

*Here is a summary of mantra practice as outlined in this book.*

Choose a mantra.

Be seated comfortably in a quiet place.

Say the mantra aloud.

Repeat it aloud and enjoy the words and the sounds of the mantra.

Close your eyes.

Relax.

Say the mantra silently, without even moving your lips.

Repeat the mantra silently.

Allow the mantra to fill your mind.

Allow the mantra's meaning and energy to pervade your mind.

Repeat the mantra silently in your mind.

Open your eyes slowly.

Get up slowly and move away to your next activity.