

# A gentle OM practice

A few breaths, a soft sound and a little space to return to yourself. No meditation experience is needed.

About 3-5 minutes, at your own pace

## 01 **Begin with your breath**

Settle somewhere comfortable. Take three slow, easy breaths, without forcing them.

## 02 **Let your voice be gentle**

Chant "OM" softly at least five times, at a pace that feels comfortable. Notice the sound and vibration, with a quiet breath between repetitions.

## 03 **Choose an intention**

Complete the words: "Today, I choose..." You might choose courage, clarity, peace, confidence, joy or trust. Let it be a word that feels meaningful to you.

## 04 **Be here for a moment**

For thirty seconds, bring your attention to the present. Simply notice your breath, your body and the space around you.

## 05 **Close with gratitude**

Place your hands on your heart and offer thanks for one thing. Take your time as you return to the rest of your day.

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### **Only have a minute?**

Pause. Breathe. Chant OM softly five times, then choose one word for your day.

May you lead with presence, speak with authenticity, and return to yourself whenever you need to.

# 溫柔的 OM 唱誦練習

幾次呼吸，一點輕柔的聲音，留一段回到自己的時間。不需要有靜心經驗，也可以開始。

約 3-5 分鐘，按照自己的步調

## 01 從呼吸開始

找一個舒服的位置，慢慢做三次輕鬆的深呼吸，不需要勉強。

## 02 讓聲音輕柔地流動

以舒服的步調，輕聲唱誦「OM」至少五次。留意聲音與振動，每次唱誦之間，讓自己安靜地呼吸。

## 03 為今天選一個意圖

接著說：「今天，我選擇.....」可以是勇氣、清晰、平靜、自信、喜悅或信任，選一個此刻對你有意義的詞。

## 04 在當下停留片刻

用三十秒，把注意力帶回現在。單純留意呼吸、身體，以及周圍的空間。

## 05 用感謝收尾

把雙手放在心口，為一件事表達感謝，再慢慢回到接下來的日常。

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只有一分鐘，也可以練習

停一下，呼吸。輕聲唱誦 OM 五次，再為今天選一個想帶在心裡的詞。

願你帶著覺察生活，真誠地表達，也能在需要的時候，回到自己。