

Breathing Aum (Om)

Imagine the sound of OM Mantra internally, in the mind only, making no external sound. Allow the mantra to flow with the breath. Repeat like this:

- Exhale: "OMmmmmmmmm..." Inhale: "OMmmmmmmmm..."
- Exhale: "OMmmmmmmmm..." Inhale: "OMmmmmmmmm..."
- Exhale: "OMmmmmmmmm..." Inhale: "OMmmmmmmmm..."

Another method: Alternatively, imagine the OM mantra only on exhalation, if that feels more comfortable:

- Exhale: "OMmmmmmmmm..." Inhale: "____
(silence)____"
- Exhale: "OMmmmmmmmm..." Inhale: "____
(silence)____"
- Exhale: "OMmmmmmmmm..." Inhale: "____
(silence)____"

Mind, breath, and mantra in unison: In this practice, you come to experience the mind, breath, and mantra flowing in unison. This synchronization has a beautiful effect on meditation. Simply allow the OM Mantra to come and go with each inhalation and exhalation. Allow there to be no gap, no space, no pause between inhalation and exhalation, or between exhalation and inhalation.

The speed naturally slows: As you gently allow the OM mantra to flow with the breath, the mind becomes calm. When the mind becomes calm, the body relaxes, and the breath becomes even soother and slower. That rate of speed at which the OM mantra is being repeated naturally slows down. It is not a matter of forcing the mantra to slow, but rather, this slowing comes quite naturally. Allow the mind to stay wide awake and alert, as the OM mantra and breath become naturally slower and slower. Meditation will deepen.

From: <http://www.swamij.com/om-mantra.htm>