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Page from Patanjali's Yoga SutraChanting or repetition of sacred sounds is universal in all religions. In Sanskrit, these sounds are called [ॐ] mantras, and their repetition is called [ॐ] japa. "When phonetic combinations are made with wisdom, mantras are produced. Therefore, a mantra is a wise combination of letters whose sounds determine spiritual, psychic, and also physical effects." —Samael Aun Weor, The Divine Science Important Details Mantras and prayers are commands or requests for aid: what matters is that the intended recipient hears and understands the meaning, so it can be acted upon. Many words or sounds in our modern languages have opposite or contradictory meanings. So if you say a word in English, that same sound has the opposite meaning in other languages: which one should apply? The meaning in your mind, or the meaning in the mind of the listener? Nature does not recognize either of them: the actual vibration of the sound creates an effect, no matter what "meanings" we have in our minds. Mantras are those root sounds: they create precise effects, and are mostly unrelated to modern languages. For instance, if you learn a mantra but it is from black magic, you may believe it is good and true, but it is not: it is black. So, your beliefs and ideas about it, your interpretation, does not matter. The pronounced mantra creates the effect that the black lodge wants. Similarly, when you chant a mantra or prayer that is pure and good, you may not understand it or even have a clue about its meaning, but it will have its effect anyway. However, if you do know the meaning, and you invest your consciousness into each vowel, then power is magnified and extended. The effects of mantras are produced by the action of consciousness, not by the vibration of the physical matter in the throat. Therefore, someone can repeat a mantra a million times, but if they do it unconsciously, without paying attention to what they are doing, they will get little or no result. On the other hand, someone who knows how to be conscious of using the mantra can use it one time — even silently — and create enormous change. Hand in hand with this is chastity: a person who conserves and transmutes their sexual energy will have immense power (Ojas) in their words (including mantras), while someone who fornicates will not. Should Mantras be Spoken Aloud or Silent? "...the verb is of triple pronunciation and that it endows three norms: verbal, mental, and conscious. One can articulate with the creative larynx, one can vocalize with his thought, and one can vocalize with the superlative consciousness of the Being." —Samael Aun Weor, Esoteric Medicine and Practical Magic "There are three ways that one learns to use a mantra, to repeat prayers or sounds. They are quite simple: aloud, quietly, or silently. Vaikhari Japa: verbal, loud Upanshu Japa: whispered or hummed Manasika Japa: mental, silent, without moving." —the lecture Yoga of Devotion "The fruits of whispered japa are a thousand times more powerful than the verbal japa, and the fruits of the silent, mental japa are hundreds of thousands of times more powerful than the verbal japa. Mental japa can even be kept up while at work." — Swami Sivananda "This mantra is pronounced softly, or with the mind and the heart. It can also be used as a 'silent word,' because there are two types of words: the articulated word and the silent word. The silent word is powerful..." —Samael Aun Weor, The Need to Change Our Way of Thinking and Feeling Consider the effect you are seeking: if the mantra you are using is intended to affect your astral body, then the physical vibration is not as important as the astral vibration, so you should focus on the mantra internally rather than physically. If the mantra is intended to affect the mind, the consciousness, or a chakra, then it is logical that one should be seeking to place the power of the mantra in the appropriate dimension. If you are using a mantra hoping to leave your physical body behind, then one should not be focused on the physical sounds, sensations, or body! This is logical. Thus, those who use mantras aloud while focusing only on the physical word may not reach the goal they seek. The Sounds of Mantras Generally speaking, the sounds in mantras are pronounced using the ancient roots (Latin, Sanskrit, etc): I: as the ee in "tree" E: as the eh in "they" O: as the oh in "holy" U: as the u in "true" A: as the ah in "father" M: extended as if humming, "mmmmm" S: extended like a hiss, "sssss" CH: if the word is Latin, pronounced as k. If the word is Hebrew, pronounced as a scrape in the back of the throat, as in "Bach" G: in most mantras, G is pronounced as in "give" Examples of Mantras Spoken by Samael Aun Weor The vowel I • Clairvoyance, middlebrow, note TI The vowel E • Occult ear, larynx, note SOL The vowel O • Intuition, heart, note FA The vowel U • Telepathy, solar plexus, note MI The vowel A • Memory of past lives, lungs, note LA Aom-Ji-vah-Tum E Fa Ra On Gate Gate Paragate Parasamgate Bodhi Swaha (Prajnaparamita Mantra) La Ra Rusti Tai Re Re Re Examples of Mantras Spoken by Others: Egypto Gate Gate Paragate Parasamgate Bodhi Swaha (Prajnaparamita Mantra) IAO Kandil Bandil R Kim Krishnaya Govindaya Gopijana Vallabhaya Swaha Om Mani Padme Hum (Om Masi Padme Hum) Om Tat Sat Om Ra-om Ge-on Sui-Ra Learn more about Mantras The Divine Science by Samael Aun Weor The Power of the Word 0 ratings50% found this document useful (0 votes)572 viewsThe document provides guidance on pronouncing mantras used in Transcendental Meditation. It explains that the mantras have been modified from their Sanskrit origins to make them easier to th...AI-enhanced title and descriptionSaveSave How to Pronounce the Mantras For Later0%0% found this document useful, undefined Transcendental