

Mantra: Listen Meditation

During this meditation, you are guided to recite the **Amitābha | Amitāyus** mantra. This mantra is a cosmic recitation to initiate dialogue with I AM presence. Communication comes forth from the depth of your soul out the stillness of super conscious awareness and brings divine clarity, discriminating awareness, understanding, infinite light (Amitābha), infinite life (Amitāyus), and unconditional love. This is a space of communion with Source.

AMITĀBHA | AMITĀYUS
(Infinite Light | Infinite Life)

Om a mí de va hrīḥ

or

Om a mara ni ji vantaye svāhā

Use the ***Listen to Your Inner Wisdom*** music track to perform this meditation practice. As you recite the mantra, the goal is to ***Listen to Your Inner Wisdom***.

Breathe in. Hold it. Breathe out. On the out breath, initiate your ability to listen and hear by tuning in to the energies emerging in and around you. Take dictation or notes. Speak out loud as you receive clear messages that flow through unabated by thought. Continue breathing in and out at a desirable rhythm.