

## MANTRA MEDITATION WITH SYNCHRONIZED NATURAL BREATHING

*This meditation technique offers both a relatively relaxed way to meditate, as well as allowing for entering deep meditation. That combination is rather unusual.*

*Basically the mantra is synchronized with the breath, rather than the other way around. That means that the breath is leading in terms of speed and rhythm, not the mantra.*

*The breath should be relaxed and natural, not forceful.*

*The dept of the ingoing breathing should be good, but not so deep that it creates tension in the chest area. The dept of the outgoing breath should be good also, but not emptying the lungs completely.*

*The change from inhale to exhale and vice versa should be natural and smooth, slowing down the inhale before slowly starting the exhale etc.*

*How exactly the mantra is synchronized with the breath depends on the length of the mantra and the speed with which one is used to meditate on the mantra.*

*For a longer mantra, like the Gayatri mantra or the Kali mantra, one breath may thus equal one mantra. For a shorter mantra, like the Bhairav mantra, one breath may equal two mantras, one for the ingoing breath and one for the outgoing breath. For a really short mantra, like Aum Namah Shivaya, one breath may equal 5 mantras for example.*

*When using one mantra per breath like with Gayatri, one can decide at which time to change from the inhale to the exhale, for example : inhale = Aum Bhur Bhuva Swaha Tat Savitur Varenyam & the exhale = Bhargo Devasya Dhi Mahi Dhyo Yo Nah Prachodayat. However, it should be no stress if the time where the inhale turns to the exhale changes in relation to how far you have done the mantra.*

*At the end of the exhale, the mantra should be finished. If one feels it will not be finished in time then one should speed up the mantra instead of slowing down the breath.*