

The Easiest way to get started with Meditation

Mantra meditation

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There are many ways of Meditation and one of the easiest way is mantra meditation.

Mantra is a Sanskrit term, with “man” meaning “mind” and “tra” meaning “release.”

Think of a mantra — a word or phrase you repeat during meditation — as a tool to help release your mind. It can make a lot of difference, especially if you have trouble concentrating or getting in the right frame of mind.

Many people find that using a mantra can boost awareness and improve concentration. Since it helps you stay focused, it could lead to improved results from meditation.

Choosing a Mantra

Some simple mantras are 'OM' or 'AUM' but there is absolutely no restriction in choosing a mantra. It may be a religious mantra or a healing mantra or a simple statement such as a goal in life or a motivational line etc.

Steps to perform

1. Sit in a comfortable position keeping your back straight so that you don't feel sleepy.
2. Set a timer.

3. Take deep breaths and now close your eyes.4. Start chanting the mantra.

5. Remain focused and if any thoughts arise try redirecting to the mantra again.

6. End process - now as the timer ends don't just get up. Stay there and be quiet for a few seconds and then rub your palm and gently place it on your eyes and then get up.

You will surely feel more relaxed and calm.

There is as such no fixed time to meditate but when done during early morning gives the best results. Try starting with at least 10mins a day and then see the magic.

