



Manas + tra=
mind + tool=
"tool for the mind"



Let go of judgment:
Your mind wanders?
No big deal.

Mantra

sound, word,
or group of words
that is repeated
to cultivate
calmness and focus



Silent, internal
repetition or
chanting aloud.



Choose words that
resonate with YOU;
evolve over time.

Basic Instructions

- Choose a simple mantra that YOU like. It could be a word such as peace, a phrase such as inhale-exhale, a sound such as om, or a lyric, verse, or motto.
- Slow down your breath. Deepen your inhale and exhale.
- Notice the natural stillness in the pause between your inhale and exhale. Just as your breath moves out of that pause, begin repeating the mantra.
- Feel your mind absorb the mantra. If your thoughts wander, gently return to your mantra without scolding or judging yourself.
- Allow yourself to naturally shift from noticing the literal meaning of the words to just feeling the words...just being deeply present with the words without analysis or conscious physical effort.

