

Brief Guidelines for Meditation on “Sound”

Meditation is a simple, natural process which benefits you on all levels: body, mind and spirit. You remain conscious, alert and inwardly peaceful. Your body and mind are rested and healed. You become increasingly aware of your true nature which is in command of mental attitudes, states of consciousness, mental processes, feelings and behaviors.

Preparation

Choose a quiet, undisturbed time and place. Room dimly lit. Commit to the experience, deferring other activities until meditation is complete (do not answer phone, door, etc.). If possible, meditate at the same time daily. Avoid food or stimulating drink for one hour prior to meditation. Plan to sit for 10-15 minutes at least once daily.

Brief Overview of Meditation on “Sound”

1. Sit comfortably upright, with spine straight. You may sit on the floor or a firm chair.
2. Relax. Breathe deeply a few times to assist the process. Begin to breathe naturally, observing your breath's natural flow.
3. With each inhalation and each exhalation, place your attention on a chosen word-sound or phrase that you think on silently, such as “Light”, “Peace”, “Calm”, or “So-Hum”.
4. When you become aware your mind has wandered, *let go of any thoughts* and gently bring your attention back to “observing” your word-sound focus. Do not judge or dwell on your wandering thoughts or any emotions that arise.
5. If your mind calms, release your word and sit in the calmness when you feel centered or inclined to do so. If thoughts again arise, return to focusing on your word-sound.
6. Continue this process as long as comfortable. Many thoughts will arise and this is to be expected, especially in the beginning.
7. Conclude, coming out gradually so your body, which has physiologically adjusted, can re-adjust.

Results

Beneficial results are accumulative. *Consistency of practice is essential* to experiencing long-term desired benefits. If you do the practice daily, benefits will happen.

Helpful Suggestions

Do not judge your meditation experience. Sit down, do your best, and let the results develop naturally. Even the meditations when you have a “busy mind” are beneficial. The key is to be sincere and committed to the practice, with the intent to quiet the mind by focusing on your word-sound.

Do not compare meditation experiences with others. If you have questions or concerns, discuss them with a qualified teacher who can give you clear guidance based on your own unique situations. Everyone's experiences are different, depending on their practices and personal growth patterns. Experiences of phenomenon or lack thereof, are *not* a measure of your level of meditation success. Measure the results of your meditation by observing the changes in your outer, daily life. When you and your actions become more centered and beneficial, and interactions with others flow more easily, then you know your meditation is indeed progressing.