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# Table of Contents

Foreword
Chapter 1:
Mantra
Chapter 2:
Types of Mantras
Chapter 3:
The Role of Mantras
Chapter 4:
Guidelines for Using Mantras
Chapter 5:
Mantra Therapy
Chapter 6:
Simple Mantras That You Can Use
Wrapping Up

# Foreword

**Mantra mastery-** *Master the art of using mantras to achieve goals and peace in life* is an eBook that gives a very useful insight on mantras. Readers will get to know about mantras and how to use them to enrich the qualities of their lives. There are mantras that can be used to help one become happier, healthier and even more successful. This eBook will enable readers to use all these mantras in the pursuit of happiness and achievement of goals.

If you don't know what mantras are, this eBook will help you gain an understanding about this. You will learn what mantras really mean and where they originated from. You will also learn whether or not you can use them in your life to gain prosperity and peace of mind.

This eBook also looks at the different mantras that are available. You can learn more about some traditional mantras that were used in the olden days. You will also get to learn about the types of mantras that are used in modern day to day lives. This will help you identify some of the mantras that you can use in your personal situations to achieve specific goals in life.

This eBook will enlighten you on the benefits of using mantras. There are many mantras that can help you in every area of your life. You can get mantras to help you be more goals oriented and prosperous in life, mantras to help you get healing from disease and even stress relieving mantras. There are also a number of other benefits that you will get to know about.

To ensure that you get the most effective results from the mantras that you choose to use, you have to ensure that you use them well. In this eBook, you will get to learn about the best ways to chant your mantras. You will also get additional details such as the best times for these chants and recitations.

This eBook will also give you some insight on therapy mantras. You will get to know how these mantras work. You will also get some very useful information about the dangers of using these mantras wrongly. You can learn how to correctly use mantra in therapy to get benefits for both your mind also your body.

There are so many different types of mantras that you can use to enrich your life. However, it's not possible to cover all this in just a single book. In this eBook, you will get to learn a few simple mantras that you can use in your day to day life. To get more mantras, you should carry out further research.

Mantras are very powerful. If recited properly they have the ability to change a person's life for the better. You can get practically anything that you want in life by using mantras very well.

Using mantras in meditation can help you change your life for the better.

# Chapter 1:

## *An Overview of Mantras*

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### Synopsis

Mantras play different roles in people's life. They help improve the quality of lives in different ways. In this chapter, you will get to learn more about mantras.

- ❖ What are mantras?
- ❖ Why do people use mantras?
- ❖ Who uses mantras?

If you can master the art of using mantras, you can master the art of living a peaceful mind. You can also learn how to control your mind. Mantras can also help you be more focused in the pursuit of your goals and therefore making you more successful in life.

# **The Basics**

## **What Are Mantras?**

Mantras can be defined as words or even syllables that can when chanted repeatedly cause transformations in a person's life. They can have an impact on various aspects of a person such as the mind and also the body. There are different types of mantras that are used for specific purposes. For instance, there are mantras that are used to invoke peace and happiness in a person. There are also mantras that help in the spiritual growth of a person.

The whole concept of mantras can be traced back to the power of words. This can be traced back even in Biblical terms. It is said that God created the whole universe simply by using words. For instance, he created day and nights by simply stating "Let there be light!" He even created man and woman by simply declaring it in a loud clear and firm voice. Human beings can also order some changes in their lives through the same way.

The Bible talks about God creating the whole universe simply by using words as commands. This is the same as the use of mantras.

The power that mantras can bestow upon a person is one of the reasons why this practice has been highly adapted in Hinduism and Buddhism. It is believed that a person can't grow spirituality without the use of specific mantras.

Mantras can also be described as sounds that are energy based. In most cases, repeated recitation of mantras can cause vibrations through the body. This is explained as a reaction that can come as a result of producing a specific sound that taps into the energy around the person making the sounds. These vibrations are felt also in the brain of the person. This is what makes the mantras very effective especially in changing a person's mind frame.

## **Origin**

Mantras originate from Indian traditional doctrines. They were first apart of a group of people called the Vedics. These people used mantras as part of their tradition. However, with time this tradition became accepted all over India by all traditions.

This then led to the worldwide acceptance of mantras. Mantra has been accepted in different religions too such as Hinduism, Sikhism, and Buddhism. In recent times, there are also mantras that are now being used even by Christians.

Mantras form basis for many religions such as Hinduism

One of the most commonly used mantras is the Aum mantra. This single syllable has very many different positive impacts on a person. This specific mantra is also considered as a direct representation of god himself. It also



represents all the creation in its entirety. This kind of mantra can be used to bring order and peace in a person's body and mind. It can also be used for spiritual awakening and making a person more in tune with their god.

### **Why Do People Use Mantras?**

Mantras are used for a variety of purposes. All these depend on the type of mantra being used and also the traditions of the people using the mantras. A mantra can also be used depending to an individual interpretation. For instance, a person may use a given mantra to help them become happier. It doesn't matter whether this mantra is specifically meant for this use or not. If a person believes that it will work for them, then it definitely does.

The way the mantra is chanted also has an impact on how it works. For instance, there are some mantras that have a number of benefits in accordance to the frequency at which they are chanted. The higher the number of chants, the higher the amount of blessings and benefits accrued from the mantra. One mantra that works this way is the shrim mantra. This is termed as the mantra of abundance. The more you recite this mantra, the more you get.

