

Mantra

20 easy mantras you can use for meditation, daily grounding, or self-affirmation. These are short, powerful, and beginner-friendly — great for rewiring your mindset or anchoring into the moment:

Self-Love & Worthiness

1. *I am enough.*
2. *I choose myself today.*
3. *My worth is not up for debate.*
4. *I am whole, even as I heal.*
5. *I deserve peace and joy.*

Calm & Presence

1. *I am here, I am now.*
2. *Inhale calm, exhale tension.*
3. *This moment is safe.*
4. *I return to my breath.*
5. *I let go of what I can't control.*

Empowerment & Strength

1. *I rise through what I've been through.*
2. *I trust my inner wisdom.*
3. *My power is rooted in truth.*
4. *I am resilient and steady.*
5. *Every step forward is sacred.*

Spiritual Alignment & Trust

1. *I am guided and protected.*
2. *Everything is unfolding as it should.*
3. *I surrender and trust the path.*
4. *My spirit knows the way.*
5. *I am aligned with divine timing.*

Here are different variations and styles of chanting “Om” (Aum) — each has a unique vibrational quality and intention:

1. Classic AUM Chant

- **Pronunciation:** “Ah-oo-mm”
- **Meaning:** Creation (A), preservation (U), and dissolution (M). Symbolic of the universe's cycle.
- **Use:** Great for grounding and aligning with universal consciousness.

2. Om Namah Shivaya

- **Translation:** “I bow to Shiva (consciousness, inner self).”
- **Use:** Deep spiritual cleansing and awakening inner power.

3. Om Mani Padme Hum

- **Translation:** “The jewel is in the lotus.”
- **Use:** Invokes compassion and connection with the divine.

4. Om Shanti Shanti Shanti

- **Meaning:** “Peace, peace, peace.”
- **Use:** To invoke peace in body, mind, and spirit — and across time (past, present, future).

5. Om Gam Ganapataye Namaha

- **Invocation:** Ganesha, remover of obstacles.
- **Use:** For clearing blocks, starting something new, or grounding.

6. Silent Om

- **Practice:** Chant Om internally without voice.
- **Use:** Enhances inner stillness and subtle awareness

New to mantras? Don't stress the pronunciation or rhythm — this isn't a spelling bee, it's soul work. Mantras aren't magic words, they're energetic anchors. Speak them out loud, whisper them, or just feel them in your chest. The key is repetition and intention. Let it be about connection, not perfection. Your voice is sacred — let it carry power.

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