

How to Chant Your Mantra to Feel Great Now

Many of us may not know how to effectively use our mantras for truly moving through our daily emotional challenges and ups and downs. Mantras work automatically, just like flipping a light switch while we're asleep will turn on a light -- even if we are totally unaware of it. But the following technique can be used to enhance the effect of the mantra for transmuting our darkness into light, our worries & fears into joy, and our burdens into thin air, if we learn to repeat our mantras with a proper mix of surrender and awareness.

Step (1) **Ask: “On a 0-10 scale, if 0 = feeling nothing but ‘absolutely great’, how ‘un-great’ do I feel when I open up to the pressures and effects of everything I am dealing with -- past, present, and to come?”**

Then rate the distance between where you feel you are emotionally versus truly feeling absolutely great on a ‘0 to 10’ scale = ‘X’.

Now chant your mantra, offering up this full “X” burden of everything you feel that is not absolutely great in your life. This burden is effectively released as you chant your mantra by both *feeling* and *facing* your emotional discomfort, asking the divine power of the mantra itself to take it away. Imagine offering up your burden as you would offer up coal to a fire-- offering up just enough of this “coal” to the mantra so that it will burn hot in the divine fire (like an intense blue flame with the right air/fuel mixture). If you offer up too much of your burden at once, you will notice that it will overload and smother the transformational fire with too much darkness, just as too much coal would smother the flames if piled on too quickly.

You may also repeat your mantra at different speeds. If you're in too much pain and you feel the need for relief, chant faster—this alleviates the pain, adding more divine flame to burn the pain away faster. Go slower if you feel you are trying to glide too much into the bliss of the mantra, thus losing touch with your emotional burden. We all have a tendency to try to avoid our emotional discomfort, wanting to feel only the bliss the mantra can bring by rising above and detaching from our pain bodies. However, we then lose the full transformative value of the mantra which can truly transmute our emotional burdens if we consciously chant *through* our pain--versus trying to get high staying *above* our pain--during our practice of doing mantra japa. **Practicing staying in-touch with – and actually feeling and facing our inner darkness and discomfort – is a skill and a cultivated art while repeating our mantras.** We have to feel the weight of our burdens in order to surrender and offer them up to the divine, instead of circumventing our pain while seeking a *trancendent* bliss. Such unconscious avoidance results in little of our darkness and burdens being truly *transformed*, and our problems still waiting for us when we come down from our high. One additional note is that the tone and feeling of your mantra will probably change frequently if you are truly connecting intuitively to your discomfort, due to the various emotions which are being processed and released while you are chanting through your different layers of pain.

Step (2) Every 3-5 minutes, or whenever you come to a plateau, return to Step (1) and re-rate yourself, to determine if the method you are practicing in your chanting is effective in bringing you closer to feeling absolutely great. You should notice the number “X” steadily decreasing which will give you feedback on how effectively you are facing and releasing your inner emotional pain. Continue to repeat this process until you finally clear your way to a “0”, a place of feeling nothing less than truly great in the midst of all of life's challenges.

Note: When you finally breakthrough to this “0”, feeling *absolutely great*, you will notice that nothing will have changed in your outer life, however everything will have changed in your inner life—the mind—which is the source of all happiness and joy. Most people are seeking a worldly solution to their problems: they try pursuing this or that, attempt to acquire more things, or they try to run away from (or avoid) whatever pushes their buttons and causes them some degree of pain or upset. This process offers--instead--a **spiritual solution** to our difficulties in life. By doing mantra japa to process through our inner emotional pain, our outer world completely changes, and we can experience heaven-on-earth right here and now.

