

Intro to Mantra Meditation

Introduction

Mantra meditation has been practiced in India for thousands of years; it is proven that mantra meditation reduces stress, calms the mind and increases inner peace. Mantra meditation can be very helpful in overcoming restlessness and achieving focus and concentration. Meditation, using a mantra may provide the body with deep rest, deeper even than the rest gained during sleep. Regular meditation, may over time build up in the body and deepen the reservoir of rest and reduce stress and provide long term healing benefits.

So - What is a "MANTRA"?

A mantra is a syllable, word, or phrase that is repeated during meditation. Mantras can be spoken aloud, chanted, hummed, whispered, sung or repeated silently in the mind.

Mantra meditation is an age-old practice, believed to have Buddhist and Hindu roots, however reciting "sacred word" exists within a great variety of spiritual traditions. In modern times, mantra practice has gained popularity as mindfulness practice, that is not seen strictly as religious or spiritual in nature, but one that can be used by anyone, regardless of belief, tradition or background.

How do practice "Mantra Meditation"?

To meditate you stand, sit or walk in an effortless and comfortable for you way that is slow, steady and quiet. If you are seated or standing, be still and focus on the breath flowing slow and steady, if you are walking, move slow and steady with no destination or goal. Now begin to repeat a word or a short phrase called a mantra, this can be aloud or silent. Your mantra can be any word, sound, prayer or short phrase you like. This can be a prayer, a sanskrit mantra (see below) or a word or phrase of your choosing - for instance: "Peace begins with Me." "Just Breathe" "Inner Peace" "I Am Light".... ANYTHING!

What do you mean by "SANSKRIT"? Is this Sacrilegious?

Sanskrit is a language which belongs to the Indo-Aryan group and is the root of many, but not all Indian languages. Sanskrit is believed to be a "dead language", but I question this, because it is in fact the language of yoga and creates a sense of ONENESS in my experience. When we speak Sanskrit in meditation, we connect to a sacred vibrational quality that the sounds create and may even be a method for expanding consciousness and tap into deep knowing and awareness. Sanskrit also, becomes the language used to teach and connect us to these traditional Indian practices of yoga and meditation, and I feel it honors the tradition and essence of these practices and keeps my own practice tied like a sacred thread, to the truth of these practices. I have never felt sacrilegious in using sanskrit, because my goal is connection, oneness and greater sense of divine (love) in my life. I don't believe that this is against any religion or faith formation in my family's life. If this feels uncomfortable for your experience of faith however, please choose a prayer in your native language or terms and words that open your heart and help you feel connected to your own sense of truth! It is the energy you bring and connect to that is important, so whatever feels positive and affirming to you is what is most important!

Common Mantras & Their Meanings

Compassion Buddha Mantra:

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OM MANI PÄDME HUM

This is the Tibetan mantra for awakening compassion. The six syllables, *Om Mani Padme Hum*, are said to hold the essence of all the Buddha's teachings and to truly chant and know this mantra is to know enlightenment. A loose translation is "Hail to the Jewel in the Lotus".

Om Mani Padme Hum is believed to invoke the attention and auspicious blessings of Chenrezig as the embodiment of compassion.

The 6 syllables contain important teachings that help oppose the internal causes of suffering and awaken an experience of compassion and freedom within the heart and mind of the practitioner.

Om - Om is the primordial sound or vibration of the universe. This is the most important sound of all; but in the context of this mantra it is meant to destroy the ego attachments and establish **generosity**.

Ma - Removes the attachment to jealousy and establishes **ethics**.

Ni - Removes the attachment to desires and passion and establishes **patience**.

Pad - Removes the attachment to prejudice and establishes **perseverance**.

Me - Removes the attachment to possessiveness and establishes **concentration**.

Hum - Removes the attachment to hatred and establishes **wisdom**.

Mantra for Awakening:

OM TAT SAT

Om - lends a sacred tone to acts

Tat - it or God, reminder that all actions are God and releases ego

Sat - invokes an attitude of goodness, purifies your own activities.

This mantra is thought to change a person's vibrational state, and encourages the mind to enter into a meditative state so that the yogi may begin to connect with the higher self or the Divine within.

Om that is, or in essence God is the only reality.

"The supreme truth" "All that is"

Great Mantra:

MAHA MANTRA:

Hare Krishna, Hare Krishna,
Krishna, Krishna Hare Hare
Hare Ram, Hare Ram,
Ram, Ram,
Hare Hare

Known as the MAHA (OR Great mantra) This chant is said throughout India in Vaishnava temples. It is a mantra that is said to bring about loving devotion.

