



Mantra Meditation 40 Day Challenge

Notes Practice your chosen mantra every day, for the same amount of time each day.

40 Days- Will break any negative habits that block you from the expansion possible through the mantra.

90 Days- Will establish a new habit in your conscious and subconscious mind based on the mantra

120 Days- Will confirm the new habit of consciousness created by the mantra.

The positive benefits of the mantra get integrated permanently into your psyche.

1000 Days- Will allow you to master the new habit of consciousness that the mantra has promised.

No matter the challenge, you can call on this habit to serve you.

if you have a mala...

Sit up tall, lengthen from your tailbone through the crown of the head

Roll the shoulders up, back, and down.

Hold the mala beads in the right hand between thumb and pointer finger.

Start at the head bead.

Gently close the eyes and begin.

Repeat the mantra 108 times while moving the beads through the fingertips.

108 repetitions will bring you back to the beginning of the mala necklace.

Take a moment to feel the effects of meditation and chanting.

Open the eyes and smile!

Why 108 Repetitions:

•The number 108 breaks down to:

1 = God or a Higher Truth

0 = Emptiness or Completeness

8 = Infinity or Eternity

•There are 54 letters in the Sanskrit alphabet, each one has a masculine and feminine quality – Shiva & Shakti. 54 letters x 2 qualities = 108.

•The Chakras are energy lines in our body that start at the root of our body and travel up to the crown of our head. It is said there are 108 energy lines that converge to form the heart chakra, Anahata.

•A mala necklace is an Eastern rosary used for mantras, chanting, and prayer – it has 108 beads.

•There are 108 Upanishads – an ancient text that is highly revered in both Hinduism and Buddhism.



Helpful Tip: Your mantra can be chanted out loud, in your head, or half and half. Do whatever feels natural to you. Some like to start by chanting out loud and then slowly repeating it silently to themselves. Do what works for you... **No Rules!**

It's not all about the mantra.

The mantra is great, but the actual process of committing to something for over a month, even if it was just finding ten minutes of quiet time in my day, actually affected me in some unusual ways.

My self-esteem improved from knowing I was making this commitment to myself and "me" time, and I actually started looking forward to my time when nothing else mattered.

The process of learning to still the mind can be challenging for most of us in this "always on" world, and meditation is fast becoming understood to be one of the best ways to manage stress and anxiety.



Beware of the ego.

You start to feel special and superior because you're doing this spiritual practice.

You're tempted to think you're "better" than the people who fall off the wagon on day three because their kids kept crying and they couldn't find time.

The ego would love to make this heartfelt spiritual practice something dirty—don't let it!

Keep sending love and light. Remind yourself we are all equal.

I am **strong**.

I am **loved**.

You don't have to be "in the zone" the whole time.

Meditation isn't a competition, not even with yourself. It's not about how long you can keep your mind empty before the inevitable to-do list pops into your head.

It's about a consistent return to the breath and the mantra.

My thoughts wandered all the time, but each time, I became aware of it I just brought myself back to the mantra.

I didn't beat myself up or congratulate myself when it went "well." It's the process of getting on your cushion and bringing yourself back that's important.

I am **supported**.

I am **limitless**.

It gets easier.

Mantra meditation is habit forming. You do anything for 40 days, and it will seem more normal to do it than not do it at the end.

Your brain knows you're going to consistently bring it back to the mantra even when it wanders.

It begins to fall in line and embrace the mantra, making it an all around more enjoyable experience.

I can achieve **greatness**.

It works.

I can't tell you why, and I can't give you any direct "proof" of liberation, but I feel freer.

The people in my Facebook group who did it with me felt freer too.

There are less restrictions to hold me back. I launched a new way to work with me.

I moved forward with plans to move to Italy. I was more honest in my relationships, and they improved because of it.

I am whole ...
mind, body,
and soul.

Mantras are like medicine for the soul.

When we select a word or series of words to repeat in the form of a mantra, we are affirming it to ourselves and allowing its meaning to seep below the surface, into our subconscious, helping to shift our negative habits and patterns into positive ones.

below

are 5 ancient Mantras commonly used

1) Mantra: OM

Translation: The sound of the universe. It's the first, original vibration, representing the birth, death and re-birth process.

Modern adaptation: Chanting the sound OM brings us into harmonic resonance with the universe – this is a scientific fact! OM is said to vibrate at 432 Hertz, which is the natural musical pitch of the Universe, as opposed to 440 Hertz, which is the frequency of most modern music.

Decreasing your frequency to coincide with that of the Universe stills the fluctuations of the mind, allowing you to practice yoga through sound. OM is an idyllic way to begin and end a yoga or mediation practice, and also comes in handy when you just need to chill out.

2) Mantra: Om Namah Shivaya

Translation: I bow to Shiva, the supreme deity of transformation who represents the truest, highest self.

Modern adaptation: In the book *Eat Pray Love*, Elizabeth Gilbert is given this mantra by her Guru, which she lovingly refers to as the "Amazing Grace of Sanskrit." Her interpretation is, "I honor the divinity within myself." This is a great mantra to help build self-confidence, reminding us that we are all made up of divine energy and should treat ourselves accordingly.

3) Mantra: Lokah Samastah Sukhino Bhavantu

Translation: May all beings everywhere be happy and free, and may the thoughts, words, and actions of my own life contribute in some way to that happiness and to that freedom for all

Modern adaptation: Most commonly associated with the Jivamukti Yoga School, this mantra is a powerful way to dedicate yourself to living a life of non-harming and being of service to the greater good. This mantra encourages cooperation, compassion and living in harmony with the environment, animals and our fellow human beings.

4) Mantra: Shanti

Om Saha Naavavatu

Saha Nau Bhunaktu

Saha Veeryam Karavaavahai

Tejasvi Aavadheetamastu Maa Vidvishaavahai Om

Translation: May the Lord protect and bless us. May he nourish us, giving us strength to work together for the good of humanity. May our learning be brilliant and purposeful. May we never turn against one another.

Modern adaptation: A perfect mantra to start a yoga class, a new day, or even a new business with. It unites the participants and sets a tone of non-competitiveness, unity, and working together towards a common goal.

5) Mantra: Om Gum Ganapatayei Namah

Translation: I bow to the elephant-faced deity [Ganesh] who is capable of removing all obstacles. I pray for blessings and protection."

Modern adaptation: In Hindu teachings, [Ganesh](#) is known as the god of wisdom and success and the destroyer of obstacles. This is my favorite mantra, which I always draw on when I'm facing a big challenge in life and especially when I'm traveling.