



# Lesson Three - Mantra

## Mantra Meditation

During this week, practice mantra meditation once a day in your time planned and space cleared, you can also use when you need to through the day. Mantra is also excellent to use with japa mala beads, as you turn the bead in your hands you can repeat your sound.

Examine whether this type of meditation had an impact and how the vibration of using sound affected you and your body, which did you prefer?

Come back to here and write down your insights below: