

Mantra Meditation Workshop

With Hari-kirtana das

Saturday, February 12, 2022

why mantra meditation?

BENEFITS

- reduce stress

BENEFITS

- reduce stress
- calm the mind

BENEFITS

- reduce stress
- calm the mind
- increase ability to focus

BENEFITS

- reduce stress
- calm the mind
- increase ability to focus
- elevate consciousness

BENEFITS

- reduce stress
- calm the mind
- increase ability to focus
- elevate consciousness
- purify the heart

BENEFITS

- reduce stress
- calm the mind
- increase ability to focus
- elevate consciousness
- purify the heart
- activate a spiritual relationship

WHAT WE'LL DO TODAY

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- Why mantra meditation is so powerful

WHAT WE'LL DO TODAY

- Why mantra meditation is so powerful
- What makes a sound transcendental

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- Pronunciation of mantras

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- Why mantra meditation is so powerful
- What makes a sound transcendental
- Pronunciation of mantras
- How to understand and control the mind

WHAT WE'LL DO TODAY

- Why mantra meditation is so powerful
- What makes a sound transcendental
- Pronunciation of mantras
- How to understand and control the mind
- Three mantras and their meanings

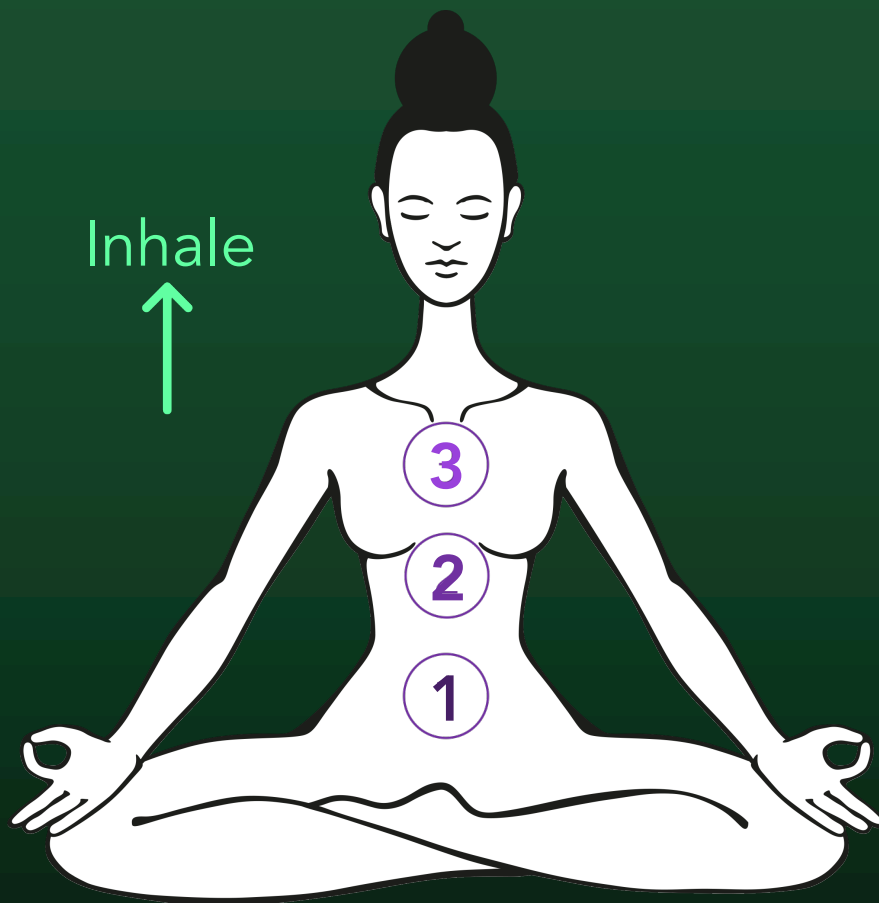
WHAT WE'LL DO TODAY

- Why mantra meditation is so powerful
- What makes a sound transcendental
- Pronunciation of mantras
- How to understand and control the mind
- Three mantras and their meanings
- Techniques for mantra meditation

But first...

