

## Exercise: I AM Mantra Meditation

- Get in a comfortable position in your chair. Sit upright with your hands resting in your lap. Your legs can either be uncrossed or crossed, whichever is more comfortable. Allow your eyes to close gently. [pause for about 15 seconds]
- Let your breath flow naturally without attempting to influence it or breathe in any particular way. [pause for about 15 seconds].
- Now open your eyes again. As you sat there with your eyes closed, did you notice how spontaneously, how effortlessly thoughts came? [pause for about 15 seconds] You might have also felt some quietness, some silence? [pause for about 15 seconds].
- Now close your eyes again. [pause for about 15 seconds] In a moment I will ask you to start thinking the mantra *I Am* very gently in the same effortless innocent way. When I ask you to, start repeating the mantra silently to yourself without worrying about its tempo, rhythm or sound. It's okay if the mantra becomes more faint and subtle and less distinct in the process. The mantra may also become faster, or slower, or completely disappear.
- After a while you'll notice thoughts or images or perhaps some bodily sensations. Let them all be. When you notice any of these, gently return to thinking the mantra in a very soft faint manner... *I Am ... I Am...* The most important thing is to be innocent and take it all as it comes. Whenever you return to the mantra, do so ever so gently.
- Do not focus on anything and do not try to control your mind. Again, when you notice your mind thinking or any other diversions occurring, gently go back and "favor" your mantra in a very faint and subtle way, ... *I Am ... I Am... I Am ... I Am...* [let the voice become softer]
- Now start thinking the mantra in that way, and continue this process for the next 15 minutes until you hear a soft gong ... *I Am ... I Am... I Am ... I Am...* [therapist says the mantra softly and let the voice become softer]
- [Let the recording continue for another 15 minutes – after 15 minutes very soft gong]
- [Softly] Now stop thinking the mantra and take a little time to rest in the stillness and silence of your meditation. [pause for about 15 seconds] Continue to sit with your eyes gently closed for the next 2 to 3 minutes. After that time is up, open your eyes and resume your regular activities.

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Workshop: *Perspective Taking & Meditation: A Perfect Couple?*