

NAAM MEDITATION PRACTICE

Please find a quiet place, take a few deep breaths and begin by applying the following hand positions while you chant along with each of the following tracks.



MEDITATION 1 – Seven Waves of Aum Opens the Heart

Music: [Sacred Aum CD from Rootlight](#)

Time: 3 minutes

End: Inhale and gently suspend the breath. Exhale and relax.



MEDITATION 2 – Wahe Guru Power Healing and Protection

Music: [Naam Infinitem CD from Rootlight](#)

Time: 3 minutes

End: Inhale and gently suspend the breath. Exhale and relax.



MEDITATION 3 – I Am Abundance, love, health and Inner Peace

Music: [Celestial Naam CD from Rootlight](#)

Time: 3 minutes

End: Inhale deeply, suspend the breath for 15 seconds. Exhale. Inhale and reach the arms up toward the sky as you shake the body and then exhale and relax for a minute.