

Vedic Meditation or Mantric Meditation

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Meditation benefits every aspect of our being body, mind and soul. We spend most of our lives looking for happiness, peace and fulfilment outside of ourselves. During meditation we begin to explore and expanded awareness, the essence of who we really are restoring the memory of wholeness in our loves.

Meditation is not about forcing your minds to be still or to silence the incessant chatter of our minds; it is however, a process to rediscover the quietness that is already there, that has always been there – this silence is the thought between thoughts, behind the 'crazy monkey of the mind' is the silence of pure awareness, this silence is in the now it is not concerned thoughts of the past nor of the future.

Mantra meditation or Vedic meditation is derived from the yoga tradition in India – Yoga means 'union' – the union of the senses, the body, the mind and the soul. This ancient text the Yoga Sutras was written by the sage Patanjali. He describes the settling of the mind into pure silence, which is usually, overwhelmed by our mental chatter, accessing the space between thoughts as we enter a field of unbounded awareness.

Once we get our first momentary experience of the 'gap' this 'silence' we realise that our essence is not the chatter of our thoughts it is our ability to silently witness our thoughts, our words, our actions. Being able to access this inner silence through meditation enables you access your creativity to make choices that will transform your life. The memory of our perfection is never lost

Past actions (karmas) create memories (sankaras), which generate desires (vasanas) which in turn lead to new actions – these memory seeds or present in soul and are really our soul seeds. It is this 'soul software' that guides us to the choices that define our lives. Meditation brings into our realisation that we are able to make choices that bring us more peace, more love, more abundance and more fulfilment.

We have a physical body, a subtle body and a casual body and we live simultaneously and in parallel on all these levels.

Physical body:

Matter and Energy – Environment, the molecules that make up our physical form and our life force 'Prana'

Meditation assists us in conscious choice making for our own wellbeing giving us the ability to listen to our bodies

Subtle Body:

Our minds – thoughts, desires, emotions, our intellect – the choice maker and the ego – our self-image. Meditation brings peace of mind – peace of mind and reduces emotional turbulence.

Casual Body:

Our underlying field of consciousness, soul and spirit. With meditation we begin to live from your soul, and these soul choices will bring love and happiness; meaning and purpose into our lives. As we expand our consciousness, our awareness and slip into the silence then we remember our infinite and eternal essence.

Mantras

Mantras have been used for meditation because of the benefits they give. Mantras are sounds (spoken words or phrases) that are used as objects of concentration while meditating. A mantra aids your mind from wandering from place to place enabling you to slip into the 'gap' the silence. Mantras can either be chanted out loud or chanted internally during meditation. Unlike sentences where you can interpret their meaning most mantras do not have a sensible meaning when translated. However, some do have a meaning. You may wonder why we should use Sanskrit for our mantras, why not other languages, or why not English, especially since we can understand it so well? Ultimately all languages are mantric, that is, they are rooted in the truth of energy at its most fundamental level. What we are trying to do through mantras is access levels of consciousness and healing that are submerged in the depths of our awareness in the essence of who we are.

A mantra is used for its sound or vibrational quality, analysing your mantra in meditation practice and attaching importance or necessary meaning to it will hold you at the level of your mind – in the subtle body and will impact your awareness.

Summary Based on the books by Deepak Chopra

Sunday Dimanche Sun the Law of Pure Potentiality-

Om Bhavam Namah - I am absolute existence.

Crown Chakra: Tone OM

Cultivate silence / Commune with nature / Practice non-judgment.

Monday Lundi Moon the Law of Giving and Receiving -

Om Vardhanam Namah - I am the nourisher of the universe and the universe nourishes me.

Third Eye Chakra: Tone SHAM

Offer a gift / acknowledge the gifts / Intention of circulating love

Tuesday Mardi Mars the Law of Karma-

Om Kriyam Namah - My actions are aligned with universal laws

Throat Chakra: Tone HUM

Witness your choices / Consider the consequences / Listen to the body

Wednesday Mercredi Mercury the Law of Least Effort -

Om Daksham Namah - My actions achieve maximum benefit with minimal effort.

