Instruction Document

~ Please print this and keep it with you whilst listening to your course ~

Meditation guidelines:

Listen to C.D. 1 first of all.

If you were taking medication for an illness and you were going to begin a physical exercise program it would be advisable to consult your doctor. The same applies with meditation. If you are taking medication for an illness check with your doctor that it is O.K. for you to go ahead with meditation at this point in your life.

You need to have an alert mind to enable you to enjoy this new experience so you need to be free of alcohol or non prescribed drugs for at least 24 hours.

Wait 2 hours after a full meal or 1 hour after a snack or caffeine drink before meditating.

If you smoke, it is better to wait 30 minutes before meditating.

Never meditate with a sweet or anything in your mouth because you intend to go into a deep relaxing state similar to sleep.

Never over meditate – just as physical exercise is good for you it is important to build up gradually. When you meditate you release backlogs of tension and if you meditate too long you can release tension too fast for you to cope with. Always leave 3 to 4 hours between meditation sessions.

How to prepare to meditate:

You need to be clear headed so choose an uncluttered room.

Lighting needs to be subdued.
Telephone switched off or on silence.

A straight backed chair to sit upright or cushions to support your head and back. C.D. player, MP3 player or a computer at hand.

The mantra you have chosen needs to be written down and placed where you can see it.

Sign outside door asking not to be disturbed.

Shoes removed and any tight clothes loosened for your comfort.

**Mantra list:**

Shirim
Shiring
Kirim
Kiring
Hirim
Hiram
Hiring
Sham
Shama

Or the classic mantra ‘Ooommm’

You may choose any mantra that you feel comfortable with. Just make sure when you choose a mantra that you write it down and keep it with you whilst you are learning. It can be easy to forget your mantra in the early stages of learning. A simple search on Google will deliver you hundreds of different mantra’s to choose from. You are not limited to the list above.