

Mantra Meditation

A lesson in achieving synchrodestiny.

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A common way to begin meditation is to gently focus on one thing so that it becomes more difficult for stray thoughts to enter your mind. I like to start with a breathing meditation.

To begin meditation, find a comfortable position. Sit in a comfortable chair, with your feet flat on the ground. Place your hands in your lap with the palms facing upward. Close your eyes and begin witnessing your breath. Observe the inflow and outflow of your breath without attempting to control it in any way. You may find that your breathing spontaneously gets faster or slower, deeper or shallower, and may even pause for a time. Observe the changes without resistance or anticipation. Whenever your attention drifts away from your breath to a sound in the environment, or a sensation in your body, or a thought in your mind, gently return your awareness to your breathing.

This is the basic meditation. Once a person becomes comfortable with simply sitting quietly and focusing on breathing, I recommend adding a mantra, which creates a mental environment that will allow you to expand your consciousness.

The mantra I use, and that I recommend for achieving synchrodestiny, is the simple mantra "so-hum." This is the mantra of the breath; if you observe your breathing you'll hear "so-hum" as air moves in and out of your lungs. As you inhale, the sound of that vibration is "so." And as you exhale, the sound becomes "hum." If you want, you can experiment with this. Inhale deeply, close your eyes and your mouth, and exhale forcefully through your nose. If you concentrate, you'll hear the "hum" sound quite clearly.

One of the techniques of meditation is, in fact, simply focusing on where your breath comes from. With your eyes closed, inhale and think the word "so"; on the exhale, think the word "hum." Gradually both the breath and the sound will become quieter and quieter and quieter, and the breath becomes so quiet that it almost seems to stop. By quieting your breath, you quiet your mind. When you transcend, the mantra "so-hum" entirely disappears, and your breath pauses momentarily. Time itself comes to a stop and you're in the field of pure consciousness, the nonlocal domain, spirit, the ground of being.

The mantra, then, is a way to experience nonlocal consciousness. Aborigines, Indians, Native Americans, and many other traditional cultures have used it for thousands of years. In every tradition mantras involve chanting to create special

vibrations, sounds of the universe that create something from nothingness, that move energy from the unmanifest into the manifest.