

Learn to Do Mantra-meditation the Best Way

Through this article you can learn to meditate by use of mantras, words that you repeat in your mind. The technique is described and useful mantras are suggested.

The meditation technique described here is much the same as those techniques called Transcendental Meditation or Acem- meditation. But there are certain differences that might give you more benefits than those rigorous methods and suite better for you personally and your personal goals.

Mantra-meditation is called so because an important ingredient in the method is repetition of a word or combination of words, called a mantra.

THIS IS THE WAY YOU CAN DO MANTRA-MEDITATION

The mantra-meditation recommended here is done like the following:

You place yourself in a comfortable position. Generally one advises to sit comfortably in a good chair. But you can also lie comfortably on your back or sides if you feel that is best, and if you know this probably will not make you fall asleep instead of meditating.

You close your eyes, tries to relax as well as possible, and tries to breath regularly. Try to breath deep enough, and breath totally out for each time, but without force the breath so that it feels exhausting.

You will probably not be able to relax and breath perfectly, but this is all right, The important thing is that you try without any hard effort.

Then you repeat the mantra with a medium speed, only by thinking it in an easy fashion, without exhausting yourself in any way. Pause just as much between each repetition that you feel natural and easy. Sometimes during meditation you will feel that a faster or slower speed will work better, and then adjust the speed.

Try to repeat it exactly. You shall not speak it, or move your lips or other speech organs. But again, do not exhaust yourself to do it correctly. Do it the best you can without forcing yourself.

It is generally advised to meditate 15-30 minutes twice a day, but you can variate how long, when or how often according to your own need. But you should do some meditation each day to give effective results over time.

When you repeat the mantra, you will experience that a lot of thoughts or feelings begin to appear in your mind. Many of these will be good or interesting. Sometimes however you will begin thinking about unpleasant things. As long as these experiences are not very disturbing, they are a sign that the meditation is working. Often you will suddenly remember things that happened to you at some time, often in your childhood, or tings you learned a long time ago, but thought you had forgotten.

You may experience that these thoughts make you stop repeating the mantra, or that you actually keep repeating the mantra even though you experience material popping up and think about it too.

The right thing in most cases is to gently stop each thoughts as it pops up, and anew keep repeating the pure mantra.

But sometimes a thought popping up is so important that you should let the thinking go on for a while, either by continue the thinking while still repeating the mantra, or continue thinking a while when the mantra repetition is paused.

Examples of this are when you discover some important material from your childhood during meditation, or when you begin finding a solution to an important problem when you are meditating.

When you have done the mediation in the planned amount of minutes, you should keep yourself relaxed with

closed eyes a minute or so, and then gradually open your eyes and getting up from your position.

HOW TO FIND MANTRAS FOR MEDITATION

You must find a mantra or a set of mantras that suit you. The best is to have a set of mantras you alternate between, because different mantras will give somewhat different benefits. You should try one mantra after another and write down those you like.

You can make up mantras yourself or easily search for some at the Internet. Your mantras should sound melodious, and be easy for you to repeat. They should be of 1, 2 or 3 syllables. The mantras should not have any specific meaning to you. It is impossible to make up a mantra that do not mean anything in a particular languages or for a particular person. You must just find some that do not bear any specific meaning for you.

Still the sound combination in any mantra can give associations to several things in your mind. This is alright, since that make you more easily detect hidden memories during mediation. By using just not one mantra, but switch between several, you will be able to track a lot more hidden things in your mind, than when you use only one mantra, and the meditation will benefit your more.

Organizations teaching mantra-meditation will usually give you one mantra that the teacher say is the right for you. This will seldom be the case, and the meditation will give you effects decided by the organization, not the effects you aim at yourself, and which benefit you the most.

Here are some examples of one-syllabic combinations that you can use as matras: an, en, in, on, un, na, ne, ni, no, ing, ang, ong, yang, yong, yung, wing, wang, wong, sing, sang, song, sin, san, sun, son, sen, shim, sham, shom, shem, shing, shang, shong, aing, aim, ain, aim, aum, aun, lam, lan, lang, long, sham, shan, wen, win, wan, won, ring, rong, rang, way, woy, wey, wel, wil, wal, wol, yel, yal, yol

Some two-syllabic mantras: inga, winga, shinga, shanga, ringa, linga, ranga, ronga, sirin, shirin, salim, shalim, salem, shalem, balam, salam, shalam, shalom, shilem, noni, nuni, moni, muni, waya, weya, woya, wala, wila, walang, wilang, wilong, parong, porang, yala, yela, yola

Some tri-syllabic mantras: winomi, sinomi, shinomi, wasana, washana, ringala, rongala, rengala, wakana, takana, sakana, yakana, wanaya, pasimo, pashimo, yolana, walana

Some of the mantras mention above will mean something specific to you. Avoid these. Other are not tasteful for you. Avoid also these. You can then try out the rest one by one, and chose a set that feels god for you. or you can just make up your own combinations.

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