

Challenge of Meditation

I try to lower the volume and vivacity of my mind's chatter
Pitter patter, chitter-chatter, can't put my mind over matter.

I keep looking at the tip of my nose, or sometimes on the flame of a candle
I breathe in and out to calm the mind, but meditation I still cannot handle.

To quieten my mind, I recite the mantras; I chant, and I repeat the sound of Aum
But soon, I notice that the mind has slipped by and gone somewhere to roam.

I say, Hello Monkey mind, why are you in constant motion, causing commotion?
I must silence your babble, to meditate is the path I have now chosen.

I recite the mantra, *Aum Bur Bhuvah Svah* - three times
The mental rattling starts to dial down, and mindfulness climbs.

I vocalize the magic words, *Aum Shanti, Shanti, Shanti*
This powerful chant helps me slacken my mind's frenzied energy

My heart beats slower, I see a door within me open, and I see my soul
A divine voice echoes and says, Hum! Your mind is in control.

My little soul unites with the big Soul, and bliss comes my way
I experienced liberation called Nirvana, Hip, Hip, Hooray.

Written by Urmilla Chawla