Preparation for chanting





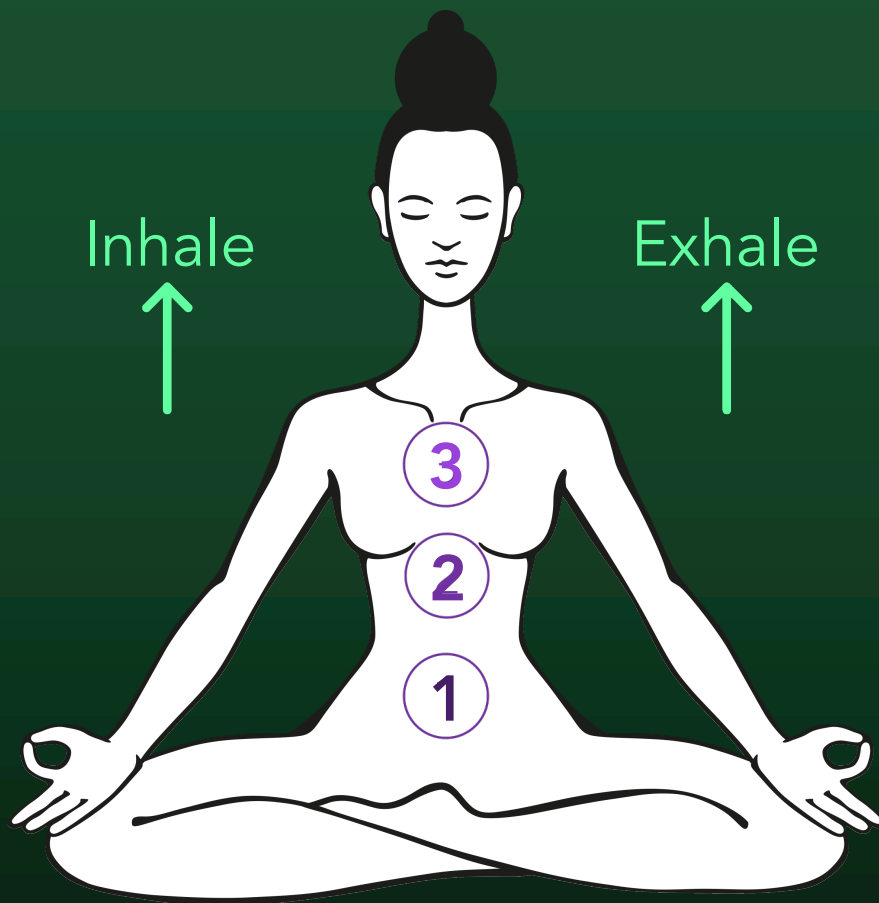
Inhale



3

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