



Mantra Meditation

A mantra is a name, a word, or a phrase, sacred to you

When you repeat a mantra over and over quietly or silently
in your mind, your mind becomes filled with a feeling of peace
and your body releases tension

In his book, The Mantram Handbook, Eknath Easwaran offers guides in choosing your own mantra:

- ♥ Well-known *roots are already deep*
- ♥ Simple *it is hard to dive with an inner tube*
- ♥ Do not change it *shallow holes find no water*

Your mantra is personal to you

Try several until one settles comfortably with your spirit

Your mantra can be a full prayer, or a phrase, or a single word

Come, Holy Spirit ... Enlighten me

- ~ Lift this Burden at my time of need
- ~ Give me a Knowing when I am in darkness
- ~ Fill me with Love and Light always

