

## AMI's GUIDE TO SELECTING & USING A *MANTRA*

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### The *Mantra* is Your Leader

In any new undertaking you need a guide to help direct your energies toward the attainment of your chosen goal. If you truly desire to be healthy, happy and secure, a personal *mantra* can provide that leadership role.

The *mantra* is a word or series of words that represents a perfect harmonic or subtle vibration that generates **love, fearlessness and strength** in the unconscious portion of the mind. If you think these claims are exaggerated, your initial reaction is a prudent one. As with all of Yoga Science, I am NOT asking you to believe me about what the mantra can do, I am simply asking you to experiment with it, and experience the truth for yourself. In my own life my willingness to experiment with the mantra has inspired me to make new, healthy lifestyle choices that positively benefit the entire body-mind-sense complex.

An understanding of the word *mantra* can be found in its etymology. The word *mantra* joins the Sanskrit words *man*, “the mind,” or “to think” and *tri*, “to cross.” When used regularly and earnestly, the *mantra* can help you cross over, or overcome, the turbulent, unhelpful habits of the unconscious mind.

In physics, the Law of Action states that “for every action there is an equal reaction.” Based on my personal experience, I can promise that when you continually give your attention to the *mantra* throughout the day, there will be a profound, life-enhancing effect. You may not be aware of the change immediately, but its subtle, beneficial power is continuously stored in the potential state—available to you when you need it most to enhance the body’s natural immune system and to reduce stress, anxiety and pain.

Mental repetition of a *mantra* is relaxing and healing for both the body and mind. Over time, the *mantra's* therapeutic vibration supersedes competitive and contractive vibrations of lack, fear, anger and selfishness. With consistent attention, the *mantra* stills all contending and debilitating vibrations in the mind. As the rhythms of the heart, nervous system and other bodily systems syncopate to the *mantra's* vibration, the mind becomes filled with greater mental equanimity, clarity and creativity. You will also see improvement in the way you handle stressful situations.

### Choosing Your *Mantra*

We offer you the choice of the enclosed *mantras* because sages from the world's great spiritual traditions testify that they work. With that in mind, we suggest you choose a proven *mantra* from the list provided—one that speaks to your heart.

To begin the process of choosing your own personal *mantra*, please read through the enclosed list of great *mantras*. As you read the individual *mantras*, quietly bring each one into the *cave of the heart* (center of the chest) to find which *mantra* resonates there most lovingly.

While reviewing the *mantras*, you may discover that you have an allergy to *mantras* from your own tradition or religion. This is not uncommon. When choosing your *mantra*, be certain you feel a strong affinity for the sound. With that in mind, we present the following mantras for your consideration.

### Make the Mantra your Default Thought

After you've chosen a *mantra*, learn to make it your default thought and constant companion. Whenever you don't have a specific duty or responsibility, try listening to the *mantra*. When you wake up in the morning, begin the day by listening to your *mantra*. While falling asleep, listen to the sound of your *mantra*. In fact, if you fall asleep listening to the *mantra*, it will repeat itself throughout the night—sowing seeds of wellness and strength in the unconscious mind. When you're taking a shower, preparing your meals or eating, silently listen to your *mantra*. And when you're unexpectedly triggered by an uninvited, powerful thought or emotion that can "push you over the edge," mindfully witness the unhealthy distraction and willingly substitute your *mantra*. The more you listen to the *mantra* throughout the day, the more you'll see the benefits of increased reserves of **love, fearlessness and strength**.

During the practice of seated silent meditation, the *mantra* does something that nothing else can do: it introduces the conscious mind to a state of stillness, fullness and equanimity. As a result, the personality willingly abandons its old, unhealthy habits and begins to discover—experientially, rather than intellectually—that true happiness and security rests at the innermost center of your being. This discovery is the greatest human treasure, and the *mantra* stands as a perpetual reminder that true happiness is both within you and is you—having a human experience. As twentieth century mystic Meher Baba taught, "A fast mind is a sick mind. A slow mind is a healthy mind and a still mind is Divine."



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## GREAT MANTRAS FROM DIFFERENT TRADITIONS

### CHRISTIAN

*Jesus / Isha / or / Yeshua*  
*Lord Jesus Christ, Son of God, Have Mercy on Us*  
*Lord Jesus Christ*  
*Hail Mary*  
*Ave Maria*

### HEBREW

*Barukh attah Adonai* Blessed art thou, O Lord  
*Ribono shel olam* Lord of the Universe  
*Shema Yisrael Adonai Elohanu Adonai Echad*  
O, Inner Dweller, the Lord our God, the Lord is one.  
*Shiviti Adonai L'Negdi Tamid* I hold God before me always.

### ISLAM

*Allah*  
*Allahu akbar* God is great

### HINDU

*So-Hum* I am That  
*Hare Rama, Hare Krishna*  
Hare means "He who steals our hearts."  
Rama is the highest ideal of the human being  
Krishna is the drawing power or yearning in the cave of the heart  
*Rama*  
*Om Namaha Shivaya* Nothing is mine, everything is Thine. Everything is here for me to use and enjoy but not to possess, nor be possessed by.

### BUDDHIST

*Om mani padme hum* Jewel in the lotus of the heart

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