



Application #9A – Going In

This is an internal meditation tool using a mantra. This application exposes you to a one-point focus of using a word vehicle to drop inward.

An introduction to chanting and Application 9A,

As mentioned in the previous series entry, *all meditation involves a one-point focus on an event*. With mantras, the application of the one-point mental focus -- ($f\Delta t$) -- is you focusing on a word, and you are using the words for a vehicle to the exclusion of everything else. More specifically the one-point focus is on the word and nothing else.

When you use a mantra, you are altering the flows through your *Perceptual Lens Array*.⁵⁴ Your one-point focus over a period of time ($f\Delta t$) will be one perception – the words or the perception related to the words. An effect of this narrow focus is ~~truth~~ perceived (T_P) and ~~truth~~ chosen (T_C) will have a reduced participation within your mind/matrix.⁵⁵

Any word or set of words can be used as a mantra. What mantra syllables – words -- you do use can reflect your perceptions and motivations though. One of the author's college instructors taught meditation and biofeedback.⁵⁶ He said, you can use any word for a mantra, and he is right -- you can use any word whatsoever for one-point

⁵⁴ *I AM A I*, Chapter 4

⁵⁵ *I AM A I*, Chapter 5, Formula of Effectiveness

⁵⁶ When not teaching, he was doing biofeedback research for the Naval Postgraduate School in Monterey, CA

focus. He used the word hamburger. His mantra was, "Hamburger, hamburger, hamburger, etc."

However, what word/s you choose may reflect in the change of consciousness because your previous perceptions and desires influence it – your associations with the words.

Be advised; this idea of saying a word (or set of words) repeatedly and relatively quickly in your mind for a specific block of time is the core concept to Transcendental Meditation -- TM.

Different mantra exercises (and even different applications of the same mantra) can produce different results -- changes of consciousness. When varying these mantras (and their applications), the different desire/perceptions involved can also produce varied changes within you. This is because your desire/perceptions focus is in separate areas.

Meaning, the change of consciousness feels different with this mantra than it does with that mantra, and different with this other one.

That is an intention of this series set – *Application 9* -- of exercises; these applications are to give you at least three different mantra chant forms, to introduce to you three variations of change of consciousness.

Application 7B consists of an operation where before you start some kind of chant or mantra session, or any other exercise, ask, "What am I doing this for?" Recognize what you want; pre-form your intention; set your priorities, etc. "I am only going to do _____ for this period of time."

Question your current paradigm, programming, perceptions, or recognize your ignorance; "What am I seeing? What do I want from what I see? I want to know what happens when I do this."

(For any new paradigm or perception to be taught, the old paradigms or perceptions are usually called into question.)

As stated previously, some of the goals, reasons, and/or desires for doing these exercises are: God, union with the universe or Divine, love, kindness, harmony within yourself or with the world, truth, understanding, knowledge, or just curiosity and experimenting. "What happens when I do this?" Just doing this to observe your own mechanisms is a very valid motivation – recognize your ignorance. "I'm doing this to know me, to figure out how I work."

Any intention that revolves around the concept of 'One' or recognition of ignorance is no problem. It is clear sailing, pretty much.

Exercise 9A -- Passive chanting, (Saying it in the stillness)

This first mantra to be introduced in this series is one many people know -- *OM*. It can be pronounced long ō and with m or it can be pronounced as *Aum*. This chant is conjoined with breathing, one *OM* per

breath. You may want to say it aloud at first in order to learn it.

Inhale through the nose; then, exhale and as you exhale say, “Aaauuuummmmmmmmm”. (or Ooooommeeee). The vowel part, ‘aaauuu’ or ‘ōōō’, is relatively short in this application. The last part, ‘mmmmmmmm’, is long and let yourself vibrate to it. Let yourself vibrate or resonate to the ‘mmmmmm’ part. Learn to ride the “mmmm...” part into yourself. This is your one-point focus – the vibration.

One *OM* is stretched with each exhale of a breath. Then, take another deep breath and *Aaauuuummmmmmmmm*.

There are three basic ways to chant *OM*.

- ◆ *Aloud* as mentioned in the above example (one *OM/breath*).
- ◆ Another way is to say it *softly* to yourself, the word gently coming out with your breath.
- ◆ The third is no vocal whatsoever, saying it *in silence*. Saying the word inside your mind (one *OM/breath*).

Generally speaking, the more pronounced consciousness changes occur when the *OMs* are done in stillness; there are no body applications splitting focus. However, you may have to learn to ride the vibration by saying it aloud first though.