Heart Chakra: Tone YUM

Practice acceptance / take responsibility / be open to all points of view

Thursday Jeudi Jupiter the Law of Intention and Desire –

Om Ritam Namah - My intentions and desires are supported by the universe

Solar Plexus Chakra: Tone RAM

be clear of intentions / Trust the outcome / Practice present moment awareness

Friday Vendredi Venus The Law of Detachment -

Om Anandham Namah - My actions are blissfully free from attachment to outcome
Sacral or Belly Chakra: Tone VAM

Commit to detachment / Embrace uncertainty / Step into the field of all possibilities

Saturday Samedi Saturn The Law of Dharma -

Om Varunam Namah - My life is in harmony with cosmic law.

Base Chakra: Tone LAM

discover your higher self / Express your unique talents / Ask: How can I help? How can I serve myself and others?

OM - a Sanskrit word, which is said to be the original primordial creative sound from which the universe and all of creation first manifested.

Namah - I bow down to this, I submit and submerge myself, and I become one with this.

Mantra: Existence, Consciousness, Bliss" ~ Sat, Chit, Ananda

Sitting comfortably with eyes closed; become aware of your breath. Inhale deeply, bringing the life force energy, then exhale release that which no longer serves you. Stay with the breath... Ask yourself "Who Am I?" "What do I want, what do I really, really want?" "How may I serve?" do not wait for an answer it will come to you in right time. Begin to think and repeat your mantra, gently, effortlessly: Sat, Chit, Ananda.

Monday: Lundi: Moon: The Law of Giving and Receiving

Mantra: Om Vardhanam Namah

"I am the nourisher of the universe and the universe nourishes me"

Today, bring whoever you encounter a gift: a compliment or flower. Gratefully receive gifts. Keep wealth circulating by giving and receiving care, affection, appreciation and love.

Tuesday: Mardi: Mars: The Law of Karma

Mantra: Om Kriyam Namah

"My actions are aligned with universal laws"

Every action generates a force of energy that returns to us in like kind. Choosing actions that bring happiness and success to others ensures the flow of happiness and success to you.

Wednesday: Mercredi: Mercury: The Law of Least Effort

Mantra: Om Daksham Namah

"My actions achieve maximum benefit with minimal effort"

Accept people, situations, and events as they occur. Take responsibility for your situation and for all events seen as problems. Relinquish the need to defend your point of view

Thursday: Jeudi: Jupiter: The Law of Intention and Desire

Mantra: Om Ritam Namah

"My intentions and desires are supported by the universe"

Inherent in any intention or desire is the mechanics for its fulfillment. Make a list of desires. Trust that when things don't seem to go your way, there is a reason, it takes an entire universe to orchestrate a single moment. Everything in universal right time.

Friday: Vendredi: Venus: The Law of Detachment

Mantra: Om Anandham Namah

"My actions are blissfully free from attachment to outcome"

Allow yourself and others the freedom to be who they are. Release the need to control outcomes and time, allow solutions to spontaneously emerge. In being and allowing you experience freedom and step into the field of infinite possibility.

Saturday: Samedi: Saturn: The Law of Dharma

Mantra: Om Varunam Namah –

My life is in harmony with cosmic law.

Ask yourself "how may I serve... myself and others?" Seek your higher Self. Discover your unique talents. Using your unique talents and serving others brings unlimited bliss and abundance.

Sunday: Dimanche: Sun: The Law of Pure Potentiality

Mantra: Om Bhavam Namah

"I am absolute existence"

Take time to be silent, to just Be. Meditate. Silently witness the intelligence within every living thing. Practice non-judgment.

Statements of Life

Mantra: So, Hum - "I am"

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.". 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.

Affirmation: Today, I behold all the abundance that surrounds me

Mantra: "Aham Brahmasmi"

The core of my being is the ultimate reality, the root and ground of the universe, the source of all that exists.

