

## Mantra: Surrender Meditation

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During this meditation, you are guided to recite the **Chenrezig** mantra. This mantra is a cosmic recitation to invoke and awaken limitless compassion from within. It is a conscious and deliberate step to deactivate your ego. The goal is to align your consciousness and prepare for reintegration of the pseudo self to a pure state of being.

### AVALOKITŚVARA (CHENREZIG)

*(Compassion)*

Oṃ ma ni pe me hung

Use the ***Surrender Your Outer Essence*** music track to perform this meditation practice. As you recite the mantra, the goal is to ***Surrender Your Outer Essence***.

Breathe in. Hold it. Breathe out. On the out breath, STOP thinking. Be present without a single thought flowing through your mind. If this is difficult to do then simply look at your thoughts without giving the thoughts you observe any energy.

This means you should not respond or interact with the thoughts you create. Continue breathing in and out at a desirable rhythm.