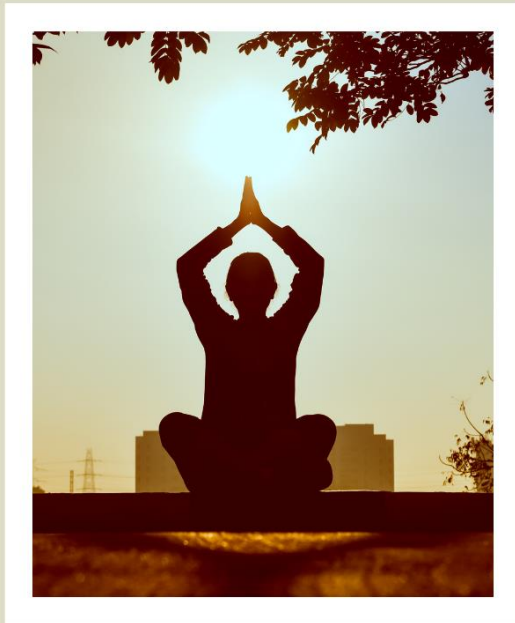


Mantras: Divine Vibrations of the Universe



**Using Mantra Therapy For
Practical & Spiritual Growth**

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Introduction

The word mantra has its origins in 'Man'(Manan)and 'Tra'(Trana). 'Trana' means salvation from the worldly ties, in this manner, from the terms 'Manan'(EkUkUk) and 'Trana'(=k.k) evolved the word 'Mantra'. Constant chanting and meditating on Mantras give rise to Bhakti(devotion)and divine energy. Constant contemplation and meditation of the worshipped deity gives rise to divine energy and results in success in efforts and protection from misfortune because of the intrinsic energy of mantra.

Mantra reaches the worshipped deity in the form of sound vibrations reverberating throughout the atmosphere like radio waves and repetitive chanting of a Mantra gives rise to the development of a divine energy within and bestows unlimited power on the devotee. Various Mantras have the subtle energies of various deities in a basic form. As before sowing a seed we cannot see the tree, fruits and flowers but after we sow that same seed in the soil, it grows into a full-fledged tree and is visible to everyone and this tree also grows fruits and flowers. In the same manner, a Mantra is an external manifestation of the

invisible deity within which after continuous care and watering grows fruits and flowers.

There are two kinds of Mantras : -

1. Tantrik Mantras

2. Vedic Mantras

Tantrik mantras are the ones we call 'Beeja Mantras' whereas Vedic Mantras are the ones that are followed under the Vedic system.

Every mantra has to be chanted for a definite number of times. Every mantra is a deification of a unique combination of miraculous sound vibrations and divine power of the deity and the deity we worship is the one who bestows its blessings on us and this very frequency of the underlying vibrations in a mantra brings us in communion with the divine deity.

The power of a mantra is greater than even the nuclear power and every person gets results in accordance with his own positive or negative vibrations. Every mantra has been tested and approved by our Rishis and Munis. Mantras should be chanted only with a pure heart and mind and it is only the correct pronunciation of a mantra that gives the desired results.

Mantras are such a meditative science in which only by following the proper method one can get the desired results.

RULES TO BE OBSERVED WHILE CHANTING OF MANTRAS :-

1 Have complete devotion and faith in the Mantra. Repose your complete faith in the deity being worshipped.

2 Keep a peaceful mind.

3 While chanting of Mantras never let your mind be distracted.(concentrate deeply)

4 Put your complete will power in the chanting of Mantra.

5 Never be afraid while the chanting of Mantra.

6 Never change your place before your Mantrik meditation is complete.

7 Perform Mantrik meditation as laid down in our scriptures.

8 From the beginning to the end of the meditational chanting of Mantra do not change incense(Dhoop), lamp(Deepak), asana, beads(Mala) and clothes.

9 While the chanting of Mantra keep non-vegetarian food and liquor strictly away from your house.

10 After bathing and with complete purity perform the chanting of Mantra.

11 Never use Mantra power or attainment for negative purposes.

While chanting of Mantra all these things should be taken special care of. At the same time, always undertake "Samkalpa" at the starting of the chanting of Mantra and receive its results at the end of the chanting of Mantra.

