

The Hong-Saw Technique and its Practice/ AKA Mantra Yoga or Meditation with Sound

This is the perfect technique for people that say they've tried meditating and could not do it. This does not require concentration, effort, or trying to control your thoughts. Do give it 3 consecutive tries before you judge its benefits.

This can be done at any time by sitting in a comfortable posture. In whatever posture you sit just make sure that your spine, neck, and head remain straight upright, but at ease and not tensed at all. Follow the steps given below:

- (1) Close your eyes and breathe normally.
- (2) Just watch your breath, whether it is going in (inhalation) or coming out (exhalation).
- (3) Only watch passively and do not modify the natural flow of your breath.
- (4) Mentally say 'Hong' over the total length of inhaling breath and mentally say 'Saw' over the total length of exhaling breath.
- (5) If after an inhalation or exhalation there is a gap and the exhalation or inhalation does not take place then do not do anything, just stay passive and only be aware of this.

Note: The natural occurrence of gaps between inhalation and exhalation are a normal occurrence and happen due to physical inactivity and resulting deep relaxation which lowers the metabolic rate. Then even one breath is sufficient to last over a longer period of time.

- (6) You may carry on this technique for as long as you enjoy in one sitting.

Additional hints:

I find it most useful in the morning to start the day with more focus, calm and dispel any negative emotions from the night. A few minutes at bedtime insures a more peaceful sleep and sheds the stresses of the day.

There is no right or wrong with this technique. Your mind will wander into "thoughts". When you notice this is happening, just return to the mantra and the breath and don't beat yourself up. The recommendation is to attempt 20 minute sessions but this will vary with each person and may vary with the same person on different days. After a while, you will seem to know when you have reached the end result of a particular sitting.

I have found this to be life saving and life changing. Hope it will be of benefit to you also.

All the best,

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