

MANTRA. A CHANT OR A THERAPY

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REFERENCE RESOURCES (1)

CLASSICAL RESOURCES OF HINDU ANCESTRY (3000BC-500BC)

- The Vedas
- The śāstra(s)(knowledge books) – medicine, economics, performing arts, prosody
- The sutra literature – grammar, philosophy, social conduct, numbers and geometry
- The Hindu Epics and Stories

REFERENCE RESOURCES (2)

JAINA RESOURCES(1000BC-1000AD)

- The āgama Literature
- The sūtta Literature

BUDDHIST RESOURCES (500BC-1000AD)

- The Pitaka, The Nikaya
- The sūtra literature
- The jātaka

ESSENCE FROM THE LITERATURE

- Mantra as a secret formula for inspiration
- Mantra as a code for a group
- Mantra as a communication tool to a Deity
- Mantra as a chant for meditation
- Mantra as a therapy

VEDIC BELIEFS

- Human life is influenced by natural forces and celestial objects.
- The nature and cosmos have animation.
- Humans can communicate to the forces and objects through properly structured chants.
- Chants can have prosodic variation and musical rendering.
- Special persons can be engaged to offer chant.
- A chant is “holy.”

DISCOVERY OF MIND

- Period of 1500BC to 500BC is considered as India's Age of Enlightenment.
- One of the important discoveries in the period is the enunciation of human signature through the application of human mind.
- Mind was given the status as the “chief” among the senses and as a filter of our sense perception.
- Mind makes us “Man”, the word derived from Sanskrit.

VEDIC COSMOLOGY

- Three co-equal parameters create the universe
 - *Mana* – a universal field that surrounds us and resides in us as “mind.” The field reveals itself as we make efforts to probe.
 - *Vāk* – (rhymes with “Bach”) a cosmic endowment in each of us that helps us to be creative. It becomes the origin of speech.
 - *Prāṇa* – the universal energy that sustains life. It gives us vigor and health.

PERSONAL VS. UNIVERSAL

- We have a local mind and a local personality.
- Though our creation has a built-in universality through the infusion of life-force, we create local identity through our local perception.
- Localization causes insecurity and grief.
- Removal of localization is called yoga.
- Mantra helps to create the path to yoga.
- Hence the statement that “Mantra heals.”

STEPS IN MANTRA HEALING

- Converge towards the “true” self.
- Be “mindful” in all actions.
- Discipline the mind such that it develops objectivity in functioning and decision making.
- Allow the mind to go “still.”

PRINCIPLES IN MANTRA HEALING

- Well-being of a person is a function of *prāṇa* in the body.
- *Prāṇa* can be enhanced by regularizing breathing.
- Regularizing the breathing is achieved by identifying the inner *Vāk* through recitation or chant.
- *Vāk* is self-revelatory.

TECHNIQUES FOR MINDFULNESS

- Meditation – concentrating on an image, a thought
- Chant – Repetition of a word or a phrase such that the mind keeps busy in action. Inertia might help.
- Breathing exercises called *prāṇāyāma*
- A disciplined life including yoga.

MANTRA THERAPY

- Discover the voice within.
- The voice is the Truth.
- An expression is a revelation.
- The expression is in syllables which are discrete.
- Each syllable is a potent tool to well-being.

SYLLABLES IN MANTRA

- Fifty independent syllables have been discovered.
- The syllables are mapped in the body with their point of origin.
- Syllables are the manifestation of *Vāk*.
- Healing is connected with the providing energy (*prāṇa*) to the body through the organ.

PRACTICE OF THE SYLLABLES

- Interactive Session
- Syllable Drill
- Group Chanting

MANTRA CHANTING (2)

ADVANCED

- trai-mba-ka-m
- ya-jā-ma-he
- su-ga-ndhi-m
- pu-ṣṭi-va-rdha-na-m
- u-rvā-ru-kam-i-va
- va-ndha-nā-t
- mṛ-tyo-r
- mu-kṣī-ya
- mā
- a-mṛ-tā-t

Q&A

Thank you!