Today is a walking meditation, to connect with the infinite source. Many people find it easier to meditate while walking - You can do this in your office, your garden, your home or in nature - First take a little time standing still. Silently repeat your mantra Aham Brahmasmi. Allow your awareness to be with your body. Take some deep breaths, inhaling deep into the belly. Put your full attention on the sensation of breathing. Now bring your awareness to your body, noticing how your body feels as you are standing. Begin walking in a fairly slowly in a relaxed manner. Pay attention to the sensations in your body as you walk. It is natural to find your attention drawn to the sights around you as you walk, but keep bringing your attention to what is going on in your body and continue to silently repeat your mantra Aham Brahmasmi. Keep your attention on the rhythm of the walking... the alternation of left and right foot. Feel the entire foot, being aware of how it moves as the heel is placed on the ground, and then the movement rolls to the ball of the foot and toes. Simply notice the experience of left-right-left-right motion.

Left 'Aham' – Right 'Brahmasmi' ... Left 'Aham' – Right 'Brahmasmi' ...Left 'Aham' – Right 'Brahmasmi'.

This connects you with the root and ground of the universe, the source of all that exists. Ultimate reality.

Affirmation: I create my personal abundance from an infinite source

Mantra: Sat, Chit, Ananda "Existence, Consciousness, Bliss"

Sitting comfortably with eyes closed; become aware of your breath. Inhale deeply, bringing the life force energy, then exhale release that which no longer serves you. Stay with the breath... Ask yourself "Who Am I?" "What do I want, what do I really, really want?" "How may I serve?" do not wait for an answer it will come to you in right time.

Begin to think and repeat your mantra, gently, effortlessly: Sat, Chit, Ananda, – Sat, Chit, Ananda – Sat, Chit, Ananda; it may change tone, speed or rhythm it; continue to think it without resisting the changes. When you become distracted by other thoughts or noise do not struggle against this, it is normal. As you become aware that you no longer thinking your mantra, gently come back to it: Sat, Chit, Ananda – Sat, Chit, Ananda – Sat, Chit, Ananda. Surrender and allow yourself to slip into the silence...no mantra, no thoughts... stepping out of time and space into pure awareness.

Pure awareness or Spirit is the deepest domain, the place of our interconnectedness with the infinite mind of the universe. It is the field of pure potential. By changing your thoughts, beliefs, expectations, and intentions and connecting with silence, you will allow the unbounded, unlimited abundance of the universe to flow easily and effortlessly into your life.

Affirmation: Today, I focus on what I want to attract into my life.

Mantra: Om Ritam Namah - "My intentions and desires are supported by the universe"

Write a list of what it is that you desire (examples: profound happiness, amazing abundance, perfect health, unbounded joy) whatever it is for you.

Find a quiet place without any distractions. Sit in a comfortable position and close your eyes start by paying attention to your breath; bring your attention to your stomach as it rises gently with each breath. Take long, slow, deep breaths. Notice the air filling your lungs. Once your lungs are full of oxygen, hold your breath for a second or two, and then slowly exhale.... Keep focusing on your breath.

Repeat the Mantra first out loud, Om Ritam Namah , then as a whisper Om Ritam Namah and then silently Om Ritam Namah

"Ask yourself – what do I want, what do I really, really want?" "I want to be profoundly happy"

State your desire as an intention on Affirmation " I intend to be profoundly happy"

Repeat your mantra, either the Sanskrit (Om Ritam Namah) or the English (My intentions and desires are supported by the universe) If you noticed that your thoughts have wandered, gently state your affirmation – I AM profoundly happy and continue repeating your mantra

for about 10 minutes. End your meditation by expressing gratitude for your profound happiness Example: That you for my profound happiness, I walk in gratitude.

Mantra: Om Vardhanam Namah – "I nourish the universe, and the universe nourishes me"

In our meditation today we express gratitude for everyone and everything in our lives draws more abundance to us. By being grateful for all that you have and expressing that appreciation in your daily life, you open a channel through which abundance can freely flow.

