

MANTRA PRAYER

Taken from the book "You Can Pray" of P. Ribes, s.j.

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Introductory Note

- ✓ *A 'mantra' is a word, a sound, or a few words that, repeated over and over again, end by penetrating the deeper layers of a person's conscience, right down to his subconscious.*
- ✓ *A genuine mantra properly used may influence a person beyond imagining, both for good or bad.*

YOUR OWN MANTRA.

Preparation:

- **Under God's inspiration**, compose your '**personal mantra**' directed to God the Father, to Jesus, the Holy Spirit or to The Holy Trinity.
- It may express feelings of thanks, praise, worship or repentance, faith, love, hope, etc.
- It should be a short sentence, of **no more than 8 or 9 words** that appeals to you and expresses your innermost attitude towards God, for instance:
 - Here I am My God, to do your Will!
 - I thank you Father for all your gifts.
 - Dear Jesus, make me like you.
 - Spirit of God, strengthen me!
 - Or similar ones.

Procedure:

- Close your eyes. Relax. Awareness or breathing exercises may help
- Slowly, rhythmically, breathe in; breathe out (5 or 6 times).
- In silence, slowly, attentively and meaningfully begin repeating your mantra. (for 4 or 5 minutes)
- Again, slowly breathe in; breathe out for a little while.
- Again for 4 or 5 minutes, keep repeating your mantra. This time do not pay too much attention to the meaning of the words of your mantra. Rather, concentrate on your attitude of loving presence and self-surrender to God.
- Now, in absolute silence remain in the presence of God for 4 or 5 minutes..
- End your prayer by saying "The Our Father". You may also sing a Hymn.

