

How to Cite:**Dr. Mahendra Pratap Gaur (Dec 2018). Effect of Mantras on Mental Health***International Journal of Economic Perspectives*, 12(1), 52–55.Retrieved from <https://ijeponline.org/index.php/journal/article>**Effect of Mantras on Mental Health****Dr. Mahendra Pratap Gaur**

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Abstract:

Mantras have their own history of discovery and mastery of inner realms of consciousness by a long line of masters and seekers of spirit. Mantras have great significance in the mental and spiritual evolution of harmony. Our spiritually empowered, eminent ancestors – the rishis, knew this fact and had therefore developed a whole gamut of mantras for specific purposes and had also devised the methods of experimentation with use of these subliminal tools. Mantras and yantras have been in existence since prehistoric times. The Vedic scriptures describe that once the devas (gods) and the asuras (demons) argued as to what was superior – mantra or yantra? The demons regarded yantras as superior and mightier as material resources and capabilities were more important to them. The gods affirmed the prominence of mantras; that is, spirituality was of greater significance to them.

Keywords: Mantras, Mental Health, Spiritual Consciousness,**Introduction**

Man burns and ruins himself in the fire of unending cravings. His dire desire for fulfillment always remains unfulfilled. We want to be happy but often find that the circumstances of life pull us back into the mire of discontent, desperation and worries.

Mantras have great significance in the mental and spiritual evolution of harmony. These could also manifest tremendous results in the physical world; they could be powerful like a Patton tank or an atomic bomb. Our spiritually empowered, eminent ancestors – the rishis, knew this fact and had therefore developed a whole gamut of mantras for specific purposes and had also devised the methods of experimentation with use of these subliminal tools.

Mantras also have their own history of discovery and mastery of inner realms of consciousness by a long line of masters and seekers of spirit. Mantras and yantras have been in existence since prehistoric times. The Vedic scriptures describe that once the devas (gods) and the asuras (demons) argued as to what was superior – mantra or yantra? The demons

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regarded yantras as superior and mightier as material resources and capabilities were more important to them. The gods affirmed the prominence of mantras; that is, spirituality was of greater significance to them. We all have seen and used several types of yantras in this age of materialistic progress. Let us acquaint ourselves with some knowledge of mantras here.

Effect of Mantra's

The effects of mantras largely pertain to the mental, emotional and spiritual realms of life. Mantras inspire positive and penetrating thoughts and enlighten the emotional and deeper levels of consciousness. **'Mananat-trayate iti Mantrah'** - By the Manana (constant thinking or recollection) of which one is protected or is released from the round of births and deaths, is Mantra. That is called Mantra by the meditation (Manana) on which the Jiva or the individual soul attains freedom from sin, enjoyment in heaven and final liberation, and by the aid of which it attains in full the fourfold fruit (Chaturvarga), i.e., Dharma, Artha, Kama and Moksha. A Mantra is so called because it is achieved by the mental process. The root 'Man' in the word Mantra comes from the first syllable of that word, meaning 'to think', and 'Tra' from 'Trai' meaning 'to protect' or 'free' from the bondage of Samsara or the phenomenal world. By the combination of 'Man' and 'Tra' comes Mantra.

Mantras are in the form of praise and appeal to the deities, craving for help and mercy. Some Mantras control and command the evil spirits. Rhythmical vibrations of sound give rise to forms. Recitation of the Mantras gives rise to the formation of the particular figure of the deity.

Mantra Japa: its Ways

There are several ways to practice Mantra Yoga. Repeat the Mantra verbally for some time, in a whisper for some time and mentally for some time. The minds want variety. It gets disgusted with any monotonous practice. The mental repetition is very powerful. It is termed Manasika Japa. The verbal or loud repetition is called Vaikhari Japa. The loud Japa shuts out all worldly sounds. There is no break of Japa here. Repetition in a whisper or humming is termed Upamshu Japa. Even mechanical repetition of Japa without any Bhava has a great purifying effect on the heart or the mind. The feeling will come later on when the process of mental purification goes on.

