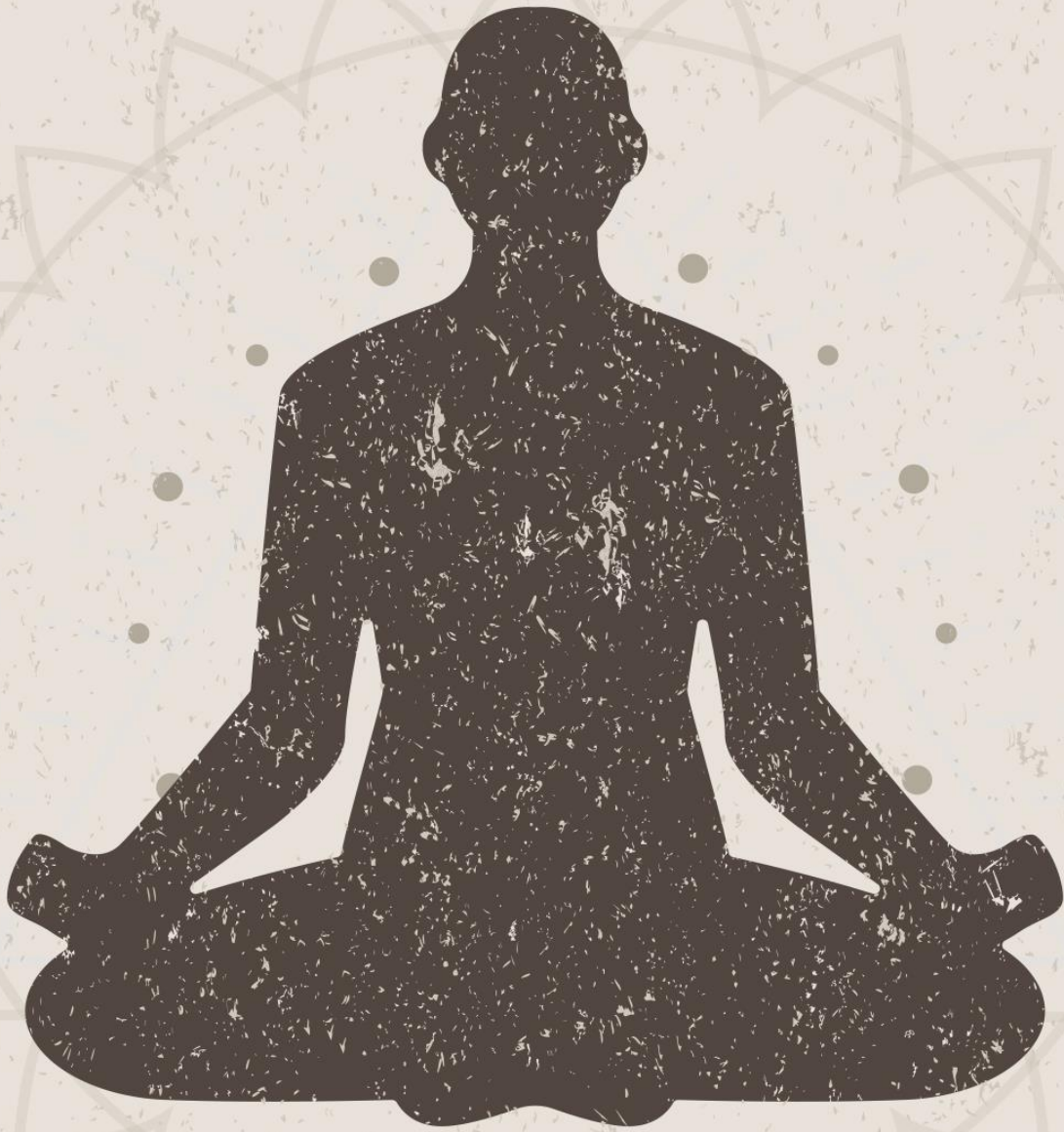


LIFE AND MANTRAS



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Foreword

What Is A Mantra? A Mantra is a sound or a word that is being repeated frequently in mind or out loud that results in silencing the constant noise and chatter of your thoughts. The word Mantra in Sanskrit means, 'man' pertaining to mind and the 'tra', or instruments, which makes mantra a "mind's instrument." The sound of 'tra' also means 'free'. Therefore, a mantra is a tool that helps in freeing the mind from all negative state. Get all the info you need here.

