

Mantra

In this video, I'll explain the different levels – scientific and spiritual – that mantra practice works on. Mantra works first by calming the conscious mind through focusing practice. Secondly, through calming the mind, we allow ourselves to “implant” a particular idea or thought into our subconscious mind. And lastly, according to the meditative traditions, mantra works on a spiritual level to cultivate a particular kind of shakti or energy.

Glossary

Dharana

Dhyana

Samadhi

Mantra

Meditation Videos



P08 – Japa