

Omkaara meditation

Welcome to Omkaara meditation, a journey to inner peace. In the next 35 minutes, we'll explore the power of 'Om,' a symbol for the unity of the universe. Chant Om for ten minutes, centering the mind, followed by 15 minutes of profound silence to deepen inner calm. Conclude with another ten minutes of Om chanting for balance. Experience a spiritual journey and let Omkaara guide you to a soothing inner serenity.

1. Quiet Space

Choose a quiet and comfortable space for your meditation where you won't be disturbed. This helps create an environment conducive to inner focus.

2. Comfortable Posture

Sit in a comfortable and upright posture. You can use a meditation cushion to support your posture and maintain a relaxed yet alert position. If it is too challenging to sit on a meditation pillow it works fine to sit on a chair.

3. Focus on the Breath

Before chanting Om, spend a few minutes focusing on your breath. This helps in calming the mind and preparing it for meditation.

4. Chanting Om

Begin chanting the Om mantra with a sense of reverence. Allow the sound to resonate naturally, feeling the vibration in your throat and chest. Do this for 10 minutes.

5. Attentive Listening

While chanting, be fully aware of the sound. Let it draw your attention inward, helping you to transcend external distractions. Surrender fully to the mantra.

6. Silence

After the initial chanting, transition into a period of silent meditation. Be present in the silence that naturally comes when ceasing the recitation of the mantra. Be present in the stillness and observe the thoughts that arise without attachment. You can also use this silent meditation to practice Atma-Vichar. Do this for 15 minutes.

7. Conclude with Om

Gradually reintroduce the chanting of Om to conclude the meditation. This helps in grounding the experience and integrating the silence. Chant Om for another 10 minutes.

8. Rest in gratitude

After the last chant, shift your focus to the present moment, letting go of past and future thoughts. Stay in the gratitude of what the Omkaara meditation brings. As each blessing comes to mind, feel gratitude in your heart and express thanks, either mentally or visually. Let the feelings of gratitude expand within you. If your mind wanders, gently bring it back to the present and the things you appreciate. Conclude mindfully with a few deep breaths, open your eyes, and carry the sense of gratitude with you into the day.