Life and Mantras

Chapter 1:

Mantra Basics

Synopsis

These Mantras are often being used in meditating in order to help someone reach a clear and calm state of the mind that promotes awareness, which is a characteristic of absolute meditative state. These words originated from the Yoga, Tantric, and Vedic traditions and have become more and more popular around the world.

The Basics

For a lot of people, Mantras are of great help. If you discover a mantra that you can actually connect with, then you can benefit from chanting it over and over again. Well, saying mantras doesn't just connect people with divinity, but it also helps in establishing a connection with their subconscious as well. Verbal repetition of these mantras can increase your vibration.

And chanting mantras can help you in staying focused and centered on whatever mission or goal you are trying to achieve and pursue. The plan of using mantras invokes a specific quality of light, peace, or joy. If you know the real inner essence of mantras, you will be able to make your meditation more soulful and powerful.

In other explanation, mantras are energy based sounds. The metaphysical tradition of the Indians explains that bodies are composed of combined five elements and one of them is sound.

Studies of sound symbolism generally suggest that all vocal sounds have their meaning whether you are aware of them or not. And that there is a certainty that there are numerous layers of symbolism that are associated with any sound.

Thus, even if you don't understand mantras, they are definitely not meaningless; no vocal expression is without meaning. Any person's subconscious mind can actually find solutions through meditation as well as mantras recitation. Mantras, when repeated frequently and

constantly while meditating, loudly and through mental and silent chanting, will change consciousness.

How Can A Mantra Affect The Mind?

Mantras are like seeds. Seeds have the ability and potential to become a grown tree. Similarly, any sound vibration contains all the potential possibilities of creation.

There are mantras that are in a seed form, which is called bija mantras. And there are also others that are expressed like the Gayatri mantras. Mantras are usually secret, which if kept as a secret will alert the subconscious mind. Additionally, the mantras work in a level of consciousness.

A mantra is a tool of power and a tool for power. These words and sound are formidable and they are definitely ancient, yet they work. In the most literal form, mantra means “to free the mind”. They are tools being used by the mind in order to be free from all the vagaries of mind.

Chapter 2:

Figuring Out What You Truly Want To Change In All Areas Of Your Life

Synopsis

Everyone wants to live a life according to their dreams and wants; everyone wants to have a happy ever after ending. There will be such a time that you will feel that you are going on the wrong direction and that your life's journey is not where it should be.

These times can be the coldest part of your life and you will suddenly feel that you need changes. But how can you change your life in an instant? Well, it is impossible especially if you don't know where to start the changes.

As a person, you should know what you want to change in the different aspect of your life. Knowing this will definitely lead you to real and absolute happiness.

What Do You Want

Most people have more than one aspect in life that they would want to change. They want to improve self esteem, want to fix a relationship, lose weight, improve financial situation, and change other areas of their lives.

Wanting to change is normal, it is definitely not unusual, but making a change is another story. But why do people can't quite actively work in changing and improving their lives? People can't change because, they don't exactly know how and if they already know how, they will find that trying to change is hard.

There are some people who actually know how they can change their lives but they considered change as too difficult to achieve. Thus, some people don't want to try or they try but will eventually quit.

The key to making a change in your life, once you learn what areas you want to change and know what to do to make this change, is to have a firm commitment and dedication to make changes.

However, the commitment is usually the hard part because if you are not entirely committed to change, you are likely to stop and quit every time you have some obstacles.

Before changing your life, you must know what you really want. It's the best pursuit to happiness.

If you don't know your ultimate dreams, how will you able to change your life? Well, it would seem impossible to pursue. Remember,

everything you do in your life is a choice, and everything you don't do in your life is also a choice.

Using Mantra to Achieve Maximum Benefit

It is easy to incorporate mantra to maximize your dedication to change. It is easy to say a word over and over again like a chant, but all mantras need devotion and feeling behind them in order to work just like planning to change something in your life.

Chapter 3:

Using Mantras For Abundance In Love

Synopsis

According to the Ancient Vedic Texts, everything is actually made up of sounds.

The Supremacy Of Words

In fact, people know that vibration or sound is the most absolute form of power or energy. It affects people deeply on a physical or emotional level. Think how these words affect each individual. It does not matter whether it is heated words from an argument or soft words from a song or poem, words actually have power.

Power to make a person cry or inflict hurt, power to give someone goose bumps or terrify people, power to inflame people to make drastic actions and the power to make someone love and feel loved.

There are words that when said in an angry state can take some new power and can change again if it is uttered by a person you love. Words are said to alter your body's physical make up and to nourish the spirits.

