

Understanding the Power of Mantra

Week 3 · Yoga Wise Meditation Course

What Is a Mantra?

A mantra is a sound, word, or phrase that is used as a focus for meditation. In yogic traditions, mantras are usually drawn from Sanskrit and are valued not only for their meaning, but for their sound and vibration.

Everything in nature is in a constant state of vibration, including the human body and mind. Ancient yogic teachers observed that certain sounds had a harmonising effect on the nervous system and the mind. These sounds became known as mantras.

In meditation, a mantra gives the mind something simple and steady to rest upon.

Sound, Attention, and the Mind

The mind naturally responds to sound. We all experience emotional responses to certain words, music, or tones, often without consciously thinking about it.

Mantras work in a similar way. Through repetition, they gently draw attention away from habitual thinking patterns and towards present-moment awareness.

Rather than trying to suppress thoughts, mantra meditation gives the mind a rhythm to follow. This can feel especially supportive for people who find silent meditation challenging.

Mantra as a Meditative Tool

In mantra meditation, the mantra is not forced or repeated aggressively. Instead, it is remembered gently, almost as if listening internally.

Even when the repetition feels mechanical or distracted, the practice is still working. The benefits of mantra meditation do not depend on perfect focus.

Over time, the mantra may begin to repeat itself more naturally, requiring less effort and creating a sense of continuity and calm.

Mantra and Presence

One of the key benefits of mantra meditation is its ability to support presence. By repeatedly returning to the sound or rhythm of the mantra, the mind is less likely to become lost in past or future thinking.

This quality of presence often brings a sense of ease, clarity, and inner steadiness.

In this course, the mantra **So–Hum** is used because it is naturally linked to the breath and accessible to everyone.

A Gentle Reminder

Mantra meditation is not about achieving special states or experiences. It is about developing a steady, kind relationship with attention.

Simple, regular practice is far more important than intensity or effort.

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