**40-Day Sanskrit Mantra Practice Outline**

The word Mantra roughly means, “mind training tool”. Sanskrit mantras are powerful tools to help purify the mind, develop concentrative stability and to cultivate various divine qualities and attributes. Sanskrit is an ancient language that is the root language of many more modern languages like Greek and Latin. It is based in the vibrational and energetic reality of the actual object that the word in Sanskrit represents. The use of Sanskrit mantras has a powerful effect on the human energy systems and can be very stimulating for personal growth and empowerment. They can also be highly healing and rejuvenating. There are countless mantras, all for achieving different aims. The intention and motivation and level of concentration with which mantras are used can both alter and amplify their effects.

The traditional basic mantra discipline to attain first level empowerment in the mantra is to recite the mantra 108 times with full focus twice a day for forty days straight without break. If you miss a day or a session you start over. This is an incredible practice and often times, obstacles will arise and the very karma that the mantra is working off will attempt to interfere with the completion of the discipline.

One can also choose to do longer sadhanas of 108 or 120 days with the same format.

Mantras are best done while sitting in one position for the duration for the practice.

There are three ways to recite a mantra, out-loud, whispering and just moving the mouth, or silently mentally, the third is the most powerful and the one most recommended. That said if your mind drifts while reciting the mantra mentally you may choose to experiment with reciting it a few times whispered or out-loud then to refocus then return to reciting it mentally. In addition to a formal sitting mantra practice, mantras can also be used throughout the day while doing other activities to give the mind a spiritual focus and further invoke the healing power of the mantra.

I recommend using a Mala (a 108 beaded necklace used for counting mantras) as the best way to count the 108 recitations done for each of the two daily sessions. You can find them made of various materials online. They are available on Amazon or a site called buddhagroove.com. You can also count mantras by figuring out a system for yourself using your fingers.

If you are interested in learning more about mantras I recommend getting the books “Chakra Mantras” and “Healing Mantras” by Thomas Ashley Farrand to further educate and inspire you as to the power of mantras for healing karma and the path of enlightenment.  These are both available on Amazon.

The next level of empowerment comes upon reciting the mantra 125,000 times.

That said the 40-day practice will bring many benefits and is said to entrain the blessings with you for your entire lifetime. Higher levels of empowerment or siddhi in a mantra such as 500,000 recitations are said to grant the blessings into all of your future lives also.

If you have any further questions regarding mantra practice please email them to:

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