

Origins of Mantra are found in the teachings and practices of the ancient Vedas of India, and are older than 1000 BCE. Mantra are thought to possibly be the first type of meditation that was developed and practiced in an organized system. From the ancient Sanskrit language, Mantra means a sound, word or phrase, specifically for use in meditating. The word Mantra is a compound of 'manas', meaning the mind or to think; and 'tra', meaning instrument or vehicle. An interpretation of those translated meanings is "conduit to carry the thinking mind".

Modern Mantra: A word or simple phrase in contemporary language with a clear message to support a specific effect. Modern Mantra can be incorporated into breath exercises, meditation, and in any activity or moment that the message of the Mantra is applicable.

Examples of Modern Mantra in breath-based meditation:

*Inhale:* Breathe in

*Exhale:* Breathe out

*Inhale:* Calm

*Exhale:* Presence

*Inhale:* Receive

*Exhale:* Release

Create a personal Modern Mantra

1. Set an intention or purpose for the Mantra. Consider your emotions and thought patterns, and intuition
2. Select a single word or simple phrase of affirmation.
3. Experience it in a meditation - see how it feels or resonates.
4. Be consistent: once you create a Mantra that resonates with you, use it consistently. Incorporate into meditation and also apply in the moments of daily life - you don't have to be in "meditation mode".
5. Witness, observe, and acknowledge the effect of the Mantra in your body, mind and energy.