Channeling Energy And Power With The Use Of Mantras

Mantras are vibrations or sounds created from the sacred Sanskrit syllables and they help to capture and channel spiritual energy. Some mantras are being chanted and some are being sung, however, any mantra has its purpose and is actually made up from words that basically fulfill their purposes of bringing balance to the bodies and minds as well as promoting a sense of powerful well being to anyone speaking the mantra.

One way of attracting a life partner is by using Tibetan mantras. There are also other kinds of mantra and different languages, but the uniqueness of the Tibetan mantra is the fact that they were written and created in Sanskrit. These powerful 'seed' sounds open, balancing the chakras and bringing tranquility and peace not just to that person uttering, as well as to other humans and animals hearing them.

Before you begin a mantra discipline, it is essential that you establish your own intention. With these mantras, being powerful as they are can help you attract your partner or soul mate. However, because you shouldn't just attract anyone, you should be clear regarding the characteristics your partner should have.

Aham Prema (Ah hahm Pray Mah)

This mantra is being used by women and men. It means "I am Divine Love". In case you really want to find and look for true love, you should be 'love'.

Sat Patim Dehi Parameshwara (Saht Pah-Teem Day-Hee Pah-Rah-Mesh-Wah-Rah)

This one is mainly for women; this will help them attract the 'spiritual man'.

These are just some of the common mantras used to attract a partner, there is actually more. Once you selected a suitable mantra, you can proceed doing "mantra discipline". You can start seeing results in two weeks; you should chant your mantra for a minimum of 40 days and

40 nights to achieve maximum benefit. You should chant your mantra at least 10 minutes early morning and 10 minutes at night.

While chanting, you should retain your focus on to your intention and remain active and present mentally. Chanting a mantra is not just chanting alone but it also considered as meditation. Thus, if ever you will find and notice that your mind is not focused, lead your focus to present and without judgement. The mantras on changing energy, together with focused attention, are the key towards the love you actually deserve.

Using Mantras To Achieve Maximum Benefit

It is easy to say these words over and over, however, all mantras needs devotion and feeling. You should pour your real intentions into these mantras and then imbue them with feeling they deserve during your chanting. There are also rituals that will enhance the power of the mantras. Wash your hands before each and every chanting, this symbolizes your sincerity and purity. Imagine that it is a starting point of washing away the different factors that hinder your mind to find a partner.

Chapter 4:

Using Mantras For Abundance In Finances

Synopsis

Mantra chanting is also being associated with attracting abundance in terms of finances. Most people are having a hard time in parting with their money, but they usually want and need financial freedom. If you are an entrepreneur, you should be willing enough to invest in your business as well as in yourself, both in professional and personal development.

Your Finances

It's not wrong to want money. If you have the right attitude towards money as well as the different access it can bring, you will attract money. This access will elevate your business and take it to another level. And if an investment is required, you will be open to take and receive essential information and then apply them accordingly. You just have to remember that you don't actually need money in order to attract more money.

No one can deny that all people need money to maintain their livelihood and survive. Money is definitely not a root of evil; it is the love for money that makes it that way. Look at the money you have as a means to creating access, through this, parting with your money will be more purposeful and logical for you. Not one can deny that money can open up new doors and creates transformations, at the end of each day, money is the key towards financial freedom and it provides incredible leverage. You just have to develop the appropriate mindset, which will help you have the financial freedom you deserve.

Start With The Thought Process

It is critical to have the perfect frame of mind and thinking, and there is actually a distinction from the strategies of making money with a business and in having money generally. There is no secret in it, but there actually is a particular frame of mind that you should have in terms of understanding the essence of how you feel and think about

your money and how you actually earn it. Being wealthy and rich are completely different things. Thinking and feeling from some wealthy standpoint as well as taking action are ways for you to start. Additionally, having mantras in place is the best way to make and create transformations in life.

Mantra 1: “I am holding myself accountable in my own financial success.”

It depends on you how you make necessary changes to be in a right position of attracting and creating wealth. Hold yourself accountable and take action in order to improve those that need improvements.

Mantra 2: “I will gain knowledge from the wealthy people and make money.”

Be mindful as to where or whom you are taking financial advices. If that person is not in the right position financially, then you don't have to bear his fruit. Always consider your source. Wealthy people only take advices from those wealthier than they are.

Mantra 3: “I won't compete, I will create”

Unplug from that matrix, you will begin to find opportunities around you and you will discover that they are limitless. There is more for you to discover outdoor, you don't need to compete all you have to do is to create.

