

MANTRA: From the ancient Sanskrit language meaning a word or a phrase, specifically to be used in meditation. The word Mantra is a compound from 'manas', meaning the mind or to think; and 'tra', meaning "instrument" or "vehicle."

History of Mantra: origins in the teachings and practices found in the ancient Vedas of India and are older than 1000 BCE. Mantra are possibly the first type of meditation that was developed and practiced in an organized system.

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:* Present

*Exhale:* Calm

*Inhale:* I am present

*Exhale:* I am centered

*Inhale:* Relax

*Exhale:* Stable

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.