On a piece of paper, write a gratitude list, a list of all those things you are grateful for including the ones you take for granted. Sit in a comfortable position and close your eyes start by paying attention to your breath; Notice the air filling your lungs. Once your lungs are full of oxygen, hold your breath for a second or two, and then slowly exhale.... Review the items on your list and repeat, thank you silently after you read each one. Go back to your breath – inhaling abundance, and exhaling with a 'thank you'

Repeat the Mantra first out loud, 'Om Vardhanam Namah', then as a whisper 'Om Vardhanam Namah' and then silently 'Om Vardhanam Namah'. Begin to silently repeat your mantra, either the Sanskrit Om Vardhanam Namah or the English (**I nourish the universe, and the universe nourishes me**) If you noticed that your thoughts have wandered, affirm – "I am grateful for everyone and everything in my life" and continue repeating your mantra for about 10 minutes. End your meditation by expressing gratitude, 'thank you, I AM grateful, truly grateful'

Affirmation: "Today, I remember to be grateful"

Affirmation: I place my desires and intentions into the vast ocean of all possibilities and allow the universe to work through me, and so it is.

"Tat Tvam Asi "I see others in myself and myself in others"

In our meditation today we foster interconnectedness, "How may I serve"

Be present and genuinely interested in the lives of others when you speak with them today. In your conversations today, give your undivided attention and, if you see someone in need, offer your assistance. Fostering these experiences will help you cultivate a deeper understanding of true interconnectedness; opening you up to: more love, more abundance and more joy, as your unique gift to the world becomes clear.

Find a quiet place without any distractions. Sit in a comfortable position and close your eyes start by paying attention to your breath; bring your attention to your stomach as it rises gently with each breath. Take long, slow, deep... breaths. Notice the air filling your lungs. Once your lungs are full of oxygen, hold your breath for a second or two, and then slowly exhale.... Keep focusing on your breath.. Stay with the breath... Now ask yourself " How may I serve others; how may I serve myself?" do not wait for an answer it will come to you in right time.

Begin to think and repeat your mantra, gently, effortlessly: Tat Tvam Asi – Tat Tvam Asi – Tat Tvam Asi ; it may change tone, speed or rhythm; continue to think it without resisting the changes. When you become distracted by other thoughts or noise do not struggle against this, it is normal. As you become aware that you no longer thinking your mantra, gently come back to it: Tat Tvam Asi – Tat Tvam Asi – Tat Tvam

Asi . Surrender and allow yourself to slip into the silence...no mantra, no thoughts... stepping out of time and space into silence

The place of our interconnectedness with the infinite mind of the universe, and oneness with all that is in the realm of spirit; is the silence. It is the field of pure potential. By connecting with the silence, and through your service in the light you will allow unbounded, unlimited abundance to flow into your life and the lives of others

Affirmation: I celebrate my unity with all life, knowing we are all one

“Gate gate pāragate pārasaṃgate bodhi svāhā - “

Gone, Gone, Gone Beyond, Completely Gone Beyond, Enlightenment, Hail (Hallelujah)

(pronounced: gutay, gutay – pa... ra... gutay - pa... ra... saaaaaaaam...gutay.... body swaha)

In our meditation today we will use the Heart Sutra, the unsurpassed mantra to open our spiritual heart centre to more, love, more joy and more abundance using kirtan. It is an ancient participatory music experience-offers another method of meditation. Without the work of mentally quieting the mind, kirtan can carry us effortlessly to a place of quiet, to stillness. One of the oldest sacred music traditions of the world, Using ancient Sanskrit mantras, the kirtan calls upon sacred energies which serve to quiet the mind, remove obstacles, and bring us back to the centre of our being.

