

Primordial Sound Meditation

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Overview

Taking your next step toward a lifetime of fulfillment

- Introduction to Primordial Sound Meditation
- Personal Mantra Instruction
- Best Practices



DIFFERENT TYPES OF MEDITATION

Primordial Sound Meditation - Mantra

mantra

a word or sound repeated to aid concentration in meditation giving strength to the body, mind and soul.

- No particular meaning
- Used for its vibrational quality. Primordial sounds are the vibration of the universe
- Between each thought and the next, there is a gap
- The gap is silence that opens your mind to possibilities
- The mantra has the effect of drawing your awareness back to the gap
- We are not our thoughts

Preparation

- 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
- Minimize potential distractions, such as music and television noise



When

- Meditation is best practiced twice daily—30 minutes each session
- First meditation is best done shortly after waking
- Second meditation is best done in late afternoon or early evening
- 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



How

- 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, force, or concentrate
- 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



Meditation Space

100% Up To You

Indoors

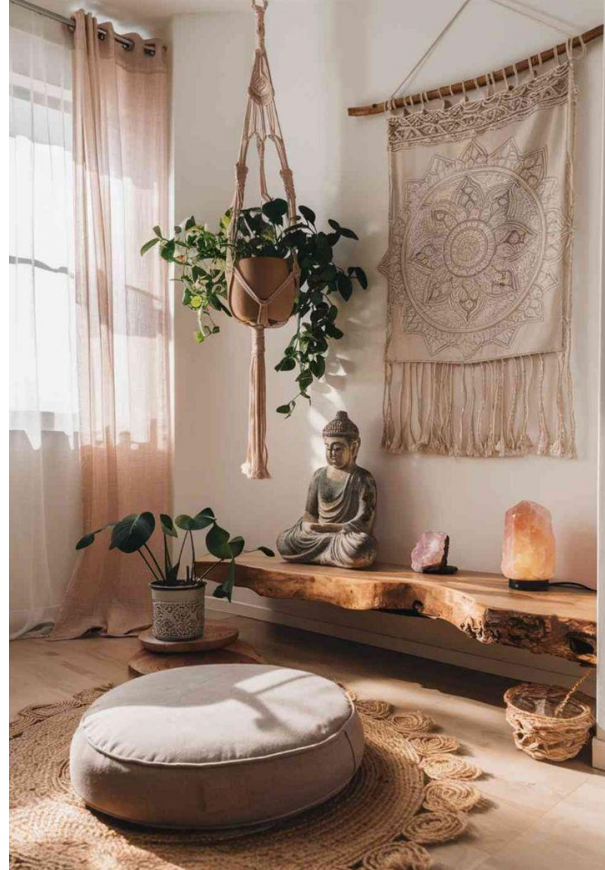
Quiet area

Same area

Pictures, crystals, candles

Pillow or blanket

Avoid music



Recognize 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?

Primordial Sound Meditation

Your Mantra:

Om [bija] namaha

Experiences



- Repeating the mantra
- Thinking thoughts and restlessness
- Falling asleep
- Slipping into the Gap

Expectations

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



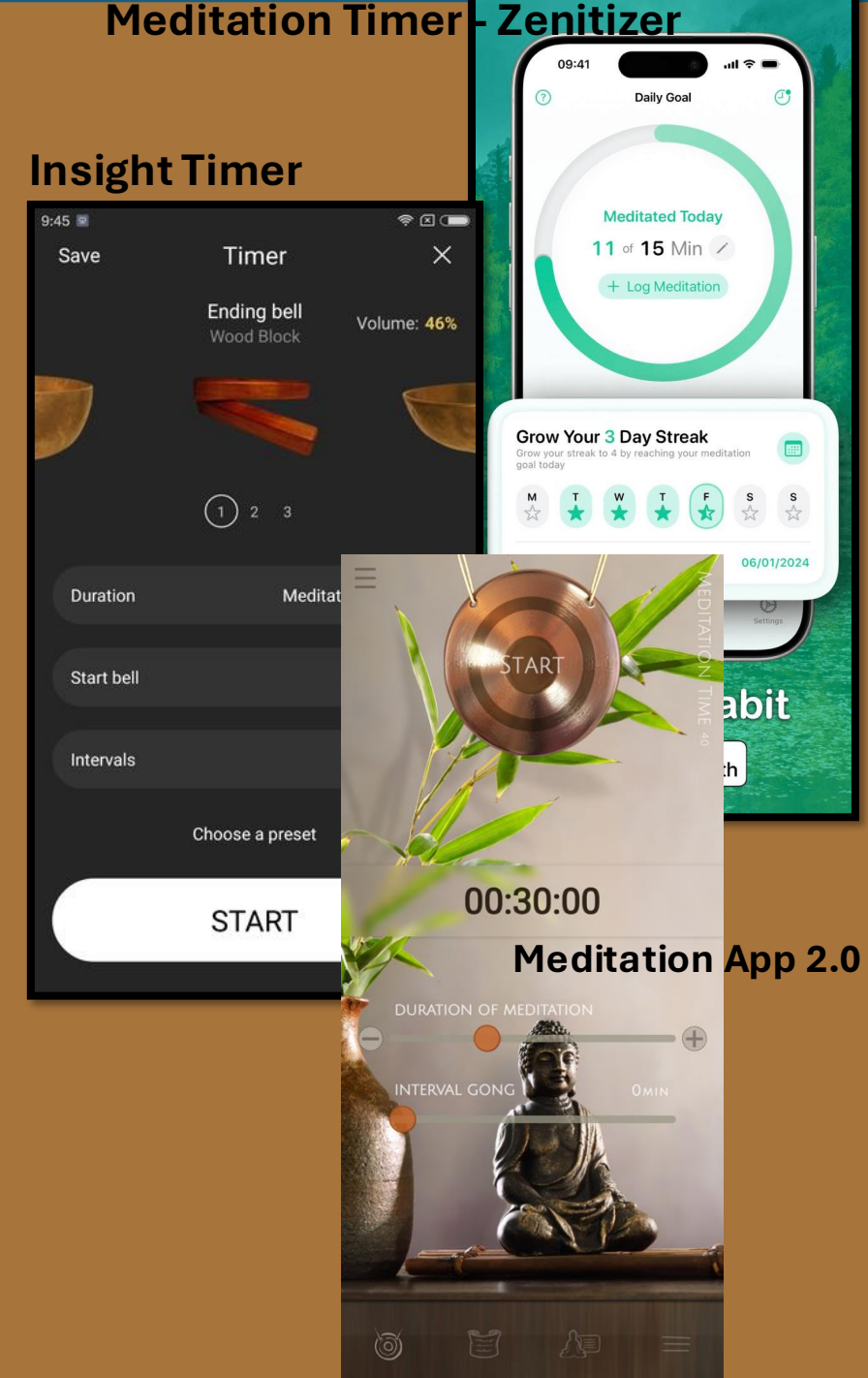
Common observations

- The breath will begin to settle as the body relaxes
- The breath may speed up if accumulated stress is being released
- The mantra may fall into step with rhythm of external sounds or the breath—but 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



Timing and Completing Your Meditation Practice

- Use a watch or timer app 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



Accountability Buddy

- Find someone who understands your goal
 - A peer with a similar goal
 - Someone reliable
 - Someone who can be supportive
- Set the parameters
- Celebrate successes



Summary of basic principles

- Think your mantra gently, effortlessly
- When you become aware that you are not thinking the mantra, gently come back to it
- Relinquish resistance or anticipation during meditation
- Meditate for your recommended time twice a day