Mantras also differ according to the persons using them, For instance, mantras used in traditional Hinduism or Buddhism may not be the same as those used in Christianity.

### **Who Can Use Mantras?**

Mantras can be used by different people such as:

- People who want peace in their lives
- People who want to be blessed in specific areas. For instance, mantras can be used by farmers to ensure that they get enough produce during harvest time.
- People who want to tap into the powers of positive thinking
- People who suffer from any mental disorders such as stress or depression
- People who want to gain spiritual awareness and understanding
- People who want to be happier
- People who want to learn how to focus on the pursuit of their dreams
- People who want to live in harmony with other people
- People who want to manage pain and illnesses using natural methods

Any person can actually use mantras to improve the quality of their lives.

Different people including both men and women can use mantras to make their lives much better.

# Chapter 2:

## *An Overview of the Types of Mantras*

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### Synopsis

There are different types of mantras that are normally used for different purposes. In this chapter, you will get to learn about the different categories of mantras used in traditional and also modern times.

- ❖ What are the main categories of mantras?
- ❖ What are different mantras used for?

It is very important to know what specific mantras mean before attempting to use them.



## **Have A Look**

Mantras are normally classified according to four major categories. There are mantras categories according to their origin, quality and their meanings.

### **Quality Mantras**

There are three main classes under the quality mantras. These are sattvic mantras, Rajasic mantras and tamasic mantras.

Tamasic mantras refer to negative mantras that are used in harming others; a person may use this mantra to bring down real or perceived enemies. These mantras may harm a person's personal life or business. For instance, a person may use these kinds of mantras to ensure that a business rival is pushed out of business by bad omen. They may also use the mantras to gain something like a love interest. For instance, if someone wants a wife of someone else they may use these mantras to ensure that they get rid of the husband so as to get the wife. Tamasic mantras are commonly used by selfish people who don't care much about the repercussions. They don't care whether they destroy a person or even kill him. The use of black magic and voodoo is common with this kind of mantras.

Sattvic mantras are used for spiritual purposes. They can be used to enrich a person's spirituality. These mantras are also used to make one in tune with the universe. They connect a person to the forces of nature. They also

make a person's faith much stronger. Sattavic mantras can connect one to gods or goddesses. This helps in the spiritual uplifting of a person. It also helps them in invoking divinity in different aspects of their lives.

Rajasic mantras are normally used for individual materialistic goals. These mantras can help someone gain wealth and prosperity. They also help in ensuring that a person is successful in any area of their lives. There are also people who use these mantras to help them conceive. Students may also use the Rajasic mantras to help them excel academically.

### **Origin Mantras**

These mantras are normally classified into four main categories. These include upnishadic, vedic, tantric and puranic.

### **Tantric Mantras**

These mantras originate from the Tantra Granthi. They are only effective if chanted with faith and belief. A person who lacks faith in the mantras will not get the intended results. Once a person recites the mantras in faith, they are able to feel the effects almost immediately after the recitations. These are normally felt in form of vibrations. Sometimes, a person may feel the effects even during the recitations. Also instead of vibrations, some sensations may also be experienced by the recitor. These powerful mantras are available in Hindu languages or other local languages. Aghor mantras are an example of tantrics. Another example is the sabri mantras.

## **Puranic Mantras**

This category of mantras may be chanted by everyone including women. They are very general in nature and can function as daily prayers. They normally help individuals to learn the art of positive thinking. They make people feel good about themselves and their surroundings. They are also very effective as stress relievers. These mantras can work for anyone who commits to them. They have to be chanted in a very clear voice and sincerity. If your heart isn't pure and if you aren't honest, these mantras may not work for you. These puranic mantras can be chanted early in the morning or in the evening according to the individual's preferences and opportunity.

## **Vedic Mantras**

These are considered as being very sacred. They are normally chanted as praises for the vedic god. These mantras are also used in weddings and marriages in order to symbolize the sacred union. They also represent the bond between the people reciting them. They also invoke the blessing of the god upon the people using the mantras. These mantras can also be used for thanksgiving. They offer thanks to the gods for different things. For instance, people recite them as a thanksgiving prayer for prosperity and also happiness. These effective mantras have a range of results on the people who use them. They tend to be happier and more successful in life.

## **Upnishadic Mantras**

These mantras normally contain a deep spirituality connection with the vedic god. They represent deep spiritual facts and truths. These mantras declare the truths about the individual souls. They also talk of the truths about the supreme souls of the gods.

## **Meaning Mantras**

These mantras are usually divided into two main categories. These are Saguna mantras and Nirguna mantras.

Saguna mantras refer to special chants that are meant to invoke a god, goddess or a deity. After repeated chants a person is able to visualize this. Continuing to chant will make these visualizations turn into a reality and the god, goddess or deity may be realized in real life. One example of these mantras is the salutation to Lord Shiva, this is called Om Namah Shivoy. There are also special chants for the god of harmony and balance. These are called Om Nam Narayanaaya. There is also the Gayatri mantra offered to the goddess called Gayatri to invoke the sun and light in life.

There are specific mantras that can be used to invoke gods and goddesses into a person's life.