Inhale



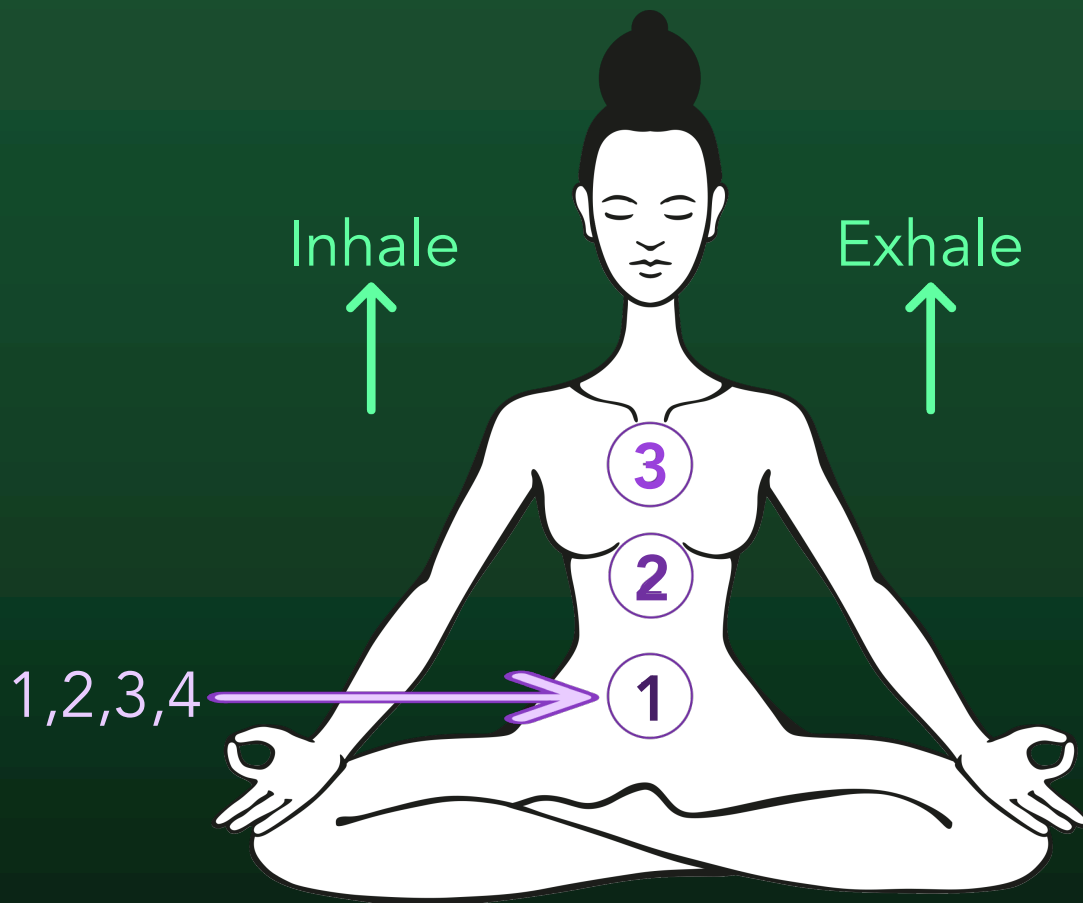
Exhale

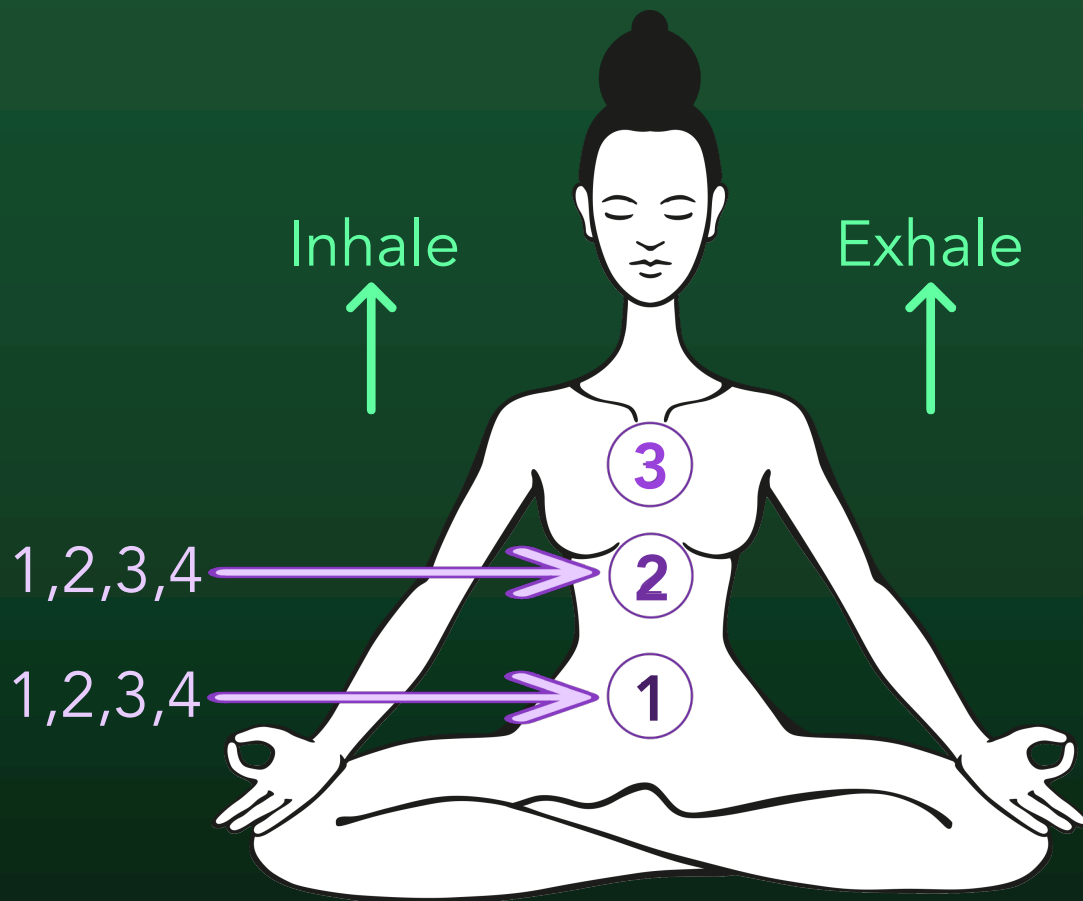


