

## Embodied Mantra Meditation Instructions – Week 3

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Patanjali's Yoga Sutras 2.46: *Sthira sukhum asanam.*

Asana (the seated pose) is both full of ease and steady. An easy upright seated pose is the beginning point for meditation.

Sutra 2.47: *Prayatna shaitilyananta sama pattibhyam.*

The seated pose is perfected by relaxing effort and meditating on the infinite.

In this meditation, you let your body carry you into the experience of your own Self. Even if your body seems imperfect, it is a form of consciousness. It is a manifestation of Shiva. Steps 1 – 15 prepare your body to soften and settle, the remaining steps take you into mantra meditation.

1. Settle easily into your seat. Let your spine soften and lengthen in a comfortable upright position...
2. Soften evenly through your belly and your back...
3. Soften through your hips and pelvis...
4. Let your legs soften evenly, front and back.
5. Let your toes and feet soften, the tops and bottoms of your toes and feet softening evenly
6. Soften your belly again, soften your belly and the portion of your back that is opposite your belly...
7. Let your chest soften, soften through your chest and the portion of your back opposite your chest...
8. If you know you have an area that is not softening or does not feel easy or soft, that is ok. You might want to tighten the same area on the other side to match.
9. Let your arms and hands soften, soften your hands, arms and shoulders...
10. Let your neck soften, including through your throat...
11. Let the back of your neck soften as much as your throat...
12. Soften through your face...

Meditation, Phil Milgrom, CSYT, CSMT

The Centered Place, PO Box 1210, Warren MA 01083-1210 ~ 413 436-7374

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13. Let the back of your head soften as much as your face...
14. Let the sides and top of your head soften as well...
15. As you soften into an easy motionlessness, the bones of your spine naturally support you, from the inside. Soften around your spine and let it support you.
16. Meditate – diving deeper into who and what you really are, Shiva – your own Divine Self. Apply your mind to mantra. Speak the words silently, *Om Namah Shivaya*. Place the mantra on your tongue, as if you are tasting the mantra ... Or move your tongue as if you are saying the mantra to yourself
17. And say the words like you mean them. You are honoring your own Self with each repetition.
18. Anytime you notice you're not repeating mantra, start it up again. It will carry you deeper than before.  
It's ok if you repeat mantra the entire time.  
You might get so immersed deep in your meditation that the mantra drops away. That is ok, too. It's when you notice you are not repeating mantra that you can start it up again.
19. Settle easily into your seat. Let your breath find its own pace and flow.
20. Ride that current of energy, the grace and blessings of those who have explored the innermost reaches of infinite Beingness, Shiva, your own Divine Self... Ride that current of energy all the way into the depth of your own Divine Self.
21. Meditate on your own Self.