

MANTRA TECHNIQUE WEEK 2

You can choose one of the following for your meditation practice – whatever is comfortable for you on a given day. Or find your own best fit. Remember to coordinate the mantra with the breath. Do not change the breath to fit the mantra.

Inhale		Exhale	
Om Namah Shivaya		Om Namah Shivaya	
Om Namah Shivaya 3x		Om Namah Shivaya 4x	
Om		Namah Shivaya	
Om Namah		Shivaya	
[Pause]		Om Namah Shivaya	
Om Namah Shivaya		[Pause]	
Inhale	Exhale	Inhale	Exhale
Om	Namah	Shivay	ya