

# Common thoughts and experiences during meditation

*When you realize your attention has drifted away from your mantra, gently bring your attention back to it.*



*Whenever you have a choice, choose the mantra over other thoughts.*



## EVERYDAY THOUGHTS

You may have a continuation of ideas, images, memories, or the everyday thoughts of your life's activities.



## VISUALS

You may see pictures, colors, light, or other visuals. People who are especially visual may even see their mantras.



## PHYSICAL SENSATIONS

You may become aware of a physical sensation in your body. This could be tingling, twitching, warmth, or some slight physical movement. Physical sensations are due to stress being released, or the body readjusting and reawakening after stress or toxins have been released.

If a sensation is so strong that it becomes difficult to return to the mantra, don't force it. Instead, gently allow your awareness to be with the sensation.



## EMOTIONS

You may become aware of an emotion such as happiness or sadness, or some slight sensations in the area of your heart. These also indicate the release of stress. If an emotion is especially strong, making it difficult to return to the mantra, allow your awareness to rest easily in your body.



## SOUNDS

You may find yourself listening to a sound in your body or a noise outside in the environment. Although noises can be disturbing, they aren't a barrier to meditation. Even in noisy situations, you are able to think—meaning you can silently repeat your mantra.