

Primordial Sound Meditation Personal Instruction Procedure

1. "We will now begin instruction in Primordial Sound Meditation. I will first say a short chant and will then teach you your Primordial Sound. Please sit comfortably ... and close your eyes. I will tell you when to begin repeating your sound."

2. *Chant the Shanti Mantra.*

3. "Your Primordial Sound is ... " (*Repeat the mantra 3 or 4 times*)

4. "Please repeat it with me."

5. "Continue repeating it." (*Wait 2-3 repetitions*)

6. "Now say it more quietly." (*Wait 2-3 repetitions*)

7. "Now whisper it." (*Wait 2-3 repetitions*)

8. "Now think it silently to yourself, without moving your tongue or lips." (*Have them practice it silently for 2-3 minutes*)

9. "Please open your eyes slowly."

10. "Do you find the meditation comfortable?"

11. "Good. Remember that repetition of the Primordial Sound is not a clear pronunciation. It's just a faint idea. There is no need to force or concentrate, just think it easily, effortlessly. When you notice that your attention has drifted away from your mantra to other thoughts or noises, gently bring it back to your sound."

12. "Now close your eyes again and continue meditating." (*Let them practice 2-3 minutes*)

13. "Please open your eyes."

14. "Do you feel some quieting down?"

15. "Good. You are now practicing Primordial Sound Meditation. Just think the mantra easily and whenever you become aware that you have

lost the mantra, gently come back to it. There is no particular speed, rhythm, or pitch. Simply think it comfortably, effortlessly."

16. "Now, I would like you to practice meditation silently for about half an hour in the meditation room. Don't mind the time... When I (*or helper*) whisper to you to end the meditation, stop thinking your mantra, and then take a couple of minutes before slowly opening your eyes."

17. (*After 30 minutes, whisper*) "John, please take a couple minutes, then slowly open your eyes."

18. (*Wait two to three minutes*) "Was it comfortable for you, relaxing? ... Good... Now, please remember to meditate at home later this afternoon and again tomorrow morning. Just sit comfortably with your eyes closed and practice it silently for about half an hour each time. Please be sure to take a couple of minutes to come out of your meditation."

19. "I've written down your Primordial Sound. Please keep it private in case you need to refer to it over the next few days."

20. When we meet again at (time scheduled) we'll talk more about your experiences and answer any questions. Here's a memento from your meditation instruction (*give a flower and a piece of fruit.*) Enjoy the rest of your day."