

INTONE A SOUND

Stage 1: (10 min.)

Sitting comfortable. Start to chant AUM so that you can hear yourself clearly.

Stage 2: (10 min.)

Still chanting, but less loudly, feel the sound vibrating through your whole body.

Stage 3: (10 min.)

Intoning the sound with the lips closed, so that only you can hear yourself, feel the sweetness of the sound.

Stage 4 (10min.)

Slowly, slowly, more subtly, more subtly until the sound fades into soundlessness. Bathe in the inner silence until the sound of the gong.