Chapter 5:

Getting In The Right Mindset

Synopsis

The right mindset is the key to success. It will get you unstuck and will help you grow every day. In battling for your future, you need to have strategies that will help you get the perfect mindsets for success. Whatever your plans and goals in life are, you need to know that success is battles that are fought in your mind.

If you believe doubts and hindrances, if you are focusing only to your failings, success will be impossible for you to achieve. It is time for you to make some action, take charge, and do it the right way to take the steps to achieve your goals.

Set your mind and stay focus on the right path ahead! Just like in mantras, you need to set your mind and focus on your words to achieve the maximum benefits.

Getting Your Mind Set

- Get Clear

Knowing yourself is the hardest part of all. It is easier to offer opinions to others about the different things, but if it is about you it will be a bit murky. It depends upon your self esteem; you can undervalue yourself or be so full of yourself without seeing the reality. Knowing who you really are, what motivate you, what your passion is, then you can start helping other people as well.

- Set Goals

Setting your goals is the best way to become a successful person. If you established your ultimate goals in life, and be equipped with courage, confidence, and determination your path will be clear. Similarly, before chanting your mantras, be sure to stay focus and know your goals for chanting these mantras. Be clear of what you want and what you want to achieve.

- Check your personality and attitude

You're a human, this is a fact. You have those feelings that can change frequently. To have the right mindset, you can't afford living with your feelings. More often than not, feelings are unreliable and can also lead you away and astray disabling you from fulfilling your goals and complain about lots of things. Just like mantras, you won't

discover its real essence and benefits if you don't possess the right attitude towards these words.

- **Assumptions might lead you to failure**

The brain is amazing in lots of ways, how it can process information and how it delivers your impressions and thoughts. Sometimes, however, your brain can also fail you. Challenge your assumptions, and replace them with evidences.

- **Take action!**

Action is a powerful motivation that will help you keep going. It is better that you start on something and then adjust things as you go about rather to keep on planning, taking notes, but never taking them into action. Take action, it will make you feel great about yourself. Don't worry about mistakes that you might incur, pick yourself, readjust, and try again. Always aim forward.

There are actually lots of ways that you can do to improve and develop yourself, and one of those is by using mantras. Chanting words and meaning it can make something into reality.

Chapter 6:

The Difference Between Positive And Negative Mindset In Mantras

Synopsis

Thinking positively about mantras have been a common subject of people in books, reports, and speeches. Thinking negatively about mantras also has its own place in the research field. Positive or negative thinking can actually be combined, and it will give you some essential and healthy opinions about mantras and how they work.

Similarly, it works the same in life. With positive and negative thinking, you will be able to develop healthy relationship and self esteem. Through both positive and negative mindset, you will be able to look for possible problems and then learn to appreciate all the things you have.

The Difference

Positive & negative thoughts: People have thousands of thoughts every day, and these thoughts and their nature will make up someone's outlook in life. This is the same case in mantras, if a person has negative thoughts about them; chances are that person won't benefit from these mantras. But if a person has positive thoughts about these mantras, odd are this person will be immensely benefited. It all depends upon the person's thoughts and belief. Both negative and positive are essential to the mind, but it is vital to use them properly.

Application: As a person, you should learn the right way of using both negative and positive thinking. In mantra, you should know what positive and negative mantras are; this will help you apply these mantras to your daily living. Both positive and negative thoughts can strengthen your self esteem, through everyday affirmations in order to help yourself realize your skills as well as your personal drawbacks.

Creating a positive thoughts produce holistic benefits to your body, just like overcoming the limiting beliefs bring good health. In spite of challenges in life, it motivates and encourages people to face all of them head on. In mantras, if you react positively about them and repeat these ideas over and over again, your will begin to believe that it is true, even if it is not based on reality or facts. This is also how a negative thinking eats self esteem. One of the excellent ways of transforming negative thoughts is to use mantras or some short

affirmations, which uses only positive words to defy unfounded negative thoughts.

Step 1

Identify your life's situations where you would want to change your negative thinking habit.

Step 2

Write some negative statements that you usually repeat inside your head like, confronting your own negative self statement is a great way of changing the negativity.

Step 3

Use encouraging languages and then focus to your strengths rather than your perceived weaknesses in order to turn negative thoughts into positive thoughts.

Step 4

Choose one to two meaningful positive statements and make it short to make it your mantra. You should prevent using words such as must, will, should, or might when you are making your mantra. Mantra that is positive and succinct is much easier for you to remember and may even have higher impact.

