

How to Do Mantra Meditation

Here are five steps to doing mantra meditation:

1



Choose a mantra
(something simple like "ah-hum")

2



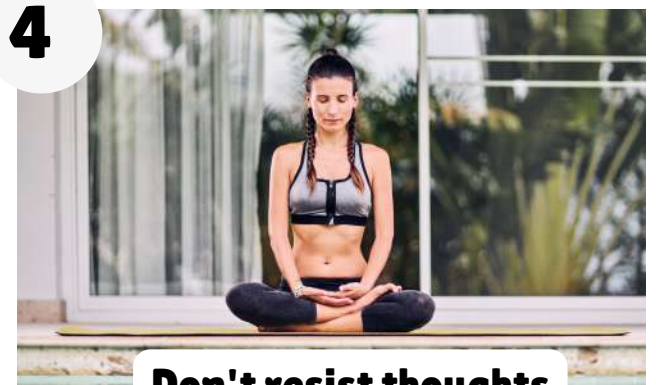
Sit in a comfortable position
and close your eyes

3



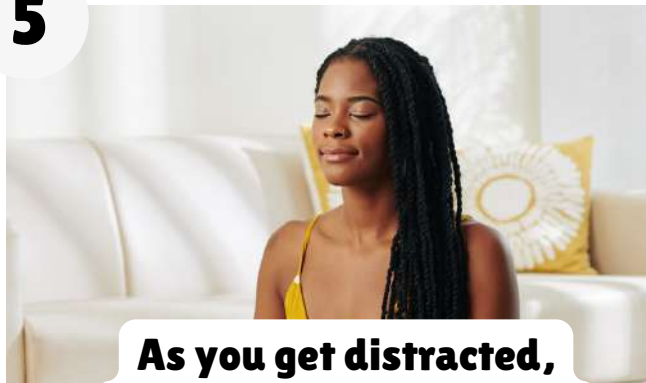
Gently focus on the mantra

4



Don't resist thoughts

5



As you get distracted,
come back to the mantra