On the other hand Nirguna mantras don't represent any god, goddess or even objects. These mantras represent the whole universe. When

performing or chanting these mantras you have to be able to focus your mind completely. You also have to do this without focusing on any objects or forms. This requires a lot of mind control. This can be achieved with a lot of practice. Once you master this skill, you can use these mantras to be one with the universe. Examples of this mantra include the Om and so ham. The later directly translates to “I am that”. It means that the chanter is that person who is not restricted by anything in the world or the spiritual realms but rather with the universe.

## **Other Mantras**

### **The Varja Guru Mantra**

This mantra is meant to help one to gain some things in life. A woman who recites this mantra will become irresistible to other people. All men who see her will fall in love with her. The mantra also helps one get a comfortable life without any struggles. They will get food, wealth and other luxuries and necessities of life. All these will come to them. All these can be achieved by reciting the mantras one hundred times in a single day. All these recitations have to be done without any single interruptions.

If you increase the number of recitations from a hundred to a thousand or better yet ten thousand, your gains will increase tremendously. They will become extremely intelligent. This will get them the respect and admirations of others who come across them. They will also get power and



become people of great social standings in their areas of residence. A person will also become very blessed spiritually.

Increasing this mantra recitation to one hundred thousand or one million times comes with also greater benefits. It actually gives one power over other beings. It can enable one to issue commands and have people fulfill any of their wishes or demands.

If you manage to increase these recitations to seven million or even just three million, you will manage to get power not just on earth but also in the spiritual world. You can manage to command both demons and also gods. All these will abide by you and sing you praises.

### **Mantras Based On Syllables**

The number of syllables used in a mantra can also be used in defining the type of mantra. For instance, a mantra that only has one syllable is called a mono mantra. It can be used in invoking the universal power. There are many types of monosyllable mantras such as the bija mantras.

There are mantras that contain many syllables. These may have up to 60 syllables or even more. Such mantras are called verse mantras. These mantras are normally meant for praise. They contain in-depth descriptions of the praised and also the praise itself. One such mantra is the Gayantri mantra. This has to be recited with sincerity and at a clear tone. There are also a number of recitations required to make sure that the mantra is effective.

## **Other Mantras Used In Modern Times**

### **Sound-Based Energy Mantras**

These mantras are used to cause vibrations to the body. These types of vibrations are said to be very beneficial. They help the type of mantra chanted to turn into a reality. If it's a chant for the body's well being, then this can be felt. If it's a chant for mental health, this will also be felt. The mantras can also work for spiritual awakening. The physical vibrations signify that the mantra has worked in making the individual more spiritually mature. Repetitions can even help a person achieve the status of a god.

### **Thought-Based Mantras**

There are the types of mantras that are normally used to influence the thoughts of a person. They can be used to get rid of negative thoughts and help a person to be more of a positive thinker. These powerful mantras can also help a person change their thoughts on life and also on themselves. They will be more optimistic and also much more enthusiastic about living.

### **General Well Being of the Body**

There are also mantras that are recited to enhance the general well-being of the body. This can help in enhancing the immunity system of an individual.

They also help in controlling illnesses through natural methods. There are also people who have managed to control their chronic pains by use of these specific mantras. There are sankrit mantras which can be used for these specific purposes.

### **Mantras That Are Used For Empowerment**

There are a number of mantras that are used to help people become more empowered. This can be used for people who aim to be more goals oriented in life. It helps them in the pursuit of their goals and dreams. These mantras are believed to give people good positive energy that helps them work relentlessly to ensure that they succeed in life.

### **Meditation Mantras**

There are mantras that are specifically meant for the purposes of meditation. They help in keeping the mind silent and focused on other things apart from the concerns of life. These mantras can be used at the beginning of the meditation processes to promote concentration.

Mantras are very effective in meditations.

# Chapter 3:

## *An Overview of the Role of Mantras*

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### Synopsis

There are a number of benefits that people can get from using different mantras. In this chapter, you will learn how mantras can help you in various aspects of life.

- ❖ How can mantras benefit the mind?
- ❖ How doe mantras benefit the body?
- ❖ How else can mantras help a person achieve goals and peace in their lives?

Mantras can change your life completely if you learn how to use them well. They can help you live a happier fulfilling life. You can also learn how to manage illnesses and pain using mantras instead of relying on medication.



## **The Role**

Different types of mantras have different results. They benefit the people using them in different ways. There are also specific mantras that are used for specific predetermined purposes. These mantras have to be recited at certain frequencies so as to work.

### **Stress Relief**

Mantras can be used to relieve stress. If you have any worries or anything that is robbing you off the peace of mind, consider using some mantras meant for this purpose. These mantras can either be made up of single syllable or even a verse. They help in clearing the mind as one is forced to concentrate only on the mantra that they are reciting.

Mantra can also help one in getting their minds off their problems or even pains. If you have chronic pains that are bringing you some stress. You can try and learn how to use mantras. This will help shift your mind off the issue that's stressing you with ease. You will manage to get some escape and clear your mind and even ignore the pain. This can be done with also acute pains.

### **Positive Thinking**

People who tend to be pessimistic and generally negative thinkers can greatly benefit from the use of mantras. Mantras can be used as self

affirmations. They can help in changing a person's outlook of life. This will help someone in believing in themselves and the power of the universe in helping them achieve their goals and dreams in life.