Listen to the Heart Sutra and the pronunciation in the video and then replay a join in this profoundly moving and uplifting kirtan (sacred song) of the Heart Sutra. gate gate pāragate pārasaṃgate bodhi svāhā. The mantra of transcendent knowledge, the mantra of deep insight, the unsurpassed mantra, the incomparable mantra, the mantra which calms all suffering should be known as truth, for there is no deception. In transcendent knowledge the mantra is proclaimed:

Affirm: gate gate pāragate pārasaṃgate bodhi svāhā

Mastering Mantras and Balancing Chakras

The Law of Giving and Receiving

Mantra: Om Vardhanam Namah

I nourish the universe and the universe nourishes me

Chakra: Tone SHAM (7) to open your Third Eye Chakra

For the next 7 days our meditation will be in the same format. Our mantra and 'intention' or centring thought for the day will change to reflect the 7 Spiritual Laws of Success. As you commence your meditation today send a blessings to all the people you would like to ..." Bob, I send you the blessing of love... Sara, I bless you with the gift of forgiveness ... and so on.

Sitting comfortably with eyes closed; become aware of your breath. Inhale deeply, bringing the life force energy, then exhale release that which no longer serves you. Stay with the breath... Ask yourself "Who Am I?" "What do I want, what do I really, really want?" "How may I serve?" do not wait for an answer it will come to you in right time.

Begin to think and repeat your mantra, gently, Om Vardhanam Namah; it may change tone, speed or rhythm; continue to think it without resisting the changes. When you become distracted by other thoughts or noise do not struggle against this, it is normal. As you become aware that you no longer thinking your mantra, gently come back to it: Om Vardhanam Namah. Surrender and allow yourself to slip into the silence...no mantra, no thoughts... stepping out of time and space into pure awareness.

Pure awareness or Spirit is the deepest domain, the place of our interconnectedness with the infinite mind of the universe. It is the field of pure potential. By connecting with silence, you will allow the unbounded, unlimited abundance and unconditional love of the universe to flow easily and effortlessly into your life.

Affirmation: Today I treat every person I encounter with compassion, care and appreciation; offering the gift of a smile, a blessing or a kind word. As graciously as I give so I receive; and so it is.

The Law of Karma

Mantra: Om Kriyam Namah – My actions are aligned with universal laws

Chakra: Tone HUM (7x) to balance the Throat Chakra.

Sitting comfortably with eyes closed; become aware of your breath. Inhale deeply, bringing in the life force energy, then exhale releasing that which no longer serves you. Stay with the breath... Consciously contemplate this: every action generates a force of energy that returns to us in like kind. Set your intention to choose actions today that bring happiness and success to others. Now recall your choices of the past few days, knowing happiness and success to others ensures the flow of happiness and success to you, how could you have chosen better? Continue to Inhale deeply, bringing in the life force energy, then exhale releasing the choices that did not serve you or others. State your Mantra three times, Om Kriyam Namah, once aloud, then as a whisper, and then silently ...

Begin to think and repeat your mantra, gently, Om Kriyam Namah; it may change tone, speed or rhythm; continue to think it without resisting the changes. When you become distracted by other thoughts or noise do not struggle against this, it is normal. As you become aware that you no longer thinking your mantra, gently come back to it: Om Kriyam Namah. Surrender and allow yourself to slip into the silence...no mantra, no thoughts... stepping out of time and space into pure awareness. Silence is the essential condition, the vital ingredient for all creation and all that is created. It is a power in its own right. The very ground of your being, out of which comes all your thoughts, is silence. When you arrive in your own silence you will know true freedom and real power.

Affirmation: Today, I make great choices and take 'right' actions, ensuring the flow of success and happiness to others thereby ensuring the reciprocal flow of success and happiness to me.

The Law of Least Effort:

Mantra: Om Daksham Namah - My actions achieve maximum benefit with minimal effort

Chakra: Tone YUM (9x) to open the Heart Centre

Sitting comfortably with eyes closed; effortlessly become aware of your breath. Inhale deeply, breathing in acceptance, then exhale releasing attachments to time. Stay with the breath... Ask yourself "Who Am I?" "What do I want, what do I really, really want?" "How may I serve?" do not wait for an answer it will come to you in right time. Continue with long deep inhalations through your nose and exhalations slowly through your mouth... effortlessly...

