

Simple Mantra Meditation

The following is a wonderful set of mantras that work in progression to take the practitioner from an un-settled, un-focused mental state to a state of being present.

By using a series of simple words and following the breath the mantras will guide you and create internal dialog that will foster descending levels of awareness from the mind into the consciousness. In other words the practice will lead you away from thinking and into being. It starts out with acknowledging the mind as it is and then turns to the body, then moves to the emotional level, then to the present moment and finishes in repeating stillness or as it is described in the Yoga Sutras; *Yogah chitta vritti nirodhah*, yoga is the settling of the mind into stillness (yoga sutra 1-2).

The practice is simple; you will use two words during each breath, one word as you breathe in and one word as you breathe out. The words themselves will create internal dialog which is one of the reasons for mantra use. Mantra's were originally used to constantly remind the practitioner of the very thing they were honoring or worshipping; like God; until it was all that was thought about and seen in every place that they looked; the image was burned into the mind. There is an interesting story about two yogis from the pashupata sect that used mantra meditation daily. One yogi used the image of a skeleton as an object of concentration to remind him of the fear of death. After several years it became so normal for him to see this image that even when he wasn't meditating he saw the skeleton clearly. One day while the two of them were eating lunch a beautiful woman walked by and the first yogi said to the second "did you see that beautiful woman walking by?" The second yogi responded by saying "what woman, all I saw was a skeleton walking by." That won't happen to you with this meditation but it is similar in that you will start to experience what you are saying to yourself. So let's get started.

Come to a comfortable sitting position, preferably sitting up tall but give yourself permission to be comfortable, and then start following your breath. Once the breath is established begin using the following two words during each breath.

1. As you breathe in say to yourself the word "**in**" and as you breathe out say to yourself "**out**". This will anchor the mind into the practice. Continue for a few minutes with this pair of mantras.
2. Next introduce two new words in the same manner as before (during the in and out breath). As you breathe in say to yourself "**deep**" and as you breathe out say to yourself "**slow**". This deep and slow will bring you into your body and feeling center. Continue for a few minutes with this pair of mantras.
3. The introduce next two words; as you breathe in say to yourself "**calm**" and as you breathe out say to yourself "**ease**". This calm and ease will bring you into your emotional body; feeling the calmness and ease of the moment. Continue for a few minutes with this pair of mantras.
4. Next introduce two new words; as you breathe in say to yourself "**present**" and as you breathe out say to yourself "**moment**". These words will continue to remind you that you are in fact in the present moment. You will most likely feel a deep sense of peace being

so present. These last words could be replaced with "**be**" and "**still**" or my favorite is "**so**" and "**hum**".

As you conclude your meditation time you can let the mantra go and linger in the stillness for a while. To come back, take a few deep breaths, roll your head gently and when you are ready open your eyes.

This is a simple and quick meditation practice that can be done anywhere when you have a few minutes; home, work or even outside.

Mantra referencing at a glance:

1. **IN**
OUT
2. **DEEP**
SLOW
3. **CALM**
EASE
4. **PRESENT**
MOMENT

OR

5. **BE**
STILL

The time in each segment can be as little as a few breaths in each to as long as you like. I suggest one or two minutes with each set of mantras and stay with the last mantra for as long as you like. If you use a timer (something that rings softly) you can relax into it without worrying that you will stay too long or be late for something.

Om Shanti,
Tony

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