meditation is aimed at understanding the higher spiritual experience by means of special vedic meditation mantras. Regular exercise helps to relax the whole body, improve breathing and learn to disperse personal consciousness. About half a century ago in the world of Vedic practices a new tradition appeared that won today a million audience. Throughout the practice of the Transcendental Meditation technique, the mind goes beyond spontaneously, surpassing the mental activity of the waking state to a single state of Consciousness at rest. This is called Transcendental Consciousness & a 4th State of Consciousness rather than dream, wakefulness or proposed sleep. This simple meditation includes using a vedic meditation mantra which has a harmonising impact on the body and mind, producing a much deeper relaxation and quieter activity of the mind. As the much deeper levels of the mind are more focused with energy, imagination and intelligence, their awareness ends up being instilled with these qualities as the practitioner experiences the inner depths of consciousness. Related See also 9 Happiness Lessons I Learned from Ancient Greece Mantra. The TM technique consists of silently repeating a mantra with "gentle effortlessness" while sitting comfortably with eyes closed and without assuming any special yoga position.The TM technique involves the use of a silently-used sound called a mantra, and is practiced for 15-20 minutes twice per day.Break 'mantra' down into sounds: [MAN] + [TRUH] - say it out loud and exaggerate the sounds until you can consistently produce them.Below is the UK transcription for 'mantra'.Modern IPA: mæntrəTraditional IPA: ˈmæntɹə2 syllables: "MAN" + "truh"You can say it out loud (this might help more with mantras intended to produce vibrations) or repeat it silently. It often helps to match the mantra to your breathing. Let your breath guide you. As you settle into the meditation, your mantra and breathing will eventually settle into a rhythm. Consistency is key, so try to establish a regular meditation routine that works for you. There are several common misconceptions surrounding TM mantras that are important to address. One misconception is that TM mantras have to be chanted in a specific language or be of a certain religious nature. In reality, TM mantras can be in any language and do not have any religious affiliation. They are simply tools to help quiet the mind and access deeper states of consciousness. Another misconception is that TM mantras are magical phrases that guarantee instant enlightenment. While TM mantras can be powerful tools for transformation, they are not a quick fix or a shortcut to spiritual awakening. It's important to approach TM mantras with patience, dedication, and a willingness to explore the depths of your own consciousness. To fully experience the benefits of TM mantras, it's recommended to integrate them into your daily routine. Find a time of day that works best for you, whether it's in the morning to set a positive tone for the day or in the evening to unwind and relax before bed. Consistency is key, so try to establish a regular meditation practice that you can commit to. In addition to regular meditation sessions, you can also incorporate TM mantras into your daily activities. For example, you can silently repeat your mantra while going for a walk, doing household chores, or even during moments of stress or anxiety. This can help bring a sense of calm and centeredness to your daily life, allowing you to navigate challenges with greater ease and grace. Once you've established a regular TM mantra practice, you may be ready to explore advanced techniques and practices. These techniques can help deepen your meditation experience and unlock new levels of awareness and insight. One advanced technique is mantra japa, which involves the continuous repetition of a mantra for an extended period of time. This practice requires a high level of concentration and can lead to profound states of meditation and self-discovery. Another advanced practice is mantra visualization, where you combine the repetition of a mantra with visual imagery. By visualizing the sound and vibration of the mantra, you can amplify its effects and tap into the power of your imagination. In conclusion, TM mantras are powerful tools that can greatly enhance your meditation practice and support your overall well-being. Understanding the history, significance, and proper usage of TM mantras can help you unlock their transformative power and experience the profound benefits of meditation. Whether you choose to explore TM mantras on your own or seek guidance from a qualified TM teacher, remember that patience, dedication, and consistency are key. Embrace the power of TM mantras and embark on a journey of self-discovery, inner peace, and spiritual growth. So, take a deep breath, find a quiet space, and let the vibrations of TM mantras guide you into a state of deep relaxation and profound stillness. Happy meditating!<br/> Share — copy and redistribute the material in any medium or format for any purpose, even commercially. Adapt — remix, transform, and build upon the material for any purpose, even commercially. The licensor cannot revoke these freedoms as long as you follow the license terms. Attribution — You must give appropriate credit , provide a link to the license, and indicate if changes were made . You may do so in any reasonable manner, but not in any way that suggests the licensor endorses you or your use. ShareAlike — If you remix, transform, or build upon the material, you must distribute your contributions under the same license as the original. No additional restrictions — You may not apply legal terms or technological measures that legally restrict others from doing anything the license permits. 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