# QUICK-START GUIDE TO USING MANTRAS FOR MEDITATION

# **Using Mantras for Meditation**

To use a mantra during meditation, first of all find a comfortable place where you will be undisturbed. Find the meditation position that is comfortable for you and take a few moments to quieten your mind and relax your breathing.

Try and take a deep belly breath before you chant your mantra of choice. If the mantra is short enough, try and chant it on the outbreath of one single breath. If it is longer, then let it flow over the course of several breaths. You can either chant your mantra out loud or chant it in your head

If the mantra has a meaning, just be aware of it, but try not to focus on the meaning of each word as you say it. The general sense of the mantra will remain in your awareness without you needing to direct energy towards it in particular.

Release any worries you may have about how to best pronounce the mantra. There are lots of available clips on YouTube where you can find the correct pronunciation if this is something which bothers you. More importantly, use the mantra to enable your meditation.

As you bring your meditation to a close, spend a few moments in the quiet and give thanks for your moments of peace.

#### **Mantras:**

**Shiva Mantras** 

Om Namah Shivaya

Translation is:

"I honour the divine within myself"

or

"I honour that which I am capable of becoming"

It is said this mantra helps to get rid of self-imposed limitations, sins and weaknesses. It is a mantra used to elevate the psyche and attain higher states of consciousness.

# Shiva Maha Mrityunjaya

Aum Trayambakam Yajamahe, Sugandhim Pushtivardhanam; Urva Rukamiva Bandhanaan, Mrityor Mokshiye Maamritat

#### Translation is:

"We meditate on the three-eyed reality which permeates and nourishes all like a fragrance. May we be liberated from death for the sake of immortality."

Lord Shiva is known as the "three eyed one", because his third eye has been opened by the powers or penance and meditation. So by using this mantra, we are asking him to bless us and awaken our third eye of spiritual knowledge, to ultimately gain spiritual freedom from all things material.

## **Gayatri Mantra**

Om bhur bhuvah svah tat-savitur varenyam bhargo devasya dhimahi dhiyo yo nah pracodayat.

#### Translation is:

"O Divine mother, our hearts are filled with darkness. Please make this darkness distant from us and promote illumination within us."

Gayatri is a mantra which inspires righteous wisdom, allowing us to intuitively find wise solutions to our problems.

#### **Ganesha Mantra**

Om Gam Ganapataye Namaha

#### Translation is:

"Om Salutations and Prostrations to Lord Ganesha."

This is to promote success without troubles, incorporating supreme knowledge and peace.

## Lakshmi Beej Mantra

Om Hreem Sri Lakshmi Bhyo Namaha

Translation is:

"Goddess Laxmi reside in me and bestow thy abundance on all aspects of my existence"

This mantra is used when seeking wealth and abundance.

### **Durga Mantra**

Om Dum Durgayei Namaha

Translation is:

"Om and Salutations to that feminine energy which protects from all manner of negative influences"

This mantra is said to protect you from negative energies. It increases your personal power, prosperity and positive energy. It helps you to succeed in a positive way, while blocking negative forces against you.

## Hanuman Mantra

So Ham

Translation is:

" I am that I am"

This mantra is said to be a universal mantra. Inhale on the So and exhale on the Ham.

This is said to be the mantra of the true self, that it is inherent in all of us. It repeats itself continually along our breath. It is said that as long as this mantra keeps going on inside of us, we remain physically alive. Once it stops, so does our physical body.

There is conflicting advice as to whether to breathe in or out on the "So". For me it comes more naturally to use "So" on the outbreath, but use it how it works most naturally for you.

I hope that these mantras may help you start or enhance your meditational practice. Just writing this article has reminded me how comforting I find them. My favourites are the Om Namah Shivaya and the Om mantras.

I even have the Om symbol tattooed on the inside of my ring finger!



Good luck with your meditational practice and please let me know how you get on! Here's to uncluttered minds and focussed thinking!