

The Benefits of Mantra Meditation

A Brief Background on Mantras

The word mantra comes from the ancient Indian language of Sanskrit, a language based on the frequencies of sounds and the energies they produce. When broken down, “man”, which means mind, and “tra” which means instrument, sound, or vibration, mantra can be defined as an instrument of the mind. In other words, it’s a tool that can be used during meditation to help individuals reach a deeper meditative state and higher consciousness. Mantras open the doors to tapping into one’s own energy centers, the so called chakras, and tuning them to a level that creates the potential for true transformation in body, mind, and soul.

The Spiritual Side

In Sanskrit the belief is that all creation whether it be people, animals, trees, the earth, or the entire universe is a frequency of some sort. All that you see, touch, taste, and feel, all matter, originated from the word Om, which came from Source, The Creator, God. Essentially, then we came from God and are in fact, God, only we’ve forgotten. The Ego and the endless chatter of our minds block us from who we truly are and limit the amazing potential we all possess. Meditation is the practice of creating stillness in our minds, removing or at least subduing the ego, and reconnecting to our Source. When we accomplish that all things can manifest into our lives. Things like health, wealth, joy, love and peace. However, these wonderful benefits of meditating with the aid of mantras are not solely a belief system or religious practice. They are also proven facts of science.

Physiological Effects of Meditation

To reiterate, a sound is a form of energy and has long since been proven scientifically. A mantra is a sound, a sequence of words that contain a powerful message being sent to the brain. The effect mantra meditation has, besides mentally and spiritually, leads to numerous physiological improvements. Many studies have shown that people who meditate using mantras have lowered blood pressure, bolstered their immune systems, and even recovered from various chronic diseases. As an individual continues to meditate using mantras and rhythmic breathing, their brain chemistry (neurotransmitters) and nervous system is brought into proper balance. The stage is then set for the many physical health rewards that result from meditating.

Mental and Emotional Wellness

Recent research in neuroscience has shown that the practice of meditation actually increases gray matter in the brain. In layman’s terms, a hyperactive mind as many in today’s society suffer from becomes less active and more mindful or aware. Stress is greatly reduced. Emotions and thoughts more even keel and regulated. People’s moods are generally more pleasant, hopeful, and positive and less worried about things like work, money, getting sick or even death. The focus shifts away from the

concern of material gain and worldly pursuit and on to the eternal, seeing this life as an amazing journey that is to be enjoyed and cherished in the moment.

Examples of Mantras

A mantra can be any word or phrase spoken out loud repeatedly (chanted) or silently to oneself and can be anything a person desires that they feel will be helpful. “I am peace”, “I am love”, “I am abundant”, or “I forgive” are a few examples in English. In the ancient Sanskrit, however, there is greater value given to the actual words and their pronunciation. Remember, Sanskrit is a language purposefully developed to match the energy frequencies of the universe and the world we live in. Here are five examples of Sanskrit mantras considered to be among the most powerful:

1. Om – The original sound. It represents a new beginning.
2. Om Namah Shivaya – “I honor the divinity within myself.”
3. Lokah Samastah Sukhino Bhavantu – For the happiness and peace of all others.
4. Om Gum Ganapataye Namah – To help remove obstacles of all kinds in life.
5. Namo AmitaBha – Enlightenment, awareness, and wisdom.