

Transcendental Meditation (TM) is a simple, natural technique that allows the mind and body to settle into a state of deep rest and relaxation. It is practiced for 15-20 minutes twice a day while sitting comfortably with the eyes closed.

To practice:

Find a quiet, comfortable place to sit.

Close your eyes and take a few deep breaths.

Repeat a personal mantra in your mind, gently bringing your attention back to the mantra whenever your mind wanders. The mantra is a specific word or sound that is assigned to you by a trained TM teacher.

Continue repeating the mantra for the duration of the meditation.

When the meditation is over, slowly open your eyes and take a moment to adjust to your surroundings before getting up.

Mantras

Age Mantra

0-11	eng
12-13	em
14-15	enga
16-17	ema
18-19	ieng
20-21	iem
22-23	ienga
24-25	iema
26-29	shirim
30-34	shiring
35-39	kirim
40-44	kiring
45-49	hirim
50-54	hiring
55-59	sham
60	shama

1st Aing Namah

2nd Shri Aing Namah

3rd Shri Aing Namah Namah

4th Shri Shri Aing Namah Namah

5th Shri Shri Aing Aing Namah Namah

6th Shri Shri Aing Aing Namah Namah