

The background of the entire page is a vibrant purple and pink abstract design. It features a central silhouette of a person in a meditative pose (Padmasana). From the head of the silhouette, a bright, multi-colored energy field or aura radiates outwards, filling the upper half of the image. The aura is composed of numerous fine, glowing lines and larger, ethereal circular patterns. The lower half of the image has a lighter, more ethereal background with subtle, larger-scale circular patterns. The overall effect is one of spiritual energy and focus.

MODULE TWO

The Power of Mantra



2.1 Instructions

Step 1: Sitting /or Lying Down

Sit or Lie down somewhere quiet in a comfortable position, keep your shoulders relaxed and eyes closed, consciously relaxing your body from the top of your head to the tips of your toes and start to bring your attention to your breathing.

Step 2: Breathing in

When you are ready, keep your eyes closed and your lips/mouth sealed; take a long and deep breath with your nose and hold that breath as long as possible until you cannot hold it any more.

Step 3: Using Mantra silently with visualization

While you are holding your breath, count silently with this special mantra "Om". And while you are saying your mantra "Om", visualize the sound going through the GREAT HOLE simultaneously like a volcano explosion (Picture A and B).

It goes Like..1 ..Om... 2 ...Om... 3... Om... 4... continue for as long as you can until you cannot count any more

Tip 1: Counting helps you to focus and sets you up to measure your progress. (When I first started this breathing exercise, I could only go up to a count of 7 or 8, but as I now practice more regularly, I can count up to 25 on an average).

Tip 2: Whenever other thoughts, images, sounds or sensations come to your mind, simply notice them, let them go and then gently bring your attention back to your breathing.

Step 3: Release Your Breath with BREATH OF FIRE for 5-10 seconds

When you feel that you cannot hold your breath any longer, then release your breath with Breath of Fire (breathe in and out rapidly with your diaphragm muscle)

Step 4: Release Your Breath with BREATH OF FIRE for 5-10 seconds

When you feel that you cannot hold your breath any longer, then release your breath with Breath of Fire (breathe in and out rapidly with your diaphragm muscle)

Step 5: Take a break and repeat last 4 steps

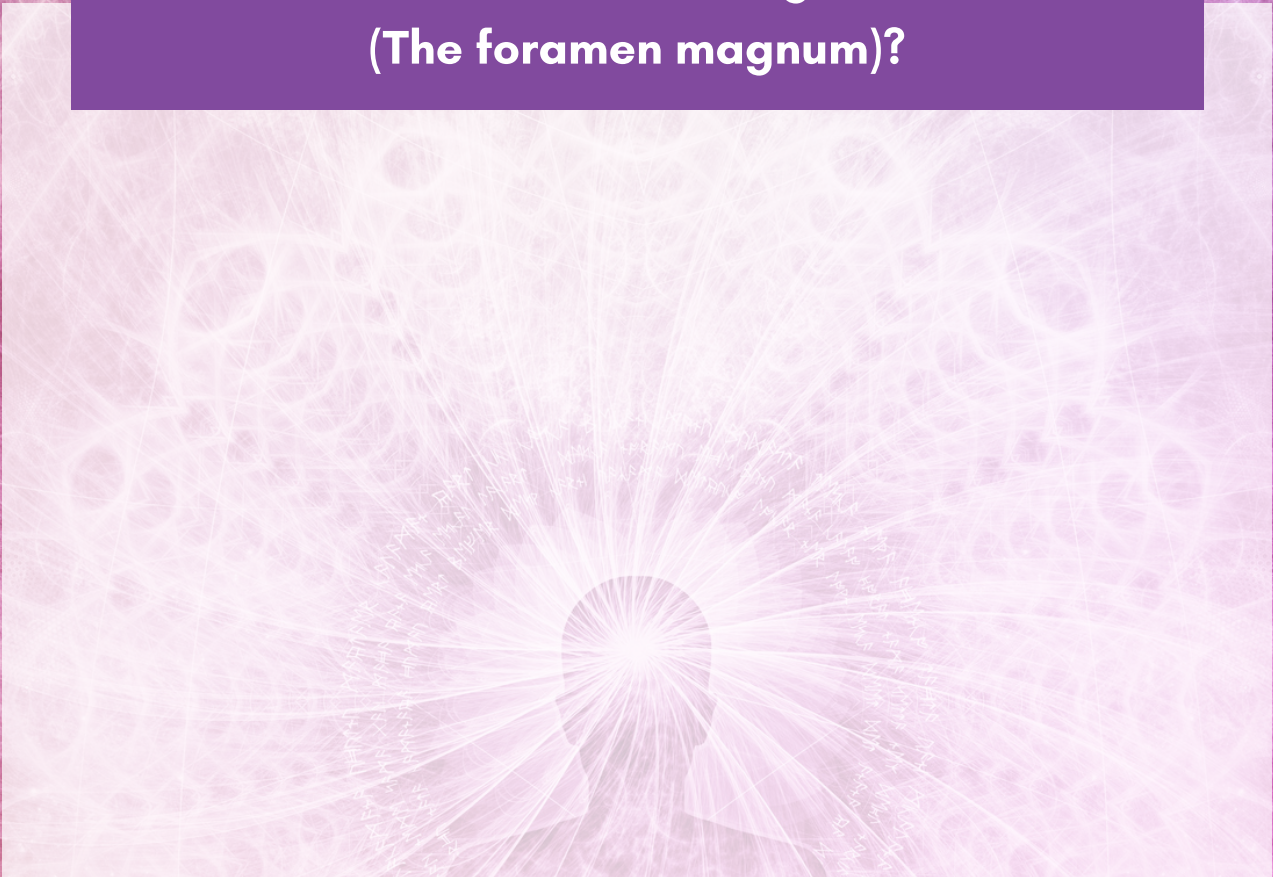
Gently bring your breathing back to its normal rhythm, and then repeat the first 3 steps 7 times.

Step 6: Come back to your awareness and reflect

Gently bring yourself back and become aware of the space around you and its sounds. And reflect on all the questions below:

- Were you fully present during the whole session or were your thoughts drifting away?
- Did your counting become loud or quiet, slow or fast during the session in your mind?
- Did you feel any tension, pain or discomfort when you did your mantra? Which part of the head felt this discomfort, your forehead, the top of your head or the back of your head?
- What else did you feel during the session?

2.2 Research: What is a great hole (The foramen magnum)?



2.3 Research: What is the meaning of OM?



Notes:



Questions:

