

Mantra for Beginners

Lesson 1

WHAT IS MANTRA?

Mantra are sacred sounds, they are the melody of the planets which are translated into Sanskrit language, which is the language of Gods.

Also the word Mantra is composed of two words, “Man”, coming from the word Manas, or intellect, and “Tra” which is a tool, so it is a tool for the mind.

Mantras came into existence a long time ago, approximately 40,000 years ago. Our most sacred book Rigveda is bringing us a deep knowledge of Mantra Therapy. Also in this book not only do we have knowledge of mantra therapy, it also explains how they affect us in our daily life, for which mantra is dedicated to(which Deity, etc.).

Mantras are divided into “Bija Mantras” or “Seed Mantras”. They are short mantras, sometimes composed of one-syllable or more. These mantras have a root from which many Sanskrit words came from.

We will also study “Purusha Mantras” which we will use to balance our seven chakras to improve our physical health. They balance the energy of the whole body and develop our Kundalini energy.

It is important to understand our Gods, which mantras to chant, and when. How to attract the energy of certain Gods, Goddesses and Avatars, and how to look for protection and balance. Through mantras we also show our respect to Deities.

We need to use mantras that are helpful in Ayurveda, which is a medical part Vedic Science, so we use mantras in many Vedic fields such as Vedic Astrology, Vastu Shastra and Yoga. All which are helpful to balance the energy of our body, mind, emotions and dwellings.

In the beginning, we need to understand the energy of the word as each word that we will pronounce has a powerful energy. Our words that we use on a daily basis are somehow our mantras as well. Sounds are influencing our emotional, physical and intellectual body. Also the intonation that we use when we talk is our important speech tool.

Mantra therapy teaches people how to change the energy of words. Mantras are bringing us cleansing energy, transformation, and they can calm us and/or motivate us. Knowledge comes from mantra too as we can ask to attract some situations in our life and they are great tools to defend us in difficult situations.

We need to understand that we have to use Asanas, Pranayama and Mudras, Ayurvedic diet, massages, acupressure, acupuncture, herbs, etc. If we use mantra therapy only, and we do not use other tools to feel better, it will probably not be enough. Mantra needs to be practiced on a daily basis in order to work. The time, motivation and our intention would only benefit us in our Mantric path.

Even if the person is not pronouncing mantras in the right way, they are still sacred sounds that heal. If the person is not understanding the meaning of mantra, it is not such a problem. What counts is our intention. Many times, the person has an academic knowledge but lacking the intention and humility which is so important for mantras to work. We need to listen ourselves, chant mantras on a daily basis as each mantra becomes a sacred sound which helps us on a daily basis.

It is important to understand that the Cosmos exists not only around us, but inside us. We need to work on developing our “Ojas”, which is our essential energy, which mantras can help us to do. Mantras helps us to understand our past reincarnations and solve them. Wisdom that we bring from one life to another, benefits through mantras. Because mantras are primordial sounds, and they appeared long ago when nothing existed in this amazing World, they are the most ancient and powerful sound of Universe.

When we start working with mantras, we aim to live in harmony with our interior and exterior Cosmic energy. We are bringing balance, we learn how to hear ourselves better and we understand others better as well. The most important goal is to bring all this energy to our interior Cosmos-OM BRAHMA NAME NAME OM.

WHY ARE PEOPLE CHANTING MANTRAS?

Frequently, people are chanting mantras to attract something like health and prosperity. All these are exterior factors. When we truly practice our spiritual development, we emphasize on our internal development. For example, if we want to lose weight and look younger, we need to review our diet, do Panchakarma instead of surgeries, or performing a diet that could damage our organs. Mantra therapy brings you wisdom, patience and perseverance.

We need to understand that mantra can improve our life on all the levels.

THERE ARE FOUR STEPS IN ORDER TO USE ANY MANTRA:

1. Establish our intention.
2. Use right intonation.
3. Clear our mind and emotions
4. Choose the right Mantra.

OJAS, TEJAS AND PRANA.

When Ojas, or our Heart, is weak, it is not easy to recite mantra 108 times or more, so start with 9 times per day. 9 is our sacred number and everything comes back to the number 9.

If Prana is not strong enough it takes time to gain the energy to chant mantra with strength in your voice and your mind.

When Tejas or Fire is weak, it is not easy to perform that task either; patience, devotion and daily practice. Be patient with your body, mind and emotions.

WHEN, WHY AND TO WHOM WE CHANT MANTRAS?

We chant mantras usually from 6am to 10am or from 6pm to 10pm.

We use mantras when we feel difficulties at the beginning and after it becomes part of our life.

Each time mantra becomes more and more powerful, we feel protection, stability, health, harmony with ourselves and with Cosmos.

Through Mantras we are searching for a connection with Cosmos.

Mantras are the most powerful prayers that ever existed.

AUM