

## MtM Session - Mantras

- Q&A from last week's experiences.
- This week we will focus on the use of mantras, mostly having their origination in ancient teachings. In mantra meditation, you repeat a particular sound or short phrase again and again. This can be done out loud (chanting), in your mind, or in some combination of the two. Using a mantra while you're meditating helps suppress thoughts and distractions that arise. We will experiment with listening to and repeating mantras (silently and aloud)

## MANTRAS

- **Soham** contrasted with **hamsa**: Soham (pronounced sooo and hummm) meaning "I am He/That," is very common in ancient and medieval literature identifying oneself with the universe or ultimate reality, and it is the earlier teaching before hamsa."<sup>1</sup> Using soham with the breath: "sooo" is used with the in breath and hummm with the out breath. Considering modern English "I am He" can be replaced with "I am She."
- Teachings of the mantra Hamsa (pronounced hum sah) is considered a *vibration* of infinite consciousness, uniting us each with divine source. Breathing in sounds like Hum, while breathing out sounds like Sah. You can quietly listen to the sound of your breath and/or mentally verbalize the saying hum as you breathe in and sah as you breathe out.

**5 Minute Mantra Practice**, Paige Davis (Insight Timer 5:33 minutes) Silent gentle repetition: Ham Sah. (Note: Independent of this recording, play around with contrasting soham and hamsa breathing and sense which resonates best for you. Also you could substitute modern English: in breath "I am" and the out breath "That" or vice versa.)

- "*Om Mani Pädme Hum*" is a six syllabled Sanskrit mantra that can help one to achieve six perfections.<sup>2</sup> Using the Sanskrit wording is much easier and rhythmical than using the English equivalents.

Syllable	Six Perfections	Purifies
Om	Generosity	Pride/ego
Ma	Ethics	Jealousy/lust
Ni	Patience	Passion/desire
Pad	Diligence	Ignorance/prejudice
Me	Renunciation	Greed/possessiveness
Hum	Wisdom	Aggression/hatred

**Mantra of Compassion and Wisdom (Om Mani Padme Hung)**, Ajahn Achalo (Insight Timer 8:30 minutes).

- Create your own mantra using some wording of "deep" meaning/relevance to you: "Jesus the Christ", "Love and Gratitude", "Let Be", "I am." And so on...  
**Quiet meditation** using your own private mantra(s) experimenting (10 minutes)

<sup>1</sup> [https://en.wikipedia.org/wiki/Soham\\_\(Sanskrit\)](https://en.wikipedia.org/wiki/Soham_(Sanskrit))

<sup>2</sup> [https://en.wikipedia.org/wiki/Om\\_mani\\_padme\\_hum](https://en.wikipedia.org/wiki/Om_mani_padme_hum)

## CLOSING

- Q&A
- OTHER RESOURCES
- **Praful Live at Eckhart Tolle: Humming Meditation** (Insight Timer 9:06 minutes)  
Live recording from Praful's Solo concert at Eckhart Tolle Retreat, Norway 2015.  
Voices, bamboo flute, and bird flutes. You can listen quietly or hum with the music.

**Tina Turner Peace Mantra** (YouTube—4:55 minutes)

<https://www.youtube.com/watch?v=6XP-f7wPM0A>