

GOM Individual Meditation Period

Some recommended options for making your own time schedule:

- Breathing Meditation
- Image of Buddha or Yidam
- Mantra

Option 1:

25 Minutes Breathing Meditation followed by 5 Minute Break - you can choose to do this in one sitting or break it up into 2 to 4 very short sittings separated by 2 minute breaks

25 Minutes Meditation on image of Buddha or Yidam Followed by 5 Minute Break - you can choose to do this in one sitting or break it up into 2 to 4 very short sittings separated by 2 minute breaks

25 Minutes Meditation on OM MANI PADME HUM - listen to the sound of the mantra as you quietly recite it. you can choose to do this in one sitting or break it up into 2 to 4 very short sittings separated by 2 minute breaks

Set your alarm clock or use an app like [insight timer.com](https://insighttimer.com) to time your sessions

Option 2: same as option 1, but stay with one meditation object of your choice

Option 3: vary the length of your smaller sessions as you like