



## Online AUM group meditation to strengthen willpower, energy and concentration

Hi there!

We are the *Love Warriors Movement*, a non-profit movement for the realization of peaceful revolution in individual, social, spiritual areas.

We want to invite you to our daily sunrise meditation and explain with the following text how to proceed, if you feel called to participate!

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### FAQ

#### **How much does it cost?**

Nothing! Participation is free of charge and it is possible to join without prior registration.

#### **When?**

From Monday to Friday starting at 6:20 AM Berlin / Rome time for 30 to 40 minutes ca.

#### **Where?**

Either live on Facebook with the group: Friends of Bodymind Therapy Berlin

[Link zum Facebook](#)

Or live on our Youtube channel: Bodymind Therapy Berlin - Enrico Fonte

[Link zum Youtube Kanal](#)

#### **What?**

Chanting the mantra "om gam ganapataye namaha" and A-U-M (see instructions below)

## What for?

Strengthening of willpower, energy and concentration.

The meditation has no commercial, therapeutic, political or religious purpose in itself.

## Who we are?

Read our *Love Warriors Movement* manifesto at [www.bodymindtherapy.de](http://www.bodymindtherapy.de)

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## INSTRUCTIONS

### 1) Meeting at 06.15 AM

Please be ready to start in your meditation corner. Open Bodymind's Facebook group or the YouTube channel on your mobile phone or laptop. We recommend the use of lit candles and smoking sticks to create an optimal environment and to keep yourself warm during the meditation.

### 2) Take the seated posture: Muktasana

"Asana" simply means posture. "Mukta" is the Sanskrit word for "free", "liberated" or "released". Muktasana is nothing more than a particularly comfortable sitting position.

While the feet rest on the thighs in the Lotus Seat, in Muktasana they are positioned in front of the body with the legs bent at the hips and knees. The left foot is brought as close as possible down to the pubic bone (perineum), the other is placed close to the first. The feet are not crossed, but lie in front of each other. The knees reach the floor without tension and are ideally closer to the floor than your pelvis.

Please make sure that your spine is straight. It is important that you have relaxed shoulders and arms. The hands rest without tension on the thighs. Your neck and head are in line with the spine.

If you have the feeling that you are not sitting comfortably in Muktasana, there are modifications you can make: To sit upright on the floor, you can sit on a pillow. If you have weak back muscles or knee problems, you can use a wall or a chair to stabilize you.

### 3) Opening: the Ganesha mudra and mantra

Next you will hear a bell ringing 3 times from our live stream. This signals that it's time for the Ganesha Mudra and Mantra. Ganesha is a very beloved and invoked symbol because he is the inner deity of goodwill who brings prosperity and happiness, known as the destroyer of material or spiritual obstacles. Because of this, many seek his grace before starting any activity.

In Ganesha Mudra, the left hand is held in front of the chest with the palm facing outwards. The right hand then grips the left hand with the right palm facing the body. The hands are held at the level of the heart.

Take a deep breath and chant 3 times: "om gam ganapataye namaha". Take a moment and breathe before each repetition.

(We repeat this entire process in the same way at the end of the AUM meditation for closing, in part 5).

#### **4) Chin mudra und AUM Mantra**

Then you will hear a bell ring once from our live stream. Take the chin mudras with both hands. This means that you take your hands and let your thumbs and forefingers touch each other, so that there is a circle and the other three fingers of the hands are typically stretched out and touching each other. The chin mudra has a special meaning. The index finger is considered the ego finger and when the index finger bends and touches with the thumb, then unity is created, symbolized by the circle. The thumb stands symbolically for Brahman, the absolute, the divine.

Begin to chant AUM very slowly, inhaling through your nose very deeply into your stomach area before each repetition. Feel the vibrations of the A in the abdomen, pelvis, or solar plexus and the lower spine. Let the A slowly change into a U and then into a humming M. Feel the vibrations of the U in your throat, middle and upper spine and heart area. Feel the humming sound of the M in the forehead and in the back of the head up to the top of the head. Focus on the point between the eyebrows and stay focused there with your eyes closed throughout the meditation.

We will repeat the AUM 108 times. At the halfway point of the meditation we will ring the bell once. If you want to stop there or at any time before, go to part 5 on your own.

At the end you will hear a "shhh", we take a few breaths in the silence with relaxed hands and feel ourselves.

#### **5) Closing: the Ganesh mudra and mantra**

Then you will hear the bell ring once from our audio. Again it is time for the Ganesh Mudra and Mantra, as we did in part 3. Finally you will hear the bell ring 3 times from us and the sound of "Namaste". This greeting comes from the Indian Sanskrit. The term is made up of the syllables "nama" (bow), "as" (me) and "té" (you). Namasté can therefore be translated as "bow to you" or "I bow to you". This expresses reverence for the inner deity of the other and gratefully acknowledges the presence of the other person.

Try everything on your own, but we also have a tutorial on Youtube for this in German or Italian language with English subtitles.

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**Notice:**

You don't have to do it every day nor complete all 108 repetitions, you can just choose some days of the week and a certain number of repetitions. You can use a mala chain with 108 pearls or an alarm clock. If you want to have the full effects on your willpower, once you have decided on a day and a certain amount of repetitions, stick with it and go through it. If it feels like too much for you, next time you may choose less. For energetic and concentration purposes however, the principle "the more, the better" applies.

**Latest scientific findings:**

Neuroscientist Dr. Marian Diamond from the University of California found that chanting reduced the release of stress hormones and boosted immune function. Another expert in the field, Dr. Alan Watkins of Imperial College London, proved that while chanting, the pulse and blood pressure drop to the lowest values of the day. Apparently the vibration that chanting causes in the body calms the nervous system and thus reduces stress while increasing concentration and memory function... To read more about this and other benefits of mantra meditation just check Google.

Thank you and Namaste

Love Warriors Movement greets you