Step 5

Repeat this mantra every time you consider yourself in some stressful situations or if you find yourself saying negative self-talk.

Chapter 7:

All About Chanting

Synopsis

Chanting is a rhythmic vocalization of sounds or words, which is often in 1 or 2 tones. It is a common practice in spiritual traditions, and it is found in most human culture.

Although chanting practice varies, chant is often found throughout Western and Eastern faiths including Islam, Catholicism, Hinduism, and Buddhism. In general, chanting is accepted as a good way of raising energy or psychic power and altering the consciousness.

Chanting is being used by some people in preparation of ceremonies as well as other types of momentous occasions.

All The Info

To have the absolute benefits of chanting, a person's mind must be focused and cleared. To keep a mind in present, chanting will help someone develop mindfulness. When chanting, mantras are often being used. A mantra is a word or phrase that is used to aid concentration especially in meditation and is also believed to have the power of expanding one's awareness as well as increasing the connection with the divine of spirituality.

As a person chants mantras during meditation, the focus of meditation is merging with sound vibrations of the chant and become connected with the energy. With this, the person will be able to connect with anyone who is also chanting the same mantra or those people who have chanted the same mantra. In this way, that person can connect and merge with them on spiritual level.

To most people, one of the most amazing benefits from chanting and meditation is the awareness of interconnectedness between mental, physical, emotional, and spiritual level it brings. As awareness grows, it will lead to a deeper understanding about the subtle areas and facets of existence.

The Power Of Chanting

Chanting has created enormous resurgences, its health providing properties are known and accepted around the world. And in religions, chanting is popularly known. It has been a religious and cultural choice of people. And it has long been used as a way of

healing, worship, a method of clearing energy centers of people, as prayers to the Spiritual Divine, and the incantation that brings around needed remedy. Its basic principle is to invoke a word or sound accompanied with intention, to provide maximum beneficial result to the one making the chant.

By starting your chanting, you will become aware of the energy blocks inside yourself. The use of mantras in conjunction with a tone, and repeated aloud will steadily assist you in becoming more aware. And with a continued practice, your voice will deepen and you will feel tingling sensations throughout your body. This is attained when the energy centers or chakras are clear and those resonant sounds will create a vibration of peace within.

The Basics Of Chanting

- ✓ Choose a mantra
- ✓ You can utter the words or make a tune and sing your chant. You can also say it to yourself silently.
- ✓ Every day, morning and evening, chant this mantra for 108 times. Do this chanting for forty consecutive days. And if you miss one day, start from the beginning.

After forty days, you can see positive results. Though you won't be able to see riches at hand, but you will create and attract abundance in all the aspects of life.

Chapter 8:

How Meditation Fits In

Synopsis

Mantra meditation is a powerful technique of doing meditation. It is a meditation that commonly used sound in order to open the mind and the heart. This mediation is a method of Devotion, a sacred practice and deeply spiritual to people who are practicing it. However, you don't have to be a religious person to be able to experience the gift of Mantra meditation.

Meditation

Mantra meditation will push your mind to concentrate and focus completely on vibrations and sounds, thus clearing your thoughts, distractions, and emotions which in turn divert your energies. You learn to preserve and focus your emotional and mental energies, enabling you to create a direction and then focus in your actions.

You become aware about the simple facets of life, which leads to transformation of your attitude towards a non competitive and uncomplicated life.

This will create a balance in being active physically and capable of external actions as well as maintaining good condition of calmness internally and perpetual clarity.

Mantras can be anything you choose; they don't have to be a Sanskrit Mantras. They just have to be sounds of meaning to you, which you should repeat over and over again until they become one with your consciousness and clears your mind from your existence regular state.

These will elevate you in somewhat altered awareness, a state connections you with your own soul and the deeper levels of it, achieving universal consciousness. One of the most famous mantra that is being used is 'I am' in inhalation and 'at peace' in exhalation.

Other Mantras That Are Being Used During Mantra Meditation

So Ham: A powerful and beautiful mantra, which honors both light and shadow, integrated the opposites: life & death, inhalation & exhalation, the yin and yang.

OM: It is a sound of universe, the vibration of the entire living things

Sat Nam: Means truth

Om Namah Shivaya: phoenix rising, transformation, and creation of change

Tat Tuan Asmi: I am what I am

Aham Brahmasmi: I am a creative force

Om Namoh Bhagavate Vasudevaya: join with divine will: I surrender to Almighty

Shanti, Shanti, Shanti: Peace, peace, peace

Preparing For Your Mantra Meditation

It is of utmost important that you prepare yourself just before practicing mantra meditation. Get yourself in an appropriate mindset and create spiritual atmosphere. This will help you in practicing your mantra meditation.