This can help someone live a good successful life and manage to pursue their dreams. It has been proven that success starts in the mind. If you can visualize your dreams turn into a reality then this can happen for. However, if you can only envision a life full of unrealized dreams and misery then this exactly what you will get. If you want to learn how to be more successful and life start by changing your mindset and get rid of your negativity and self-doubt. You can manage to do this by use of mantras.

## **Purity**

Purity is a very important aspect of any spirituality. It doesn't matter if you are a Christian, Muslim, Hindu or Buddhist. Purity is vital. This attribute normally starts in the mind. There are special mantras that are designed for this particular role. They help purify the mind and get rid of any evil or negative thoughts that normally affect a person's life. For instance, any kind of sexual addictions or perversions originate from the mind. If you want to get rid of these habits, you have to purify your minds. Get rid of nay thoughts that may get you involved in these activities. You can do this by using mantras.

## **Peace of Mind**

You can easily manage to get peace of mind by using mantras. There are powerful mantras both in verses or monosyllables that can bring you peace. This mantras revolve around the aspect of envision a quality or attribute that you want in life. Once you visualize this repeatedly, this quality can be adapted in your own life. One mantra that is commonly used for this purpose is the Shanti Mantra.

The Aum mantra is also believed to bring peace into a person's life and body too. Chanting this mantra softly will calm your mind very effectively. You have to concentrate and do this repeatedly. You will experience peace in the whole of your body. If you were initially stressed out, this will completely go away. Even If you are sick or in pain, this mantra will make you forget all the discomforts in your body. All your body will experience will be peace.

If you are seeking spiritual power, chant this mantra powerfully with a clear strong voice. Ensure that you have faith so as to see this working.

## **Intuitions**

It is said that women generally have good intuitions. However, with mantras these intuitions can be heightened. Men can also become more intuitive using the mantras. Mantras make your mind more focused and able to receive the signals being sent from the other parts of the body. It also makes them more aware of everything going on around them.

In addition, it is said that mantras help in tapping into the ability to be intuitive practically. When you chant the mantras, the tongue normally taps on the roof of the mouth. This awakens some signals that are sent to the part of the body referred to as the hypothalamus; this in turn sends these positive signals to the rest of the body and mind.

The more you recite your mantras, the more the brain is awakened through this tapping. The subconscious and unconscious parts of your brain become conscious. This gives a sense of awareness about your environment and also your feelings. This also makes a person more aware of the people around them. It shifts focus from a person's needs and desires and concentrates on what others feel and want. This in turn can help a person become more sensitive to others people feelings.

Mantra helps you to calm your mind and be able to focus on what other things are happening around you. This is one of the reasons why the intuitive abilities of a person become more heightened.

## **Meditation**

Sometimes it is very hard to be able to meditate especially if you have a lot going on in your life. Attempts to meditate will be thwarted by constant thoughts and worries. However, if you want to meditate effectively, consider the use of mantras to help you with this. Using a mantra can give you something to focus on. This will draw your attention to your focus point



and away from all your worries. Monosyllable mantras are very effective in this aspect.

Studies show that using mantras in meditation is very important especially for people who normally have problems with concentrations. Use mantras and you will enjoy all the benefits of meditation such as relaxation of the body and mind. This can help you in managing pain also. The mantras will help you focus on something else apart from your pain.

Mantras can also help in preparations for meditations. This means that the mantra will not be the main focus of the meditation. It will just help a person in preparing to take their mind into a good peaceful state.

Once they have managed to block their thoughts and everything else around them, then they can be able to meditate on something else deeper. This type of meditation may be done under a professional guide. However, tapes can also help with this. The tape will contain the two meditation focus point in a way that helps one from the first easily into the second one.

Mantras can be used to help someone concentrate when meditating.

There are also mantras that can be used in yoga. These mantras help the mind to relax and focus on something else apart from the surrounding of a person. This is a great method of mind relaxation. These mantras are very effective especially for people who may be having problems with concentration. This often happens when someone is stressed out. The

mantras can help get the mind in a good quiet relaxed zone to facilitate the yoga.

### **Improves a Person's Immunity System**

One of the main health benefits of chanting mantras is the improvement of a person's immunity. This makes them more capable of fighting off diseases and infections.

Mantras help in keeping the mind very healthy. This then helps in sending positive vibes to the rest of the body. These positive signals will then be transmitted outside the person's body. This can be described as the general mood of the person. The positive mind frame can make a person appear calmer and happier. It helps them remain level-headed even when faced with problems that can cause stress.

In addition, it also helps in the lifestyle choices of a person. A happier person will be able to sleep and eat well. All this indirectly helps in boosting the immunity system. At the same time, a happier and peaceful person will not have to indulge in some habits that are supposedly meant to help one forget their problems. These include smoking and drinking alcohol. Both of these habits normally lower the immunity of a person making them more susceptible to illnesses.

Apart from chanting the mantras to help give you peace in life, the way in which you chant them also greatly impacts on your mental health. For

instance, breathing exercises that accompany the chanting help in making the mind calmer and the person more peaceful.

## **Spiritual Mantras**

These mantras are normally beneficial in many different ways. For instance, you can get these mantras from spiritual leaders to help guide you through life.