Imagine for a minute that you were given a genie that granted you the power to change the course of your own life. Unlimited wishes.... and all you had to do was shift the way you think. What would you do with it?

The mystery is discovering how to communicate effectively with this genie. You're most assuredly sending off it mixed messages. You're seeking things you don't even want simply because you don't comprehend how to "speak the language".

Combining the right thinking with the power of mantras gives you a combination that makes you unstoppable. Get all the info you need here.

What Is a Mantra, How Does It Work

Mantras work on the following principles: Your present reality is a direct result of your thinking. Change your thinking, and your reality changes. Mantras can change your thinking.

Picture it something like this...everyone is invisibly radiating at all times. You are like a radio transmitter. You constantly send and receive many signals per second. The fact is if you are alive, you are emanating a frequency, you are pulsating with life. We all have a signature frequency and that never changes. It is who you are. It is the very essence of your being. This signature frequency is translated into thoughts we send and receive every day. When your frequencies (thoughts) are bouncing all over the place you have chaos in your life.

Now this frequency can be modulated to produce results in your life that you desire. One of the very best, very simple, and positive way to do this is to use Mantras. To begin with you must identify an area of your life you would like to work on for example "overcoming the past". You

may hold a belief in your mind like "I had a terrible childhood" or "my life is hard".

To overcome this limiting belief I would recommend working strongly with the seed sound mantra "Gum" which is pronounced just like the word gum in chewing gum. By using a mantra with intent you can overcome almost any limiting belief or condition at any time.

The right frame of mind for working with mantras is always overlooked. In order to benefit from a mantra you must be open to its potential benefits which will manifest regardless of belief. The energy of the mantra when used as a sound will allow neurological pathways to open up. Neurons in the brain will be created because you are learning something new. Scientific research now indicates that you can avoid certain diseases like Alzheimer's by learning something new like a language (or mantras) to help develop and maintain neural pathways.

Mantras also gain more power from the simple process of allowing. Allowing undermines resistance. It frees up the mental energies to be open and receive. Mantras also gain strength and potency from repetition. Frequent exposure to your mantra allows the mind to build memory and retention of the mantra. In time instead of random thoughts you start to "think" your mantra. At this point the

mantras goal is to become automatic thought without effort.

Remember the adage "Persistence wears down Resistance"? This is always the case with mantras. Persistent use of mantras breaks down resistant patterns. It is recommended that you work with a mantra for at least 40 days. After you have worked with a mantra for a little while "at least one 40 day cycle" release the mantra and let it go for a period of 21 days. You can either do another "40 day cycle" with the same mantra or you can now choose a different mantra to work with.



Mantra Basics

To most this word Mantra gives off an atmosphere of mystery and mystique. If decently understood and utilized Mantra may indeed produce mighty results.

Plainly explained, mantras are Sanskrit words, sounds and phrases which are perpetually repeated fairly vocally in meditative conditions, as the brain concentrates on the essence of the words.

The vibrations produced by these sounds are said to be able to aid the individual in experiencing the oneness of both body and brain with the surroundings, thus leaving a positively refreshed feeling of purification. The Basics

Basically it makes claims of the speech as having the essence of humanity and thus everything spoken has some unseen force connected to it.

This force becomes evident when seriously practiced. Conceptual ideas stay just that till they're actually verbalized. Predominantly practiced in ancient cultures, the Christian bible too makes references to the power of the spoken word.

There are many explanations to the complexity of the mantra. Purportedly saying the word produces a real

physical vibration. If the meanings behind the words are strong and meant to revive then the vibration acquires a level of significance and brings energy to the words.

Chanting sessions are done in quiet an intentional frame of mind utilizing sets or specifically chosen words to invoke different and frequently varying mentalities and expectations.

Utilized throughout the centuries, many believe it to be linked to hallowed powers which changes according to the words being chanted. The spiritual progression transcending from a higher state of awareness really releases some healing powers to effectively heal the physical and energetic matters inside the human body.

