



4 Approaches to Mindfulness – Starter Mantras

Sama Vriti – Same Breath

- This mantra is the easiest of the bunch and a great place to begin if you are new to meditation.
- Start in a comfortable seated or reclined position – think comfortable but not so comfortable you will fall asleep.
- Empty your lungs of air and slowly inhale, counting to 4. Hold at the top of the breath when lungs are full, counting to 2.
- Exhale just as slowly as you inhaled, counting to 4.
- Hold at the bottom of the breath when lungs are empty, counting to 2. Repeat for at least 10 cycles.

Body Scan

- This mantra is easiest if you are laying flat.
- Start at your feet and think “relax my toes”. Begin to move up the body relaxing each part as you go, allowing enough time for relaxation to come before moving on.
- Don’t forget the jaw and space between the eyebrows!

Concentration

- These mantras can be done singularly or as a progression and may be organized in whatever order serves you!
- On your inhale you think the first mantra and during your exhale you think the second mantra.
 - One Two
 - In Out
 - Calm Ease
 - Peace Breath