

Mindfulness Meditation Mantras

<p style="text-align: center;">Watch the Breath Mantra</p> <p style="text-align: center;">Breathing in I know I am breathing in. Breathing out I know I am breathing out (Thich Nhat Hanh)</p>	<p style="text-align: center;">Letting Go</p> <p style="text-align: center;">With each breath focus on releasing clinging to things. Release avoiding things you don't like. Mantra: "Release"</p>
<p style="text-align: center;">Focus on an Object</p> <p style="text-align: center;">Pick the first object that comes to mind. Stay visually focused, but allow thoughts to simply float by without holding them. Examples: spiritual person, a symbol, a picture, a flower, a crystal, a candle.</p>	<p style="text-align: center;">Padmasambhava Mantra (founder of Tibetan Buddhism)</p> <p style="text-align: center;">Om Ah Hum Vajra Guru Padma Siddi Hum Translation: Om Speak I Thunderbolt WiseTeacher Lotus/Enlightened Mind Accomplishment I (see expanded definition on the blog)</p>
<p style="text-align: center;">Om Mani Padme Om</p> <p style="text-align: center;">(Hail the Jewel(Buddha of Compassion) of the Lotus)</p>	<p style="text-align: center;">Om Shanti Shanti Shanti</p> <p style="text-align: center;">(Om - Peace in body, mind, spirit)</p>
<p style="text-align: center;">Ho'oponopono (Hawaiian Prayer Mantra)</p> <p style="text-align: center;">I love you. I'm sorry. Please forgive me. Thank you.</p>	<p style="text-align: center;">Aum (OM)</p> <p style="text-align: center;">(The primordial sound of the cosmos. Om = all that is.)</p>
<p style="text-align: center;">Love</p>	<p style="text-align: center;">Just. Be. Kind.</p>
<p style="text-align: center;">Be. Love.</p>	<p style="text-align: center;">Just Be</p>

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<p style="text-align: center;">Om Namah Shivaya</p> <p style="text-align: center;">(I bow to Shiva (the diety who represents your highest self))</p>	<p style="text-align: center;">Breathing in I follow my breath beginning to end. Breathing out I follow my breath beginning to end.</p> <p style="text-align: center;">(Thich Nhat Hanh)</p>
<p style="text-align: center;">Breathing in I am aware of my whole body. Breathing out I am aware of my whole body.</p> <p style="text-align: center;">(Thich Nhat Hanh)</p>	<p style="text-align: center;">Breathing in I am aware of some tension/pain in my body. Breathing out I calm and release the tension/pain in my body.</p> <p style="text-align: center;">(Thich Nhat Hanh)</p>
<p style="text-align: center;">Breathing in I feel joy. Breathing out I know joy is there.</p> <p style="text-align: center;">(Thich Nhat Hanh)</p>	<p style="text-align: center;">Breathing in I feel happy. Breathing out I know happiness is there.</p> <p style="text-align: center;">(Thich Nhat Hanh)</p>
<p style="text-align: center;">Breathing in I know that a painful feeling is there. Breathing out I calm that painful feeling.</p> <p style="text-align: center;">(hello my fear, my sadness. I am going to take good care of you.)</p> <p style="text-align: center;">(Thich Nhat Hanh)</p>	<p style="text-align: center;">Breathing in I calm my mental formations (thoughts). Breathing out I calm my mental formations.</p> <p style="text-align: center;">(Thich Nhat Hanh)</p>
<p style="text-align: center;">Breathing in I am aware of my mind. Breathing out I am aware of my mind.</p> <p style="text-align: center;">(just recognize. No grasping)</p> <p style="text-align: center;">(Thich Nhat Hanh)</p>	<p style="text-align: center;">Breathing in I concentrate my mind. Breathing out I concentrate my mind.</p> <p style="text-align: center;">(on impermanence, emptiness, interbeing)</p> <p style="text-align: center;">(Thich Nhat Hanh)</p>
<p style="text-align: center;">Breathing in I liberate my mind. Breathing out I liberate my mind.</p> <p style="text-align: center;">(free from grasping or aversions)</p> <p style="text-align: center;">(Thich Nhat Hanh)</p>	<p style="text-align: center;">Breathing in I observe the impermanent nature of all Dharmas. Breathing out I observe the impermanent nature of all Dharmas.</p> <p style="text-align: center;">(no self, emptiness, interbeing)</p> <p style="text-align: center;">(focus on one object to go deep into this: flower, pebble, a person, yourself, your pain, etc)</p> <p style="text-align: center;">(Thich Nhat Hanh)</p>

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<p>Breathing in I observe the disappearance of desire. Breathing out I observe the disappearance of desire. (look deeply into your craving to understand) (Thich Nhat Hanh)</p>	<p>Breathing in I observe cessation. Breathing out I observe cessation. (extinction of all notions – touch reality, interbeing, knowing of no-birth/no-death reality, knowing we are part of the whole cosmos) (Thich Nhat Hanh)</p>
<p>Breathing in I observe letting go. Breathing out I observe letting go. (look deeply at giving up craving, hatred, fear – liberates us from fear, anger, despair. You are nirvana, just as the wave is already water.) (Thich Nhat Hanh)</p>	<p>Metta Meditation (with heartfelt enthusiasm + kindness) May I be peaceful, happy – light in body/spirit. May I be safe + free from injury. May I be free from fear, anxiety, anger, & affliction.</p> <p>(Say for yourself several times, then for individuals you know, then for groups of people, then for all) (Visualize in yourself & others as you say it: the physical body, their feelings, their perceptions, their mental formations (ideas tendencies that motivate thinking/behavior))</p>