



Practice 8:

Meditate and Thrive – Practice Meditative Contemplation

Practice 8 is a guide to meditative contemplation with Om—contemplation of the primordial sound and its relationship to divine Reality—meditation upon it and conscious immersion in it. The technique of “floating a desire in Om” as taught by Paramahansa Yogananda is also included.

Steps to meditation in Om

1. Prepare for meditation with a conducive posture.
2. Turn attention within and intend to contemplate Om.
3. Quiet thought activity by focusing on your breath.
4. Once the mental field is calm, listen for inner sound. Listen within your ears and in your head.
5. Concentrate on any steady, subtle, inner sound you hear.
6. Associate that sound with Om. Remember that all sound, all manifestation, emanates from Om.
7. Expand your awareness by sensing that inner sound pervades your mind and body and surrounds it. Further, expand your awareness to include Om vibration in all creation throughout the cosmos.
8. Know that you are meditating *in* Om. Be immersed in it. Contemplate Om as the evidentiary aspect of divine power and presence.
9. Be gently inclined to know what is beyond Om.
10. Meditate in Om for as long as you can.



11. Conclude with intentionally placing your worthy desire into the resonate, creative field of Om. Float your desire in Om and know it will be realized.
12. Bring your attention and awareness back to mind, body, and your environment. Know God as your constant companion.

*Close your eyes. Relax. Be aware of the inner darkness around you. Feel it. Imagine it to be filled with the Om vibration. Imagine it to be as large as Planet Earth, then so large that it contains the stars and planets—everything in the universe. Imagine it to be infinite, without boundaries. Fill all space with the consciousness of bliss [joyousness], with your attention everywhere. Be conscious of your immortality, knowledge, peace, and the all-pervading energies and life forces. Remain identified with the Om vibration for as long as you can, as often as you can. The infinite Reality of God will then be known by you. –Paramahansa Yogananda**

*This selection from the writings of Paramahansa Yogananda read from *Self-Knowledge: Adi Shankaracharya's 68-Verse Treatise on the Philosophy of Nondualism: the Absolute Oneness of Ultimate Reality*, commentary by Roy Eugene Davis, is available from CSA Press. www.csa-davis.org

