walking briskly:

Start a little running, jogging, or walking at a brisk pace. And now, while your legs are in movement, just visualize that a load is disappearing from the legs, as if it is falling off them. When our freedom has been restricted too much, our legs carry the armor. So start running, jogging, walking, or even unstructured dancing, and with the legs in movement feel that armor around them falling off. And again, as in the first step, put more attention on the exhalation of your breath.

Once you regain your legs and their fluidity you will have a tremendous energy flow.

Before going to bed:

When you are ready to go to sleep at night, take off your clothes and while taking them off, simply imagine that you are not only taking off your clothes, you are taking off your armor too.

Actually do it. Take it off and have another good deep exhalation while letting that armor dissolve.