- ✓ Let enthusiasm and spirituality fill you
- ✓ Shower, dress in loose, white, clean clothing
- ✓ Pull your long hair back and brush your teeth. Remember, a clean and comfortable body will promote a free mind.
- ✓ Sit in a sacred space, which is ideal for spiritual practice
- ✓ Make your own simple altar, and use some inspirational picture, light some candles or incense in order to keep the atmosphere meditative
- ✓ Surrender your own egos. This spiritual practice is all about purifying oneself as well as letting go from preconceived thinking, and opening oneself to unconditional and boundless love of Divine Grace
- ✓ Sit comfortably, which will allow your spine erect and straight
- ✓ Offer your prayer from within the heart

Chapter 9:

Advantages and Disadvantages

Synopsis

Mantra meditation, though proven effective in one's mind, still has its disadvantage. But it all depends upon the person doing the spiritual practice. This spiritual practice, being popular and commonly used by a lot of people, is sometimes being abused in terms of use. Here are some of the most common and notable advantages and disadvantages of mantra and mantra meditation.

Good And Bad

Advantages of Mantras and Mantra Meditation

Mantra is a great way to achieve tranquility and calmness of the mind as well as life-long serenity. It has long been practiced by a lot of people especially Hindu monks from India in order to look for inner peace through revitalizing and relaxing. And in today's generation, there are lots of contemporary meditation professionals and practitioners where people can learn techniques in order to tackle various life problems. It can promote health, happiness, and creativity. In addition to that, it can remove fatigue and stress.

These are also some of the major advantages of Mantras:

- ✓ It relieves depression and anxiety
- ✓ It encourages your inner peace, nurtures health, and entire well being
- ✓ Amplifies your ability to focus and concentrate
- ✓ Increases the energy levels
- ✓ Awakens the spirituality

Disadvantages of Mantras and Mantra Meditation

Mantras and Mantra meditation can also lead to minor side effects in the body especially if the use of it was abused and the person practicing it doesn't know the right way of doing it, the right process and the right purpose. The practice of mantra meditation was abused by some people. They want instant and immediate result.

The mind should be brought in control and under slow degrees and people shouldn't try reaching higher states without essential and proper training. This is the reason why some people experiences side effects. If you will adopt the wrong attitude towards mantra meditation, then you will most likely experience some side effects and the disadvantages it can bring.

The Most Common Disadvantages Of Mantras And Mantra Meditation:

- Some mantra meditation practitioners complained about difficulty in remembering names and solving simple arithmetic after prolonged mantra meditation.
- If abused, it can lead to incredible hallucinations
- Some effects include insomnia, facial tics, spacing out, and psychotic breakdowns.

Some people say that there is no negativity from meditation. It is about you going within, toward the reality. People are the one creating negative side effects and problems by escaping from the world and escaping the meditation.

Chapter 10:

Conclusion

In conclusion, Mantra is a great spiritual practice that people can benefit from. It is bound to offer you calmness, peace, and tranquility. They are special phrases and words that you can use to increase psychic intuition and achieve intense focusing, as long as you do it right, as long as you don't abuse it, you will be immensely benefited.

People can use mantras to attract positivity in life and take away life's negativity. You can use it to attract almost anything such as money, health, love, and many more. Mantras actually have definitive essence both in spiritual and materialistic levels.

This practice has a lot to offer, it can provide many benefits. It can actually lift a believer towards higher self. These elements of sounds are accurate and permanent entities. They have everlasting significance.

However, it is of utmost important the practitioners should have a complete and absolute faith from mantras. It is basically through faith and aided with strong will, that one can achieve goals.

A calm mind and sound body are the most essential elements in chanting mantras. Once your mind and body is clear from worries and achieved stability both in body and mind, you will gain maximum

benefit that mantras has to offer. You should possess a specific and definite goal in view as well as strong and solid will power in order for you to obtain your objective and direct your will to achieve your goals.

Over the years, people have been using mantras and mantra meditation. And it will continue to grow and be popular and will be passed down from generation to generation.

Keep your faith alive and learn the importance of mantras in your life.

The ultimate goal of mantras and mantra meditation is to realize the Divine nature and one's supreme self.

Listen, attune, and continue the qualities that are emerging within yourself as you practice mantra.

Keep moving forward and keep aiming for the best together with mantras.