

Mantra Meditation Instructions – Week 1

1. Settle into your seat. Let your spine soften and lengthen in an easy, comfortable upright position. It does not have to be perfect. If you become uncomfortable in your seat, you can adjust your position slightly. That should be enough. You might not realize how deep you are in meditation and don't want to disturb your own meditative state. Even if your body is uncomfortable, you can still meditate.
2. The purpose of meditating is to experience and know the Self.
3. To bring you to that experience, first repeat the mantra out loud for 7 to 8 minutes (ideally 108 times): Om Namah Shivaya (pronounced **OMMM NamahShiVYEya**).
4. Then, continue repeating the mantra silently to yourself. You can repeat it at a more rapid pace or a slower pace, or in between — as you prefer.

Say it like you mean it: you are honoring your own Divine Self.

5. If while meditating you notice you are not repeating mantra, start it up again.
If you find your mind is not letting go of certain thoughts, just add mantra to them. Mantra will deepen your meditative state.

It's ok if you repeat mantra the whole time. Mantra deepens your immersion into your Self. You might become so immersed that the mantra drops away. That's ok, too.

6. Let go. Your Divine Self is already who you are. No need to fight your mind or struggle. Ride the power of the enlivened mantra. Let it propel you deeper and deeper into the inner depths of your Being. Meditate on your own Self.