This type of mantras will help you overcome any given situation in life no matter how complex it may seem. This is because the mantra gives you the ability to rise above your body and earthly matters and achieve a state that puts you in tune with the universe and a spiritual being. The vibrations that you get from these mantras can even help you get away from any real or perceived threats or attacks.

These spiritual mantras are so powerful that they can help a person get through anything in life. Even in extremely painful situations, a person will be able to rise above this by gaining a peace that come from being spiritual.

If you keep chanting this mantra over and over again, you can actually make it a daily part of your life. This comes to define your whole existence. In this case, if you are going through any difficult times in life, these mantras will simply surface and see you through the difficult time. They become realities in your life such as that you won't have to chant them at that particular time to get them to be effective.

## **Happiness**

You can also find a number of mantras that can help you become a happier person in life. If you feel overwhelmed with sadness or any other negative emotions that make you unhappy, try using mantras that can uplift your spirits. There are specific mantras that are meant for this purpose. However, there are also general mantras that can help you be happy. These could be any mantras that attract you. Establish which mantras you like and simply by using them, you will learn to be a much happier person.

You can also use mantras to help you become a happier person in your daily life. You don't have to chant the mantras simply when you are going through a difficult time. You can chant them even when you are happy. Keep repeating them daily and often and you will notice a big change in your life. You will become more joyous and able to appreciate life. You will be more prepared to face life's challenges without letting them weigh you down.

Mantras can help people become much happier.

## **Spiritual Guidance and Connection With A Supreme Being**

Having faith in a supreme being always helps people in life. In most cases, when someone is going through a time in their lives, they say prayers to a supreme being in order to get divine intervention to help them get through

any difficult situations that they may be facing. Even in times of sickness, people can offer prayers that can actually save a person's life. The power of faith in a supernatural being can't be underestimated. This faith can give people the courage to go through life and be more purpose-driven. This is because they are convinced that the supernatural being who is the author of their lives put them on earth for a given role which they must achieve.

Mantras can help you achieve this spiritual connection and the faith in a supreme being. If you recite certain mantras repeatedly they will make you more spiritual in life. You will learn to offer prayers even when you are most frustrated in life and feel like giving up. You will never feel alone in life since you will have attained a level of spirituality that gets you to walk through life with a god on your side.

One of the most common mantras normally recited for this purpose is the Gayatri mantra which is offered to the god. It helps one get some life guidance from the god. In addition, it helps individuals attain a high level of spiritualities and gain a better and deeper understanding of the universe and their spirituality at the same time.

This prayer is one of the oldest and yet most sacred that Indians have been reciting for many centuries. It is said to be effective for people who are honest and true to their quest of seeking god and getting some spiritual guidance in their lives.

In ancient times, Gayantri mantras couldn't have been used by just anybody in the societies. They were reserved for people who had a high standing in the society and also a commitment to seek god and have spiritual guidance in their lives. People who didn't fall under this category were not even allowed to have knowledge of the gayantri. They couldn't use it or even know about it. However, with time, these restrictions were lifted and now the mantra is used by anyone who wants to seek god.

### **Reduces Anxiety**

Mantras not only help in relieving stress but they can also help in the reduction of anxieties. Many people who feel anxious in life may not have the ability to enjoy their lives. They are normally more worried about other things at all times. They may also be worried about the things that they don't have at all times. If a person doesn't have a job but they haven't yet been able to find love, they will focus on the missing love. This will take their minds away from the good job that they already have. Anxiety makes people complain more and appreciate less every day therefore making them live much unfulfilled lives.

Mantras can be chanted to help in get rid of these anxieties. This will clear any worries, doubts or any negative feelings from the mind. A person will be able to take control of their minds and order calmness over their minds and bodies therefore bringing them relief immediately. If these mantras are chanted on a daily basis, they can help one avoid being anxious. They will

help a person approach problems with a clear mind and a positive attitude that can help them fight off the anxiety.

## **Depression**

Many people rely on medication such as antidepressants to help them deal with depression. These medications are normally expensive and in some circumstances, they actually help in making the conditions much worse. Over relying on the medication can also make a person an addict. This means that they will live the rest of their lives being enslaved by the medication. If they don't take their normal dosages, their mental health gets worse.

Instead of using these medications to help you release stress, you can opt to use some mantras for these purposes. You can get some mantras from a spiritual leader or any other source. Try chanting them until you find one that draws you. This should be the mantra that helps you feel much more calm and collected. Take this mantra and make it your mantra for getting rid of depression. Chant it as often as you can so as to ensure that it becomes a part of your life and general existence. You will notice that your mood will start lightening after some time. Any negative thoughts that you have will start fading away and being replaced by only good positive thoughts that can help you in life. Your general outlook of life can also change drastically. You can go from being suicidal to being to a more positive person who loves life and living.

Mantras work in helping get rid of depression in a number of ways. When someone chants a mantra at a certain tone, voice pitch and breathing pattern, this sends very good signals from the body to the mind. These signals then change the chemical compositions in the brain that causes negative feelings. It also helps in making sure that there is a chemical balance in the brain. This prevents the increase of chemicals that cause the depression and negativity.

If you keep repeating these mantras more frequently, the mind starts sending positive feelings to the body. The hormones released are all geared towards making a person feel better and much happier. These feelings change the general mood of person making them feel uplifted and stress-free. The feelings also help in the general well-being of the body. At the end of the day, a person's manages to achieve both a healthy mind and body.

