

Meditation, Mind, and Mantra: Pointers and Reminders

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You are beginning a new relationship with your mind and with your Self.

- ॐ Change the mind by changing what it repeats.
- ॐ “Whatever we plant in our subconscious mind and nourish with repetition and emotion will one day become a reality.” ~ Earl Nightingale
- ॐ The mantra puts the experience of Self into words and sound vibration; mantra gives you the experience of your Self.
- ॐ You meditate to know your Self.
- ॐ You are not your mind. You are much more than that. You are developing a new identity.
- ॐ Repeat your mantra during the day often. Then, when you meditate, you will already be close to your Self. You will dive in more easily.
- ॐ What runs through your mind is what you have established as important in the past. Say lovingly to your mind: “I know I have told you that this is important, but not now. Meditation on the Self is important now. Help me.”
- ॐ Meditation makes you more aware of the condition of your mind. It was always like that. Do not be discouraged by this. With practice, your mind will be quieter.
- ॐ Be a mind whisperer! Do not try to wrestle or subdue the mind. Be firm but loving and compassionate.
- ॐ Even if the mind seems overactive during meditation, on another level deep change is happening. Meditation is sweeping and clearing your mind; you are just seeing the debris as it passes by.
- ॐ If your mind runs wild in meditation, you need more preparation time.
- ॐ “Practice becomes firmly established by being continued for a long time, without interruption, and with great devotion.” ~ Patanjali’s *Yoga Sutra*, 1.14