



The use of Mantram

Meditation without mantram is like fire without the spark. Mantram can be used in meditation for many purposes, such as to calm the mind, activate chakras, to impulse the consciousness, to stimulate prana in the body, to help to remember our dreams, to develop imagination and for prayer.

Mantram are from ancient times and contain remnants of a sacred or golden language that once existed. We can discover in the scripts of Sanskrit, Nordic Runes, Hebrew and Chinese remainders of this universal language.

It is first of all important to understand the power of words and sound, when we use a mantram we are accessing an ancient creative science. Words are creative and it is important to understand that our words create an effect, so this is why we need to learn to control our words. When we use a mantram we are vocalising a sacred word that has powerful esoteric results.

Observe how everyday words can stir people's emotions and cause a riot, just as a calm wise word can have positive effects. So with the use of mantram we positively effect the metaphysical and physical.

The larynx is seen in esoteric teachings as one of the creative organs in the body and in the future this will become more important to comprehend.

To begin we will start with a very practical mantram that helps exercise the sense of self-observation and deepens our concentration.

"OM"

Summary for daily practice, 30-40 minutes:
(During our daily life observe our words, conduct towards others, emotional states and thoughts).

1. Seated in a comfortable position.
2. Focus on in-breath and out-breath.
3. Become aware of our whole body.
4. Concentrate on the heart beat and pulse.
5. Self-observe our thoughts and desires in the mind, imagine the opposite of this thought or feeling, it will naturally dissipate.
6. Chant the mantra OM, perceive a vibration from the sound between the eyes in the "third eye" and also in the heart.
7. In the evening review the day, like we are watching a film of ourselves, examine our reactions without judging or condemnation..

"Phonetic combinations made with wisdom produce mantra. Therefore, a mantram is a wise combination of letters whose sounds determine spiritual, psychic and also physical effects".

~Samael Aun Weor