Many define mantra as an uplifting, energy-charged sublimated thought current. For example, Gayatri mantra is the most sacred and sublime thought in the whole creation. In it, prayer has been made to the Divine symbolized as Sun on behalf of whole of humanity for the gifts of righteousness and enlightened intelligence. **“Om bhoorbhuvah swah tatsaviturvarenyam bhargo devasya dhimahi dhiyo yo nah prachodayaat”**

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(May Almighty illuminate our intellect and inspire us towards the righteous path) But the intellectual understanding of the meaning of mantra, although good, is not in itself sufficient to make it efficacious. It does not encompass all the variegated dimensions of a mantra.

A mantra may have a meaning, or it may not have one. It may be sublime thought, or it may not be. Many times, the arrangement of its syllables is such as to give out a meaning, while at other times, this construction is so haphazard that no intelligible meaning can be made out of it. There are several other Mantras like:

Om Namo Bhagavate Vasudevaya,

Om Namo Narayanaya,

Hari Om Tat Sat,

Om tryambakam yajamahe sugandhim pushtivardhanam urvarukamiva

bandhanaan mrityor mukshiya maamritaat and

Om Namah Shivaya

Mantras are not some verbal structures to be enunciated rhythmically and repeatedly. Rather, these are subtle means of contemplating that can reorient the mental tendencies. Many people suffer from a variety of adversities, scarcities and worries because they do not have the aptitude to be initiated into proper mantras (of sane thinking, righteous attitude, etc.). Mantras are defined as the tools for liberation from ignorance, illusion, infirmities and sorrows. These can transform the course of life and convert agonies into joys. Indeed, mantras, as special carriers of the energy of cosmic sound, do have amazing potentials for affecting the physical world also (as some of you might have seen or read about mantra-based healing of physical and mental ailments, etc.). But the spiritual powers and benefits of the mantras are far more intense and creative.

Chanting of Mantra's

Mantras are very special configurations of sounds or syllables. Accordingly, each mantra has specific patterns of enunciation or chanting. Mantras work on the yantra of our physical body and also on our energy-body, mind and the inner-self. In the Mantra Yoga meditation, one has to chant a word or a phrase until he/she transcends mind and emotions. In the process the super conscious is discovered and achieved. The rhythm and the meaning of mantras combine to conduct the mind safely back to the point of meditation- the higher consciousness or the specific spiritual focus. Different syllables, phrases and words possess their unique healing potential. Hence, they are chanted at a specific time. As a tool to achieve stillness, the mantra is to be discarded at the moment stillness is achieved. Sometimes mantras are also applied to modify circumstances. In the chanting of the mantras, it is of

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immense importance that they are pronounced properly or else all their intended effect would not come. For such purposes it is important that the proper pronunciation is imparted.

With regular practice of a balanced series of techniques, the energy of the body and mind can be liberated and the quality of consciousness can be expanded. This is not a subjective claim but is now being investigated by the scientists and being shown by an empirical fact. Experience of the calming effect of Mantra meditation only for 10 minutes each day, would create a period of physical relief that enhances immune function. Over time, the benefits of Mantra Yoga have a cumulative effect, improving the well-being of the practitioner.

Conclusion

There are evidences that mantras can improve mental health and negative affectivity in non-clinical populations, however poor study quality may hinder the extent to which one can be certain about the accuracy of these findings. Mantra meditation may be considered a useful adjunct to workplace wellbeing initiatives or educational programs. Further studies of higher quality that incorporate cost-effectiveness analyses are warranted. With regular practice of a balanced series of techniques, the energy of the body and mind can be liberated and the quality of consciousness can be expanded. This is not a subjective claim but is now being investigated by the scientists and being shown by an empirical fact. Experience of the calming effect of Mantra meditation only for 10 minutes each day, would create a period of physical relief that enhances immune function.

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