

## Ami Yantra, Tumi Yantri — Mantram

One of the best ways to meditate is called a mantram. Mantrams are syllables that help you to focus the mind and go beyond the regular mental stuff, the wind blowing and the waves, to experience your higher self. So it's one of the best possible ways to go within, I highly recommend it. Here's a mantram called, "*Ami Yantra, Tumi yantri.*" It means, "I am the instrument — my higher self, is the operator of this instrument." You're trying to tune in with the soul, the atman, the core consciousness.

### How to Practice

For success in chanting your mantra, beware of mindless repetitions. The secret of success in chanting a mantra is *mindful chanting* — be aware, be conscious, each and every time you chant your mantra. Give it your attention. It is designed to help you transcend your turbulence, your normal mental/emotional flows, but will only work if you chant with attention and, in time, devotion, your heart's love.

At first, it's easy to pay full attention because the mantra is new to you and the practice is new, so you do listen to the sounds as you chant out loud and as you whisper. And you're attentive as you do mental chanting in the areas of your distractions. However, in time, it's easy to put less and less of your mind onto the mantra and allow the turbulence to resume its normal flood stage.

### Benefits

Abiding in the surge of the mantra and not the words, thoughts about the words, or feelings about the words, you enter the highest level of the mantra which is the surge, the energy, the tone or tones of the mantra. These feel simply magnificent. The first experience is usually one of deep peace and calmness. In this clarity you sense an integration with life and the life process, the goodness and the wholeness of life, that the different parts of life do fit together.