Mantras can be used to help get rid of depression

### **Positive Outlook in Life And Production Of Neuroses**

Mantras play a very important role in helping people achieve their goals and get some peace in life. It helps people to become happier and more fulfilled in life. It can help a person get over materialistic concerns. Many people end up living very sad lives because they focus their minds and efforts only to material gains. They work hard simply to ensure that they have adequate wealth. This brings about constant worry. When a person fails to get what they want, they start to panic. This stresses them more.



When they get what they want, they still won't be happy. They may want to get more or they may now get fresh new problems that come with wealth. These include the fear of losing the wealth and also rivalry with other wealthy people. The mantras help people to enjoy their lives without having to constantly worry about wealth.

These mantras also help people to stop fearing death or getting old. This is normally a common factor that worries many people. They can't stand the thought of not being alive and enjoying life. They constantly worry about what will happen once they cease breathing. This is why many terminally ill people die faster. Their fear of death makes a toll on their general health. There are also people who want to be young forever. They can't imagine losing their youth and getting older. They fear dying from old age or even having to suffer from being old and incapable of doing many things that they used to do when they were younger.

Mantras help people get in touch with their souls. They also believe in the immortality of the soul. The body and any earthly things stop being a focus of life. This helps one live a more fulfilled life. You may find an old man with hardly any possession living very happily. This man may not even notice what they lack physically or materialistically. He just takes solitude in their mantras and detaches themselves from earthly things and worries.

## **Pain and Guilty Pleasures**

Mantras can help you manage all kinds of pains naturally. It draws you from focusing on the pain and soothes your mind so that you rise above the physical discomfort.

Mantras can also help in avoiding guilty pleasures that come and go very fast .Such pleasures include sexual gratification or intoxication. After sex, the pleasure derived normally fades away fast. There are also instances when the pleasure is directly replaced by regret. The same happens with alcohol. People manage to be happy but only for a while. Once they are sober, they go back to the realities of life. However, with mantra, pleasure can also be attained. The good thing about this type of pleasure is that it isn't fleeting. Mantra can play the same role as soothing music. It puts the brain at ease and makes a person feel happier.

Using mantras can help you get rid of your problems more effectively than getting drunk as an escapism strategy.

## **Compassionate**

There are mantras that help people learn how to be more compassionate. This works by focusing their view from their own issues and problems. It helps a person with a distressed mind to find some peace from everything that disturbs. When one has issues that stress them, they tend to be focused on nothing else but this. They don't even realize that there are others around them who may be in need of their help. For instance, a stressed or depressed parent may even ignore their parental responsibilities and focus

only on their mental state. However, the parent can use mantras to help shift this focus. This will make them aware of their children and also other people's needs.

Mantras can help a person achieve a lot spiritually. It can make them achieve an identical status to the gods. This in turn helps them from focusing too much on their own lives and start attending to other people around them. It awakens some compassion and love in them making gentler. It also frees the human's heart from negative energies arising from feelings such as pride, anger, envy and ill-will.

### **It Can Be a Great Pass-Time Activity**

This may not seem very practical but it actually is. You can chant mantras as a hobby. Instead of using all your free time watching TV, why don't try out some mantras. Watching TV too much will have negative impacts on your health both mentally and physically. In addition, research shows that this activity is one of the causes of weight gains.

On the other hand, chanting mantras for even long periods only has benefits to your body and body. Use mantras to meditate not just when you feel overwhelmed by life but even when you are enjoying life. These mantras will give you peace and ensure that you stay happy much longer.

Using mantras in this manner also helps you in saving money. These mantras are free of charge and can be used as often as possible. You can't

say the same about other pass-time activities. If you normally get drunk so as to get away from your troubles, you end up spending money and only getting a very temporary solution to your problem. However, with mantras, you can get a permanent solution to your problems and you won't even need to spend any money.

## **Empowerment**

People who use mantras are more empowered. They are in charge of their minds which in turn gives them authority over their lives. They have a better mind frame to pursue their goals and dreams. These are people who would never be limited by their circumstances or surroundings.

For instance, a person who is living in poverty can use mantras to help them overcome these inhibitions. This helps them focus on other things apart from the poverty. It allows their minds to rise above the poverty and focus on the future that they want. This can help them in pursuit of the dreams that they visualize.

# Chapter 4:

## *Guidelines on How to Use Mantras*

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### Synopsis

In this chapter, you will learn how to use mantras so as to ensure that they are effective in your life.

- ❖ How can you manage to use mantras to ensure that they work for you?
- ❖ What are the Do's and Don'ts of using mantras?

Like in any other discipline, if you don't use mantras properly, they will not work for you. This is why you need to use the right guidelines to ensure that you achieve the desired results.



# Utilizing

## Meaning of The Mantra

The first step to using a mantra is to know its specific meaning. You can't use a mantra if you aren't sure what it means. The meaning of the mantra will help you in deciding the right one to use for specific goals. For instance, if you want some peace of mind, you have to use the right mantras that invoke this. If you use another mantra, let say to invoke spiritual awakening, you won't be able to achieve your target goals.

