

Mantra Meditation Instructions – Week 2

This week you meditate coordinating the mantra with the breath. You can coordinate the mantra with your breath in any way that works for you. See the included table. Whatever you choose, you use an easy, natural breath.

Remember: you are not changing your breath to coordinate with the mantra; you are reciting the mantra in coordination with your breath.

1. First, settle into your seat. Let your spine soften and lengthen in a comfortable easy upright position.

It's ok if your seated position isn't perfect. If you become uncomfortable in your seat, you can shift slowly a little, once. You might not realize how deep you are in meditation and could disturb your own experience. Even if you are uncomfortable, you can still meditate.

2. Repeat the mantra silently while coordinating it with your easy, natural breath.

Repeat the words like you mean them. You are honoring your own Divine Self. OMMM Namah ShiVAIya.

If you notice you are not repeating mantra, return to the mantra again. Mantra will immerse you deeper into your own Self. It's ok to repeat mantra the whole time.

If your mind becomes obsessed with certain thoughts, just add mantra. Even with your mind active, you can still meditate. Mantra will take you deeper into your Self.

3. Let your meditation be easy. Your Divine Self is already who you are. Ride the current of Grace, the energy of the Masters who have enlivened the mantra. Let the current of Grace carry you deeper and deeper into the vastness of your Divine Self.
4. Meditate on your Own Self.