

Day 1

[www.napua.org](http://www.napua.org)

Basic Instructions



- F a i n t
- E f f o r t l e s s
- I n n o c e n t

# Faint

*idea / sound*

- faint idea vs. clear pronunciation
- fades away:
  - the sound gets finer and fainter on the level of the mind

# Effortless

*hear the mantra*

- you don't say your thoughts, you hear your thoughts
- think it effortlessly, not forcefully (no need to mouth it)
- forgetting the mantra is a result, not an achievement

# Effortless

*do not try*

- to meditate
- to keep the tempo
- to concentrate against thoughts

# Effortless

don't force

don't strain

# Innocence

*simple and innocent process*

# Innocence

*do not resist:*

- thoughts, sounds or sensations
- the mantra changing or disappearing
- *anything*

*“take it as it comes”*



# Innocence

don't try to control

# Innocence

~~meaning~~

~~agenda~~