

# The Spiritual Discipline of Mantras

-prepared by Betty Pries for Soul Food (Nov. 5, 2020)

- What is prayer?
  - A way to return to the heart of God – to the house of God inside each one of us
  - A way to remember that we are God's beloved
  
- What is a mantra?
  - Daytime prayers that return us to house of God in each one of us
  - We repeat them over and over again...
  
- Mantra rules
  - They bring us back to the heart of God.
  - They don't make us better or worse than another person.
  - They remind us that we are loved by God.
  - They are easy to say because we will be saying them over and over again for a while.
  
- Is the following a good mantra...?
  - I'm just bad; I'm just bad... (No)
  - God loves me just as I am, even if I don't change a bit... (Yes)
  
- Example 1: Someone is bullying you – what is a mantra prayer that can return you to the safety of the house of God within you?
  - It's not about me, it's not about me, it's not about me (because bullying is usually about the bullying person wrestling through their own pain)
  - God loves me.
  
- Example 2: There's someone you really don't like – what mantra prayer can help you?
  - God, please embrace this person with your arms of loving-kindness.
  
- Example 3: You are feeling kind of low, maybe like everyone is better than you.
  - I am beautiful, I am worthy, I am beloved.
  
- Example 4: You are feeling wounded.
  - I release to God all the pain and sorrow in my body.
  
- Where can you pray mantra prayers? On the bus, in your room, while walking... Mantras are like medicine for our soul... we sometimes have to take the mantra medicine for several weeks for it to begin to heal us...