

Simple Mantra Meditation

Steven Sashen

Go to the library and pick up his [John White's] book, *Everything You Want to Know About TM® ... Including How to Do It* and check out his chapter titled "How to do TM®...."

In fact, I'll save you the trip to the library for John's book about Transcendental Meditation® right now. If you want to meditate, here are the instructions for a simple mantra meditation practice that might be all you ever need (again, it's not TM®, but it's also not \$2,500):

Take a simple word or sound like "one," or "om", or "ah," or "amen" and toss it gently into your mind... The way you would throw a penny into a wishing well. And as the word starts to fade, gently do it again, tossing that sound or word or thought into your mind.

Don't try to focus or concentrate on it as much as effortlessly introduce into your thoughts and mind... in the same way that you would watch the penny settle to the bottom of the fountain. Just notice the sound or word settling into your mind. And when it feels right, ideally before you gotten lost in some other thought, repeat the word.

If you "get lost" or have a problem, simply come back to the practice and start again.

From: <http://www.meditationtruth.com/learn-transcendental-meditation-free-instructions/>