

Mantra: Experience Meditation

During this meditation, you are guided to recite the **Tārā** mantra. This mantra is a cosmic recitation to invoke your divine ability to be of service to humanity - a star shining. The presence of I AM emanates in, through, and as you. There is no separation.

TĀRĀ

(In service to all)

Om tāre tuttāre ture svāhā

Use the **Experience Oneness** music track to perform this meditation practice. As you recite the mantra, the goal is to **Experience Oneness**.

Breathe in. Hold it. Breathe out. On the out breath, plan your course of action for how you will apply what you heard and received in your life to co-create an abundant life for yourself and others. Continue breathing in and out at a desirable rhythm.