Thus the pairing of the spoken word and the mental influence plays a part in producing the “power” that carries the design into significance. The general agreement is that there's power in the word but this power is released or amplified only when really verbalized.

In exploring deeper into the mantra, further associations may be made to the human consciousness. The human body consists of assorted organs which have particular functions but have to work as one entity, in order to facilitate optimal existence. This system is overlaid by numerous states of consciousness which may be evident through the subconscious brain at any given time.

Embarking into the world of practicing mantra may be daunting, fearful yet surprisingly enlightening. Mantra is likewise used as tools of and for power. Though confusing, it's nevertheless mighty. Plainly put, mantra has the means of setting the brain free.

As the brain gets open and free to “explore” a mantra practitioner is able to dip into the essence of cosmic existence, and along the way the comprehending of the vibration of elements and its connections become more enlightening.

Finding The Right Mantra

There are numerous reasons why people seek to practice spiritual mantra chanting. These might range from the need to address particular issues or merely just to connect and stay connected to one's body and mind effectively and totally.

For those utilizing this fascinating avenue to accomplish particular goals or to have particular issues addressed taking the time to explore the assorted mantras and their meaning and advantages would be useful and enlightening.

Which Ones

It would likewise allow those interested, to specify and use the mantras that are most appropriate for the task of trying to achieve something particular.

The following are a few examples of the more popular mantras utilized for particular purposes:

- Aham Brahma Asmi: thought to be an abstract mantra which really means it is not directed to any particular god. These words are supposed to bring up a feeling of oneness with all creation, providing the body and mind total and un-imprisoned freedom.

- Aham Prema: this is meant to proclaim the love of the highest order, exceeding any humanly conceivable feeling in all its purity.
- Om: likewise noted as AUM is said to be the root of all letters and words. By design meant to depict the Supreme Being which denotes all 3 levels of existence in one meaning the past, present and future.
- Om Aim Hrim Krim Chamundayai Vichche: this mantra is supposed to center on the mind concentrating on successfully and speedily accomplishing all aspirations, wants and goals. It

only leaves out bravery and energy which is addressed in a different separate mantra.

- Om Aim Saraswatyai Namah: this mantra is aimed to call on a particular deity's help for wisdom and knowledge and she's often worshipped by those in the creative arts. The hope of being able to perpetually generate fresh and innovative ideas that are satisfying and perhaps even revenue earning draws people to chant this mantra.

Basically when the reference to mantra is made it is in connection to the power of the spoken word or sound. A lot of words are spoken that have little or no connection to the literal experience or implied outcomes.

Every mantra is said to be likened to its original source of an actual sage or historical individual. Most of these tradition practices predates the written speech and as such further accents the might of the spoken word.

Likewise accepted as a fact, is the form of mediation and intuition that's required, in order to take part with a degree of success. There's a direct link between the mantra sound and the chakras located throughout the body.

The power of the mantra is explained as that of fire. Fire recognized for its destructive and also helpful qualities is the same as mantra is a lot of ways. The might derived from mantra may be really destructive and energy sapping if not used under strict supervision by an experienced individual. All the same as most practitioners have yet to reach the level of total enlightenment the danger isn't really present.



Correct Form of Mantras

Comprehending how the whole recitation of mantras work is maybe one way of being able to truly appreciate its value and worth. Merely chanting particular phrases without the essence and properly used technique won't bring about the desired effects and may even cause other unexpected or unneeded issues.

There are assorted ways and different enunciations utilized when chanting the mantras. These might differ because of the origins and the areas they're being practiced, therefore the breathing techniques required might likewise differ to a particular degree.

Doing It Right

These breathing methods are likewise dominated by the different person levels of consciousness and connections made through the meditative states.

Though occasionally thought to be sort of confusing because of the different intonations utilized by different teachers, too many center on attempting to decide on which one to use coupled with the need to accompany these mantras with right breathing techniques may cause the person to experience some level of tension.

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