If a mantra is written in any local languages or in Hindi, start by getting it translated. This will help you in understanding it. It will also help in reinforcing your belief on its effective. You can't just start reciting words whose meanings you don't know and expect to get some results.

## Chanting Times

If you want your mantras to work for you, you have to ensure that you chant them at the right time. Chanting mantras in the afternoon or at midday isn't going to be very effective. If you want to get the best out of your chants, do this very early in the morning or late in the evening. These are also good times to make your brains and body more receptive to the mantra vibrations.

However, there are some specific mantras that you can chant at any time of the day. These include japa and ilhikit-japa.

The best time to chant mantras is early in the morning or late in the evening.

## **Tools to Use**

There are mantras that can be chanted without the help of any tools .A person juts need to concentrate and commit on the words that they are reciting. In other mantras, you may have to use a rosary during your recitation. There are also mantras that require the use of something to measure the time, frequency and energy of the mantras being chanted.

There are mantras that require the use of tools such as rosary during chanting.

## **Frequency of Chanting**

All mantras have to repeatedly chant frequently. There is not a single mantra that works by just reciting it once. Before using any mantras, you have to ensure that you know the recommended frequencies. Ensure that this frequency is well coordinated. It has to be done in a sequence and not just randomly.

## **Proper Pronunciation**

Many people assume that chanting mantras just involves the mumbling over words over and over again. However, if you want your mantras to work for you, you have to recite them clearly and audible. You should also learn how to pronounce the words properly. Normally, if you decide to use the mantras in their original language, the first thing to start doing is to learn how to pronounce each word well. Do this aloud so as to even hear yourself say. Also try and listen to how a native pronounces words.

## **Sincerity and Devotions**

Mantras aren't words that you can just play around with. You have to be serious about chanting them. You have to be sincere and honest in your quest. This is the only way they will work. You also have to be committed in this. You won't get good results if only you use the mantras once in a while. You have to be devoted to your recitals. Ensure that you aren't distracted or interrupted by any person or anything at all.

## **Faith**

If you don't believe in the mantra that you are chanting then it won't work at all. You can't have any doubts on the effectiveness of the mantra that you want to use. If you do, then you won't succeed. Believe in your mantra and its ability to work. You should chant your mantra with energy reinforced in its ability to work.



# Chapter 5:

## *An Overview of the Mantra Therapy*

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### Synopsis

In this chapter, you will learn how mantras are used in therapy session in order to help in the wellbeing of the mind and the body.

- How can you use mantras for therapy?
- What are the Do's and Don'ts of using mantras during for therapeutic purposes?

Like it is the case with all the mantras, you have to know how to use them correctly. This is the only way to ensure that they are effective when used in therapy.



# Therapy

Mantras are used to help enhance mental and physical health. However, it's important to note that people who have serious mental or psychological problems should seek the assistance of professionals in these fields. These mantras are also not to be used for people who have gone through any form of psychological trauma. Other mental conditions that don't work well with mantras include schizophrenia, epilepsy, and psychosis.

Mantra therapy can't take the place of professional therapy in cases of serious deep-rooted psychological problems.

Mantras used in therapy have to be recited or chanted repeatedly for a period of time. These can be any kind of mantras. They can be verses, sentences or even mono-syllables.

Each mantra chanted has a specific intended purpose. It can be meant for the mind, the body or the spirituality of a person. This means that you have to ensure that you use the right one in your therapy session.

Also ensure that you pronounce the mantras in the right way. Wrong pronunciations may distort the meaning of the mantra. This in turn will inhibit its effectiveness.

If you use the wrong mantras in therapy, this can also harm you. It is said that, this mistake can even have an impact on your mental health by

causing imbalances in your brain. This is one of the main reasons why it is highly advisable to only use therapy mantras under the guidance of a professional.

## **Benefits of Mantra Therapy**

Mantra therapy has a number of benefits for the mind. One such benefit is the improvement of physical health. It can greatly impact on the body's well-being. It also helps in mental health of a person. It helps them get some peace and clarity in mind therefore boosting their physical health. Mantras can also help in rebuilding relationship and making this healthier. It can work even when only one person undergoes it instead of the couple.

Mantra therapy can get one feeling relaxed and much happier. In addition, it can also help a person ignore discomforts such as pain. If a person has chronic or even acute pain, this therapy can be administered to help them shift the focus of their minds from any pains that they be feeling. They can instead get to concentrate on something that enables them to be calm and happy.

# Chapter 6:

## *An Overview of the Simple Mantras that You Can Use*

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### Synopsis

In this chapter, you will get to learn some of the simple mantra techniques that you can use even from your home without the help of a professional.

- What are some of the mantras that you can use to achieve some happiness in your life?
- What are the mantras that can be used to help cure diseases?
- Which mantras can you use even when you are too busy?

Not all mantras entail long complex recitations. There are simple mantras that you can use and still manage to get some peace in life and be much happier. This will help you gain focus and determination in the pursuit of your goals.



## **Some Tips**

### **Ganesh:Om Gum Ganapateyi Namaha**

This mantra is specifically supposed to help people to achieve their goals by enabling them to focus specifically in what they want to achieve in life. It can be loosely interpreted to refer to a prayer to god to remove all obstacles. There have been many accounts showing that this mantra works. Many people who have used it have managed to be very successful in life.

