

## One-Minute Meditations with the *So-ham* Mantra

Simply be aware of yourself from head to toe and draw around yourself three circles of light, and resolve that the mind shall not cross these three circles, nor will any intruding thoughts and impressions enter from outside.

Remaining aware of yourself from head to toe, in just a few exhalations, relax all your limbs. Make no special effort, only let your body become totally relaxed. Look for any disturbances in the body and go still; go absolutely still.

Find any hidden areas of tension throughout the body and relax those in the forehead, jaw, shoulders, elbows, wrists, finger joints, heart area, rib cage, stomach, and thigh joints down to the toes and back. Thigh joints, and the stomach and navel area, the heart area and the rib cage. Shoulder joints, elbows, wrists, finger joints, wrists, elbows, and shoulder joints. Drop your shoulders and allow the jaw and the forehead to relax.

Breathe without a pause between the breaths. Your inhalation is for the purpose of exhalation. In each exhalation progressively relax your entire body. Let each breath gently flow into the next breath in a continuous, unbroken stream.

Now resolve that for the next one minute no other thoughts will arise except the awareness of the movement of your stomach and navel area. With the gentle rhythm of your breathing, maintain that resolve for one minute.

B. Turn your awareness gently to the flow of breath in your nostrils and resolve in your mind that for the next one minute there will be no other thought except the observation of the pathway of your breath from the nostrils to the navel, navel to the nostrils. Only feel the breath flow on this path.

Now resolve that for one minute there will be no intruding thought but only feel the flow and touch of your breath in your active nostril.

C. And now for one minute, without an interrupting thought, resolve that there will be no break between the exhalation and the inhalation, no exterior thought, but only the touch and feel of the breath in the passive nostril.

D. And now resolve that you will feel the breath in both nostrils for one minute, and that in that minute there will be no break from the outside. Just feeling the flow

E. **OF THE BREATH AT THE CENTER OF THE NOSE BRIDGE  
AS IF A SINGLE STREAM -- MENTALLY REPEAT SO AS YOU INHALE,  
HAM (Hum) AS YOU EXHALE.**