Begin to think and repeat your mantra, gently, Om Daksham Namah; it may change tone, speed or rhythm; continue to think it without resisting the changes. When you become distracted by other thoughts or noise do not struggle against this, it is normal. As you become aware that you no longer thinking your mantra, gently come back to it: Om Daksham Namah. Surrender and allow yourself to slip into the silence...no mantra, no thoughts... being, accepting effortlessly...

Affirm: I accept people and situations as they come, I open myself to all points of view; And as my defensiveness decreases so my success increases effortlessly and easily.

The Law of Detachment

Mantra: Om Anandham Namah – My actions are blissfully free from attachment to outcome

Chakra: Tone VAM - To open the Sacral Chakra and feed the inner flame.

Today our meditation centre on Spiritual Surrender; the process of releasing attachment, control and expectation. You have eternity, after all. Your essence has all the time in the world plus infinity. Think of the outcomes you have become attached to... a promotion, a new car, an exam result, a romantic relationship... whatever it is for you. State today's mantra Om Anandham Namah first out loud, then as a whisper and then silently.

And intend and affirm I release this matter - (whatever it is for you) - to source for the highest level of transmutation and manifestation. I give this matter over to you, I release. I surrender

Begin to think and repeat your mantra, gently, Om Anandham Namah; it may change tone, speed or rhythm; continue to think it without resisting the changes. When you become distracted by other thoughts or noise do not struggle against this, it is normal. As you become aware that you no longer thinking your mantra, gently come back to it: Om Anandham Namah. Surrender and allow yourself to slip into the silence...no mantra, no thoughts... stepping out of time and space into pure awareness. Silence is the essential condition, the vital ingredient for all creation and all that is created. It is a power in its own right.

As many times as it takes, over and over if need be; keep releasing the matters over which you are attempting to exercise any kind of rigid control, you will notice that fear, doubt, and insecurity begins to leave ... gently keep going go back to your mantra Om Anandham Namah. When you arrive in your own silence you will know true freedom and real power and outcomes will no longer have power over you.

Affirmation: Right here, right now I release my attachment to outcomes... I surrender to my perfect divine plan by embracing uncertainty and welcoming possibility

The Law of Dharma:

Mantra: Om Varunam Namah – My life is in harmony with cosmic law

Tone: (LAM 9X) to connect with your life force and open the base chakra

Contemplate for a moment. "What is my divine purpose?" "What are my unique gifts?" ... "How can I use my unique gifts to serve humanity"? ... "How may I serve myself and others?"

Sitting comfortably with eyes closed; become aware of your breath. Inhale deeply, bringing the life force energy, then exhale release that which no longer serves you. Stay with the breath... Ask yourself "What is my divine purpose" -"What are my special gifts" ...How may I serve myself and other?" do not wait for an answer it will come to you in right time.

Begin to think and repeat your mantra, gently, effortlessly: Om Varunam Namah, – Om Varunam Namah – Om Varunam Namah; it may change tone, speed or

rhythm; continue to think it without resisting the changes. When you become distracted by other thoughts or noise do not struggle against this, it is normal. As you become aware that you no longer thinking your mantra, gently come back to it Om Varunam Namah, – Om Varunam Namah – Om Varunam Namah: Surrender and allow yourself to slip into the silence...no mantra, no thoughts... stepping out of time and space into pure awareness. Continue this meditation for 20 minutes.

Pure awareness or Spirit is the deepest domain, the place of our interconnectedness with the infinite mind of the universe. It is the field of pure potential. By changing your thoughts, beliefs, expectations, and intentions and connecting with silence, you will allow the unbounded, unlimited abundance of the universe to flow easily and effortlessly into your life.

Affirmation: Today I serve myself and others, knowing that in serving others I invite unbounded bliss and unlimited abundance into my life.