There are many times when people fail to achieve the goals that they have set in life simply because of the inability to focus. This may be intentional or even because of things that may be out of their control. For instance, people in extreme poverty may not have the means to help them get out of this financial crisis and manage to go beyond these circumstances and make something out of their lives.

However, these people may actually be able to get their heart's desires and achieve their dreams by using this powerful mantra. It helps the mind overcome any negativity or obstacles and focus on the goals of the person. A person gains the ability to think more clearly without being distracted by their present situations.

### **Rama: Om Sri Rama Jaya Rama, Jaya, Jaya Rama**

If there have been any occurrences of negativity in your life due to karma, you can use this mantra to change the course of your life. This gives you divine intervention to help your life situations to change for the better.

Accounts from History show that this is one of the mantras that used to be chanted by Mahatma Gandhi. He used to recite this for at least 60 years of his life. This mantra has the ability to offer people who recite it some spiritual healing. This gives them purity of mind and body.

Mahatma Gandhi used this mantra for spiritual healing and well-being.

### **Lakshmi Om Shrim Mahalakshimyei Swaha**

This mantra is used for a variety of purposes one of which is attracting the right kind of friends. You can also use it to invoke prosperity into your life. If your family has some fall-out, this mantra can help you invoke unity into the family. There are also a number of people who use this mantra to help in health problems. It is believed to have some healing qualities for individuals who recite it with sincerity and deep faith.

To ensure that this mantra is effective, individuals have to keep reciting them several times in the morning or in the evening. You have to ensure that you have your specific goal in mind during these recitations. The mantra may cover a lot of benefits but it can't help you with all these things. You have to know what you want and focus your energy in reciting your

mantra for this specific goal. For example, if you want reconciliation in your life, you have to specifically focus on this as you chant the mantra.

### **Saraswati: Omeim Saraswetyei Swaha**

If you are looking for academic excellence, this is the right mantra to use. It can help an individual to succeed in their education. This can also be used for people who are artistic. It helps in invoking creativity that is required in the making of art.

This mantra can help one in becoming more creative and artistic.

### **Shiva Omnah Shivaya**

This mantra is supposed to help a person achieve their full potential in life. In its loose translation it refers to the ability to be all that you are meant to be. If you aren't fulfilled by the way that you are currently living your life, this mantra can help you in living according to how you should be living by utilizing your full potential to bring yourself success.

### **Rama:Om Adamapa Hartaram Dataram Sarva Sampadam Lokha Bhi Rhamam Sri Rama Bhuyo Bhuyo Namamyaham**

This is a special mantra that is normally recited to Lord Rama to invoke healing. It is very effective in healing any type of illnesses. Many people

attest to the healing powers of this mantra. However, like it's the case with all other mantras, for this to work you have to devote yourself to the recitation. You also need to have faith so as to receive your healing.

It can heal you from mental health problems and also physical problems. This mantra is also very effective for anyone who is experiencing chronic pains.

### **Other Mantras**

Life can be very overwhelming at times. You may be overwhelmed by school, work family or worse still a combination of all these three at the same time. If you don't know how to cope well with these kinds of challenges, you may easily be stressed up. You may also lose your chance of being happy.

There are also life circumstances that can be overwhelming to individuals. These include events such as deaths, breakups, loss of employments and other things that can make one sad. When these events occur, a person may not be able to focus on anything else apart from these. They may tend to wallow in their misery and forget everything else.

However, there are mantras that can be chanted to help someone overcome whatever is stressing them. These mantras are used to draw away the focus point of the mind. It helps one to stop thinking about the issue of concern.



You can recite a mantra to help you get over the death of a loved one.

## **Mantras to Help With Clearing The Mind**

Sometimes a person may not be stressed out but they still have the inability to get any peace in mind. The mind may be constantly in full gear. They may start thinking about one thing only to interrupt them and start thinking about another thing. This make sit every hard to even concentrate in anything. For instance, a mother may be thinking about doing some work, immediately they realize they have to feed the baby and also take out the trash. This person will be in constant thoughts even if they aren't thinking about one thing in particular.

You can use a mantra as a focus point to help clear your thoughts. This will give you some peace which will make you feel more relaxed and more refreshed to take on your challenges.



# **Wrapping up**

Mantras play a very useful role in life. They have so many different benefits to a person. They can help in mental and physical wellness. They can also help one to get rid of stress and also learn how to be happier in life. Mantras can help someone to achieve their goals in life and at the same time learn how to get the peace of mind.

## **Find the Right Mantra And Know Its Meaning**

One of the most important things to know is that different mantras have different meanings and are used for different purposes. If you want the right mantra to help you prosper in life, you have to ensure that you find the mantra that is specifically meant for this. You can't use the mantra for healing to help you in gaining prosperity.

## **Use Your Mantras Properly**

Even with the right mantras, you may not get any results if you don't use it properly. If you aren't devoted or sincere, you will also not get any success. You also have to learn things such as the correct pronunciation and audibility to use to get specific results from your mantras.

## **Faith and Commitment**

Mantras aren't magic! You can't chant only once a month and expect to get some results. You have to be completely committed in your quest. Ensure that you meet the frequency requirements for your mantra. You should also have faith and believe that the mantra that you have chosen will work for you. If you lack faith then you will not be able to get the desired results from your chanting and recitations.

All the best!

