



How to Relate to the Mantra

DO

- allow your attention to flow effortlessly between your mantra and any other mental activity
- repeat the mantra effortlessly
- allow yourself to forget the mantra
- be easy, natural, effortless and innocent

DON'T

- try to hold onto, concentrate on or persist in repeating the mantra
- force or strain your relationship with the mantra
- try to keep a tempo
- mouth or vocalize the mantra
- chase the meaning of the mantra
- try to meditate
- resist the mantra changing or disappearing

DAY
01