

Reminders

Do not concentrate on the sound

Just feel it or think it lazily. The sound may become longer, shorter, clearer, fainter, the pronunciation may change, or it may not change at all. It may get so faint that you are scarcely aware of it, but it is still there as a vibration.

The sound may associate itself with the breathing which is fine – but neither encourage or discourage this. Just let it happen. When the mind wanders off, first return to the breathing and then reintroduce the sound, although it is not important which order they come. Breathing, sound and thoughts all play along side each other.

Just observe the play.

Do not resist or resent thoughts

It is irrelevant what they are about – mundane or profound. We cannot have too many thoughts. They are a sign that release is occurring and we do not want to interrupt this.

All thoughts, feelings and visual images should be regarded as the by-product of the release of tension. In meditation thoughts serve the same function as dreams do in sleep.

Just as dreams are a release valve for the mind, so are thoughts in meditation.

Without them the release process cannot happen.

Do not resist sleep

This may be the most effective way that stress can be released and most of us have a sleep debt.

There are no good or bad meditations

All meditations are beneficial and we cannot be the judge of our own meditations. Every time you sit consciously with the eyes closed and take your attention to the sound, healing is taking place.

Physical sensations

Laughing, crying, feelings of anxiety, restlessness, boredom, pressure in the head, all indicate deep release is happening.

Observe the sensation and return to the sound. If the feeling is strong, take your awareness to the physical sensation for a while, as this has a calming effect and assists the process of release.

Practicalities

Time yourself with a watch or a phone. You can bring yourself back with a gentle tone after fifteen minutes. Make sure you are comfortable and warm.

Meditate for the time being lying down, but later try sitting. The practice works the same.