Once you get the hang of riding the vibration concept, say *OM* in your mind to the silence, in the stillness of your being. As you are doing that one-point focus on *OM*, you turn your awareness and everything 90 degrees away from your thought/emotional sets, away from everything and jumping into yourself with this ‘mmmmmm’ vibration/sound.

As presented earlier, the silent method can be the more powerful one. This is true for most mantras (with a few exceptions). A deeper trance can ensue when the body is not involved.

As with the other exercises, before you start this exercise, set a specific time window to do this exercise. You have the cooking timer (or beads, or whatever) out. Do this exercise for 20 minutes.

And...remember your original intention; you are going to do _____ application for a _____ time only. Remember that this is the only thing you are going to do. If you start drifting, remember: “I don’t want to do that now, I want to do this.” And go back to the exercise. Kind of like; a person on a roller coaster thinks, “I got to remember to write something down for the report. Oh, but I don’t want to do that right now, I want to have fun and finish riding this.” This is returning to your original intention.

Maintain your focus!!! Growth comes from bringing yourself back. Momentarily remembering your immediate priorities for that time window can help.

There are a number of swimming and water analogies that can be made with meditation. One trick of doing an exercise can be similar to a swimming stroke. All swimming styles that are taught have two elements, a stroke and a glide. In some the glide is long like the breast or side stroke. Back stroke and crawl the glide is shorter while the butterfly has the glide almost non existent. The usually recommended action for a swimming style is stroke, glide; stroke, glide; stroke, and glide. This translates as work, rest; work, rest; work, rest...

With this exercise, the operators can do this inside themselves. The stroke can be in the inhale, or in the ‘Ooo’, or ‘Aaauu’ part, and the glide is in the ‘mmmmm’ part. You can learn to stroke and glide in your own head. Burst of focus, rest or glide, burst of focus, rest or glide, burst of focus, rest or glide, etc. Moving deep inside yourself. Stroke, focus, glide. Go back deeper. Stroke, glide.

Another option is letting go and entering your being serves as the glide. It is shutting everything down and riding the sound (or vibration), while empty. The stroke in this instance is the inhale and the initial sounding ‘Aaauu’, the glide is the exhale and the vibrating ‘mmmmm’.

Stroke-glide can be considered more active while dropping into yourself can be considered more passive. OM is one of the passive chants that is being introduced now; along with the stroke-glide aspect which, can be more relevant when we get into some active aspects of focus as with music.

The idea that is being presented here is that there is more than one way to do any one of these chants. One way is like swimming, while another is equivalent to floating in the water, exhaling, and sinking rather than stroking.⁵⁷

And...no matter which way you do it, whenever you drift – start thinking, recognize it and re-evaluate or remember priorities. “What am I doing for this block of time?” Gently bring your focus – attention -- back to doing what you want to do, in this case, the exercise application.

Your growth begins when you catch yourself.

Remember, that if you just keep asking yourself that question when you drift (“What do I want to do right now”), this can help you stay focused. This idea of “remember what I am doing for this block of time” can be

⁵⁷ An exercise taught in swimming class that shows the student that as long as you have air in their lungs they will float.

applied to anything. It is prioritizing your actions in the moment. The process of doing this is elementary and involves the basic mechanics of refocusing your mind/matrix.

The exercise consists of:

- *Get into a comfortable position (but not too comfortable).*
- *Do a motivational analysis or establish your priorities or intention for the next block of time and cultivate a disinterested-interest in the exercise's outcome and notice how you feel – Application 7B.*
- *When doing these exercises, do an OM chant for an allotted period of time (twenty minutes for example), and then stop.*
- *The last part of the assignment is just to sit; after each period of chanting, sit with what you are feeling for 2-5 minutes. Notice how you feel. No judgments; just kind of childlike notice how you feel. Observe your body and state of being -- Application 7B.*
- *Do a chant method three separate times with each of the three methods – aloud, softly, and in the stillness -- (9 times total). If doing a number of these exercises in one sitting, allow a period of 15 minutes between exercises.*
- *Enter any thoughts or feelings into a workbook or journal if you wish.*

Voluntary and Optional Exercises

- *Do the above exercise using I Am,⁵⁸ ‘Iaammmmmmmmm’.*
- *Something else can be added onto this chant that can alter its effect. Take the OM, together with your breathing, and go through your mind and remember a musical chord that gives you ‘goose bumps’. Some musical chord from some favorite song that gives you a goose bump reaction. Then you say that OM to yourself in that chord. ♪Aaauuummmmmmmmmmm♪ (breathe).
♪Aaauuummmmmmmmmmm♪ (breathe)...*

⁵⁸ Doing the above chant with the Name of the Nameless One; with the Name that the Nameless Desert God gave to Moses on the mountain.