

TRANSCENDENTAL Meditation Mantras



How To Practice TM

- Sit comfortably with eyes closed.
- Gently bring the mantra to mind.
- Repeat the mantra silently.
- Return to the mantra if thoughts stray.
- Continue for 20 minutes.
- Sit quietly for two more minutes.



TM Mantra List By Age

AGE	MANTRA
0-11	eng
12-13	em
14-15	enga
16-17	ema
18-19	ieng
20-21	iem
22-23	ienga
24-25	iema
26-29	shirim
30-34	shiring
35-39	kirim
40-44	kiring
45-49	hirim
50-54	hiring
55-59	sham
60	shama



TM Advanced Techniques

- 1st: Aing Namah
- 2nd: Shri Aing Namah
- 3rd: Shri Aing Namah Namah
- 4th: Shri Shri Aing Namah Namah
- 5th: Shri Shri Aing Aing Namah Namah
- 6th: Shri Shri Aing Aing Namah Namah

Shri = Oh Most Beautiful
Aing = Hindu Goddess Saraswati
Namah = I Bow Down

References:
Wikipedia
TM.org

