



MANTRA MEDITATION

Mantra meditation is a **great place to start** if you are new to meditation because it provides the mind with multiple focal points.

Concentration is like anything else: it takes training and practice.

A mantra is a word, phrase, or sound that is used to give the mind a point of concentration during meditation.

The mantra is not vocalized but rests in the mind.

The **So'ham (pronounced so-hum)** mantra roughly **translates to "I am That"** and is **sometimes called "the sound of the breath"**. It is **paired with the rhythm of the breath** which draws the mind into deeper focus.

"A mantra is a thought that protects, guides, and leads. Reciting the so'ham mantra leads to the clarity of self-awareness."

Rolf Sovik - A Mantra Meditation for Everyone, Yoga International