

ANGEL'S FRIENDLY COACHING

Mantra Meditation



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Mantra Meditation

Purpose: Help your mind stop racing through concentration. Affirmation technique to embody the meaning of the mantra.

Origin: Various

Summary: Focusing your attention and energy on repeating a specific phrase or sound. Common mantras are in the Sanskrit language and one of the most common mantras is “om” believed to be the first sound that originated on earth.

Keep in mind: The vibrations of the sounds you make in the Sanskrit language correlate to the intention or meaning of the word. (That is something that makes Sanskrit so special).

How To:

- Select a mantra. You can use a common Sanskrit mantra, Hindu mantra, or use one from your own language. You can use mantras from each of the chakras such as, “I am”, “I feel”, “I Do” etc., or choose a mantra that speaks to you.
- Relax, center, and close your eyes.
- Begin by saying your mantra out loud or just repeat it in your mind.
- Repeat it for the duration of the meditation. A common practice is to repeat it 108 times, as it is a sacred number in harmony with nature.

Optional: You can use mala beads to help you count the mantras.

When you are finished, center yourself and open your eyes.

