

Guidelines for Full Moon Meditation

"We need to convey the following to all those who participate in the full moon meditation and those who guide such groups.

"In our Tradition mantras are not chosen at random. They are conferred by those who have been initiated and authorised to do so.

"Those who have not received a mantra in the Tradition may use:

- 1. So Ham*
- 2. The name of their favourite form of the deity.*
- 3. If they do not believe in any of these they may use one of the different ways of counting the breath.*

"Please do not pick up just any and every recording of Swami Rama or Swami Veda which has reference to a mantra. The non-initiates may use the recording that guides the meditation according to the above 3 options."

- Swami Veda Bharati

Sample Meditation

Those who have not learned to meditate before, but would like to join Swami Veda in his Worldwide Meditations may ask for his booklet title "Beginning Meditation" (Please see <http://www.ahymsin.org/main/index.php/Swami-Veda-Bharati/beginning-meditation.html>) and a CD of Guided Meditation. Until then, and until you have had the opportunity to take some training in correct ways of sitting and breathing, the simple procedure to follow is:

1. Sit as straight as you can on an even, firm, but cushioned surface.
1. Relax your forehead.
3. Relax your facial and physical musculature.
4. Bring awareness to your breathing.
5. Breathe slowly, gently, smoothly, evenly; without jerk or sound in the breathing.
6. Now feel the touch and flow of the breath in the nostrils.
7. Let there be no pause between the breaths; as one breath is completed, begin to feel the next breath flowing and touching the nostrils.
8. After a few breaths, choose:
 - a. whichever name of God is your favorite according to your tradition or religion;

b. or a sacred but short phrase or prayer word from your scripture or tradition

c. If you do not believe in a form of divinity, or spiritual incarnation and so forth, exhaling, think Oooooone (One in a long and drawn out way), inhaling think Twwwoooo (Two) without a break in this count with the breath.

9. Exhaling, mentally remember the word or phrase. Inhaling, mentally remember the word or phrase.

10. Let there be no break between the breaths, nor between the incessant flow of the thoughts of the same phrase.

11. As soon as you become aware that you have lost the flow and other thoughts have begun to arise, re-start the same procedure from the beginning with number 1.

12. Sit for as long as you wish.

13. Let the quietness of the mind continue even after you rise.

14. If you practice this even for 2-3 minutes at a time many times a day, you will notice subtle changes in yourself for the better.

15. Whatever you do repeatedly with the mind, that will become the mind's habit; calming the mind repeatedly will return your mind to its calm nature.