

# How to Practice

- **Morning Prayer and Lamp Gazing:**

- Sit comfortably
- Start with the Sanskrit Prayers
- Light the lamp (Note: Ghee lamp, Oil Lamp or a candle with natural wax may be used)
- Ensure that the height of the flame corresponds to the tip of your nose
- Look at the lamp for five minutes continuously whilst listening to the prayers and primordial chant “Aum”

- **Music for Yoga and Pranayam**

- Practise your daily routine of Yoga and Pranayama while playing the music in the background
- Focus on deep breathing along with the music

- **Afternoon Healing Music (Relaxation at work place)**

- Give yourself a break at mid-day around 2 or 2:30 pm to listen to this music

- **Night Prayer and Lamp Gazing**

- Sit comfortably
- Start with the Sanskrit Prayers
- Light the lamp (Note: Ghee lamp, Oil Lamp or a candle with natural wax may be used)
- Ensure that the height of the flame corresponds to the tip of your nose
- Look at the lamp for five minutes continuously whilst listening to the prayers and primordial chant “Aum”

- **Yog Nidra (Music for sound sleep)**

- Listen with concentration to the SOM Yoga Nidra music
- Keep a cover beside you so that you can use it when you lie down while listening to the music
- Slowly relax into a peaceful sleep