OM NAMAHA SHIVAYA

This mantra represents the tranquil insight of the meditative experience, as Shiva is the exemplary meditator. Helps destroy negative qualities.

The chant Om Namah Shivaya is a love song, to ourselves. A love song we sing to our own deepest inner nature. In this song we recognize that we are the source, like a hologram, a piece of god that also represents the whole.

Om Namah Shivaya mantra is sung by devotees in prayers and recited by yogis in meditation. It is associated with qualities of prayer, divine-love, grace, truth, and blissfulness.

Shanti Mantra, Katha Upanishad

Om saha nāvavatu

Saha nau bhunaktu

Saha vīryam karavavāhai

Tejasvi nāvadhītamastu

Mā vidvishāvahai

Om shanti shanti shantihi

Pronounced: OM SA-HA NAAV-A-VA-TOO, SA-HA NAU BHUN-AK-TOO
SA-HA VEER-YAM KA-RA-VAA-VA-HAI
TAY-JAS-VE NAAV-ADHEE-TAM AS-TOO, MAA VID-VI SHAA-VA-HA'I
OM SHANTI, SHANTI, SHANTI

This is a mantra of togetherness. It is a shanti mantra, a peace mantra that brings blessings of protection and guidance. In the yoga tradition, this is traditionally chanted between student and teacher at the beginning of any new learning cycle.

This mantra however, also serves as a bonding force that protects sacred partnership and relationship – especially during times of great upheaval and discord. This mantra has the capacity to hold groups who join together in practices, studies, and sacred endeavors. May we be supported, protected, guided, and bonded in our circle of sisterhood!

Translated:

“OM. May the Divine Consciousness protect us as we play our parts as teachers and students. May we be nourished with knowledge as we work together with vigor to understand the true nature of the teachings. May our learning be brilliant as we walk the path together harmoniously. May we find new ways of communication and not quarrel with each other. Om peace, peace, peace.” – Swami Saradananda

Mantra for Peace: Basic Version: OM SHANTI SHANTI SHANTI



ॐ शान्तिः शान्तिः शान्तिः

Om Shanthi Shanthi Shanthi !
(om peace peace peace)

MANTRAS FOR LOVE AND RELATIONSHIP ISSUES OF ALL SORTS:

Lakshmi is the Goddess of Love & Abundance

Her mantra is:

OM SHRIM MAHA LAKSHMYEI SVAHA

(Om shreem muh-hah luhk-shmyai svu-huh)

Om and Salutations, I invoke the Great Feminine principle of Great Abundance

Shrim (Shreem) – bija mantra, seed mantra of love & abundance

Healing a relationship

HRIM SHRIM KLIM PARAMESHWARI SWAHA OM

Pronounced: HREEM SHREEM KLEEM ARD-YAR KAR-LEE-KAR PAR-UM ESH-WAR-EE SWAR-HAR OM)

Reveals the true nature of reality and purifies feminine energy. This is known as the Great Fifteen-Syllable Mantra (not counting the Om at the start) and is said to provide a rapid boost to one's spiritual growth, although once again the results may be unexpected and drastic. One should only use this mantra if one is prepared for results that may be quite intense. Salutations to the Supreme Feminine. May that abundant principle that hides the nature of ultimate reality be attracted to me, and reveal the true nature of reality to me.

Clearing negativity in a relationship

HUNG VAJRA PEH

(Hoong Vahj-rah pay)

This mantra helps to neutralize the negative thought forms that exist on a plane of consciousness around the earth.

To Increase Love

AHAM PREMA

(Ar-hum pray-ma)

To develop your capacity to love as much as you possibly can. It is said to transform you into an emanation of divine love. I am Divine Love

Mantra for bringing positive friendships into your life:

Om Shreem Mitraya Namaha

(Om Shreem Mee-Trah-Yah Nahm-ah-ha) May the light of friendship shine through me, drawing noble companionship

Healing misunderstanding

OM SHARAVANA BHAVAYA NAMAHA

(ohm sha-ra-van-a bha-vai-ya nah-ma-ha)

Increases good fortune or luck and attracts positive circumstances.

Om and salutations to the son of Shiva, who brings good fortune.

Ganesha Mantra / Removes Obstacles:

OM GUM GANAPATIYEI NAMAHA

(ohm goom gana-pa-tie-ay na-ma-ha):

Removes obstacles. Good to remove obstacles to bringing in a good relationship.

Om and salutations to the remover of obstacles