

Meditation for Beginners

A Mantra Meditation



Mantra can help us to move deeper into the meditation experience. They are used repeatedly as a means to still the mind and sharpen the focus. It can be a word, sound or phrase.

The ideal word or phrase will be soft and easy to repeat. If the mantra is challenging to say, this may create a block in your meditation. Bear in mind we are all different, and what works for some doesn't work for others so you may need to experiment to find a match for you.

Words resonate with us in a very personal way and can bring up strong emotions, feelings and reactions, so it's wise to choose your mantra carefully. Try to think of your mantra as a blank canvas, a part of your personal journey into meditation that is not attached to any object, person or place in your life.

This meditation will take anywhere from five to 20 minutes, or even longer if you wish. Select a favourite word, phrase, or sound to use for this meditation. Some examples are:

- I am enough
- Be someone who makes you happy
- I love myself
- I am present now
- I will not stress myself out about things I can't control or change
- I am strong, I am beautiful, I am enough
- With every breath, I feel myself relaxing.
- Peace begins with me.
- Inhale peace, exhale love.
- Breathe in joy and strength, breathe out wisdom and peace.

“Sit comfortably in a chair or on the floor, supporting your posture with a blanket or a cushion. Find a position both aligned with the natural curves of the spine and relaxed so you can remain fairly still. Close your eyes and take a few slow, deep breaths or do some breathing practices for several minutes, then relax your breath completely.

Repeat your mantra slowly and steadily, concentrating on its sound as fully as you can. Repeat it in unison with the natural rhythm of your breath. Either split it, so you repeat half the mantra when you inhale and the other half when you exhale or repeat it on both the inhalation and the exhalation.



After about 10 recitations, repeat the mantra silently by moving only your lips (this helps you keep a steady pace). Then, after another 10 repetitions, recite it internally without moving your lips.

As thoughts arise, simply return to the mantra, knowing this is a natural part of the process. Gently bring your attention back, again and again, experiencing the internal sound as fully as possible.

Continue for the period of time you set aside for meditation. Come out of the meditation by taking a few deep breaths and then sitting quietly to see what you feel. “

Try the 10-minute Guided meditation

You may feel calm and centred. Or you may be flooded with old thoughts and feelings from your subconscious, which might be uncomfortable.

Regardless of your immediate reaction, take comfort in knowing that regular practice has immense benefits: It enables you to experience the present moment more fully and to make conscious choices instead of automatic reactions.