

# Session 3

## Perfecting Your Practice of Meditation



CLOSE YOUR EYES



OPEN YOUR EYES

# Agenda

- Q&A
- The Structure of Mantras
- Prepare To Meditate
- When To Meditate
- How to Meditate
- Experiences During Meditation
- Practical Considerations
- Self Inquiry
- Om'Work
- Primordial Sound Meditation





# Primordial Sound Meditation

## Your Mantra

# Om [Bija] Namaha



# Primordial Sound Meditation Mantra

- No particular meaning
- Used for its vibrational quality
- Facilitates going beyond the mind



*“We are all vibrations in the music of the  
cosmos”*



# Prepare To Meditate

- The only lifestyle change you have to make to meditate is find the time!
- Primordial Sound Meditation can be practiced anywhere
- Meditation is best practiced in a **comfortable, seated** position with your **eyes closed**
- Use pillows and blankets if needed
- Avoid lying down, unless you have a situation that prevents you from sitting upright comfortably
- Create an inviting space, using incense may be helpful
- Gentle exercises (yoga) or breathing beforehand
- Minimize potential distractions, such as music - it's best to meditate in silence. Again, the intention is go within.



# When To Meditate



**R.A.W.  
MEDITATION  
DIET**


# When To Meditate

- Meditation is best practiced twice daily – 30 minutes each session
- First meditation is best done shortly after waking -  
**Right After Waking**
- Second meditation is best done in late afternoon or early evening -  
**Right After Work.**
- Avoid eating and heavy exercise immediately prior to meditating
- It's best to avoid meditating too close to bedtime
- It's best not to use the mantra every time you feel anxious or worried
- The most important thing is to find a routine that works for you, stick to it for 21 days.

# Create A Morning/Afternoon Ritual

- Step 1: Reflect on Your Current Morning/Afternoon Routine
- Step 2: Weave Your Meditation into Your Morning/Afternoon Routine
- Step 3: Meditate!





*“There’s no such thing as a bad meditation - only bad meditation is the one you don’t do!”*

# How To Meditate

- Sitting comfortably with your eyes closed, gently introduce the silent repetition of your mantra
- Repeat your mantra **easily** and **effortlessly**, as if you're listening to it – don't try, focus too hard, force or concentrate
- The less effort, the better - do less to gain more
- The mantra does not require a clear pronunciation
- When you become aware you have drifted to thoughts, sounds, or sensations in your body, gently return to the mantra
- End your meditation by letting go of the mantra, remaining with eyes closed for a few minutes, then gently moving back into activity



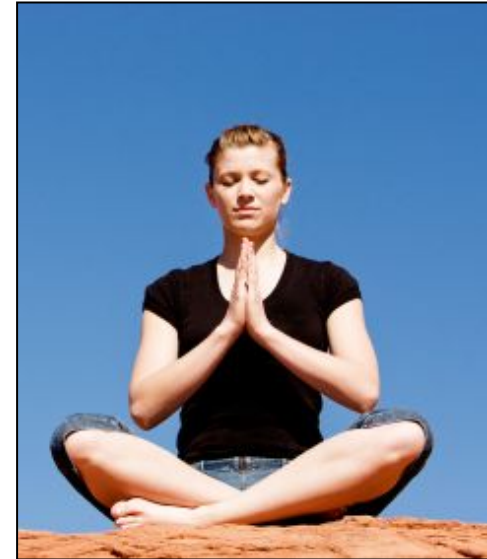
# Experiences During Meditation



- Falling asleep
- Thinking thoughts and restlessness
- Slipping into the “Gap”

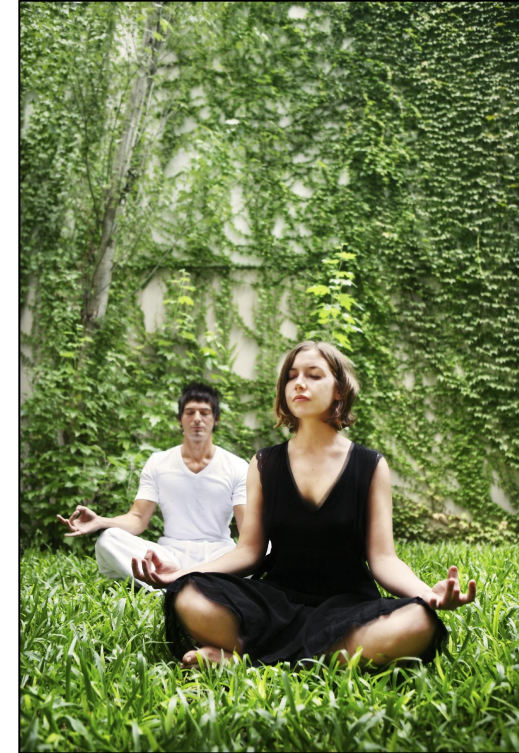
# Let Go of Expectations . . . and Keep Going!

- Avoid seeking a particular experience or result during meditation
- Approach meditation with innocence and non-judgment
- Each meditation is unique and will be best suited for you at that moment
- Practice effortlessness and allow the natural process to unfold



# Recognise the Sacred

- Keeping your mantra private and sacred enhances its effect
- Avoid judging your practice by the experiences that happen during meditation
- Established in a practice, ask yourself:
  - Are my desires fulfilled more easily?
  - Is my intuition stronger?
  - Am I happier and more relaxed?





# Practical Considerations

- Your breath mirrors your thoughts - every emotional state has an associated breath state. Don't try to control it. Breathe naturally
- 
- The breath will begin to settle as the body relaxes - this is the mind-body connection
- The breath *may* speed up if accumulated stress is being released
- The mantra has no particular rhythm, but it may fall into step with rhythm of external sounds or the breath, don't try to sync the two
- Treat noises as you would any other thought – if not possible, take a moment to address the situation and then return to your meditation when complete

# Mechanics of Stress Release

Mantra takes us within - Mind settles down - Body gains deep rest







# Timing and Completing Your Meditation Practice

- Use a watch if needed - your body will eventually adjust and automatically know when the time is up
- At the end of meditation, gently release the mantra and continue sitting comfortably with your eyes closed for a few moments
- A few minutes after having stopped the mantra, gently open your eyes and return to activity
- Allow for proper time to come out of meditation – even if it means ending meditation early



# Summary of Basic Principles

- Think your mantra gently, effortlessly - do less, gain more
- When you become aware that you are not thinking the mantra, gently come back to it
- Relinquish resistance or anticipation during meditation
- Meditate for 30 minutes, twice a day

# Self-Inquiry

- **Soul questions**
  - Who am I?
  - What do I want?
  - What is my purpose?
  - What am I grateful for?
- **“I Am” presence** – letting go of our temporary identity and opening to our true, eternal self
- **Sat chit ananda** – resting in existence, in awareness, in being
- **Core intentions**
  - Joyful, energetic body
  - Loving, compassionate heart
  - Reflective, alert mind
  - Lightness of being

# Om'Work

- Meditate twice/day before next session
- Create a morning and afternoon meditation ritual
- Use the Primordial Sound Guided Meditation
- Record your progress & reflect on your experiences during meditation in your journal



# Q&A





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# Namaste