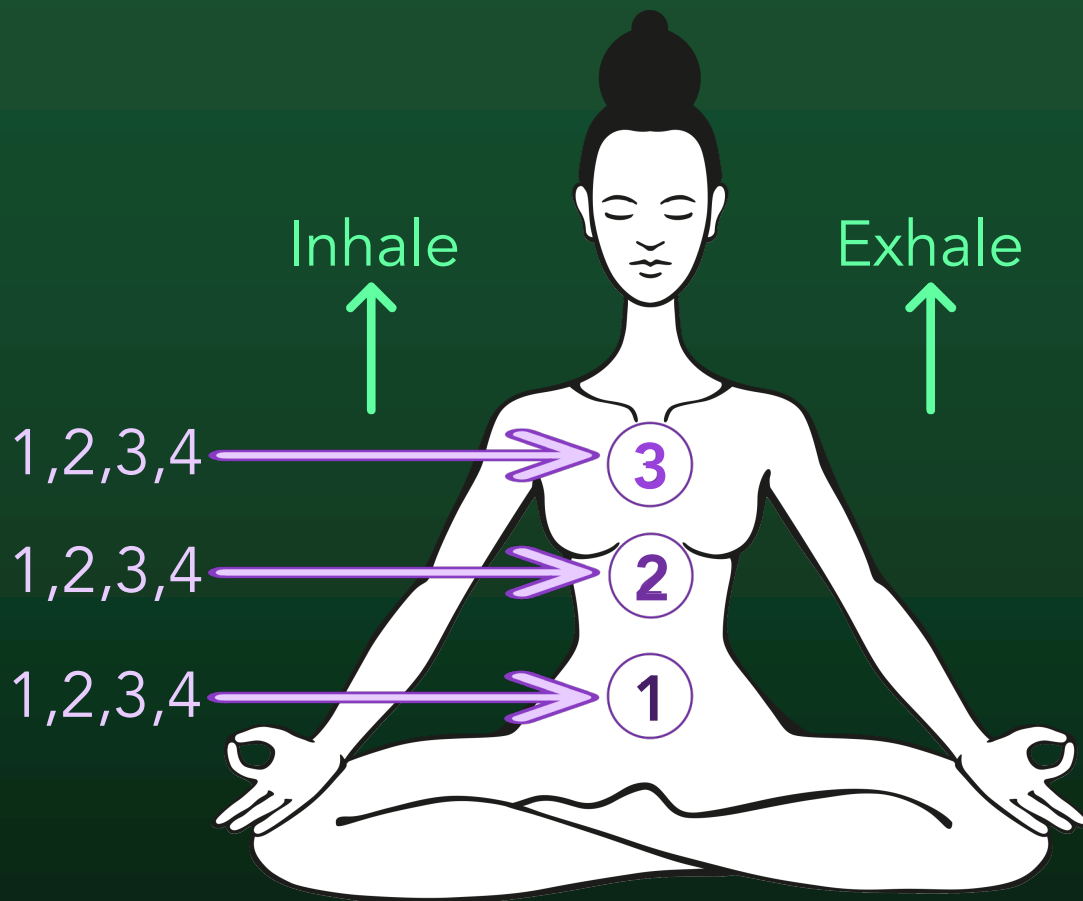
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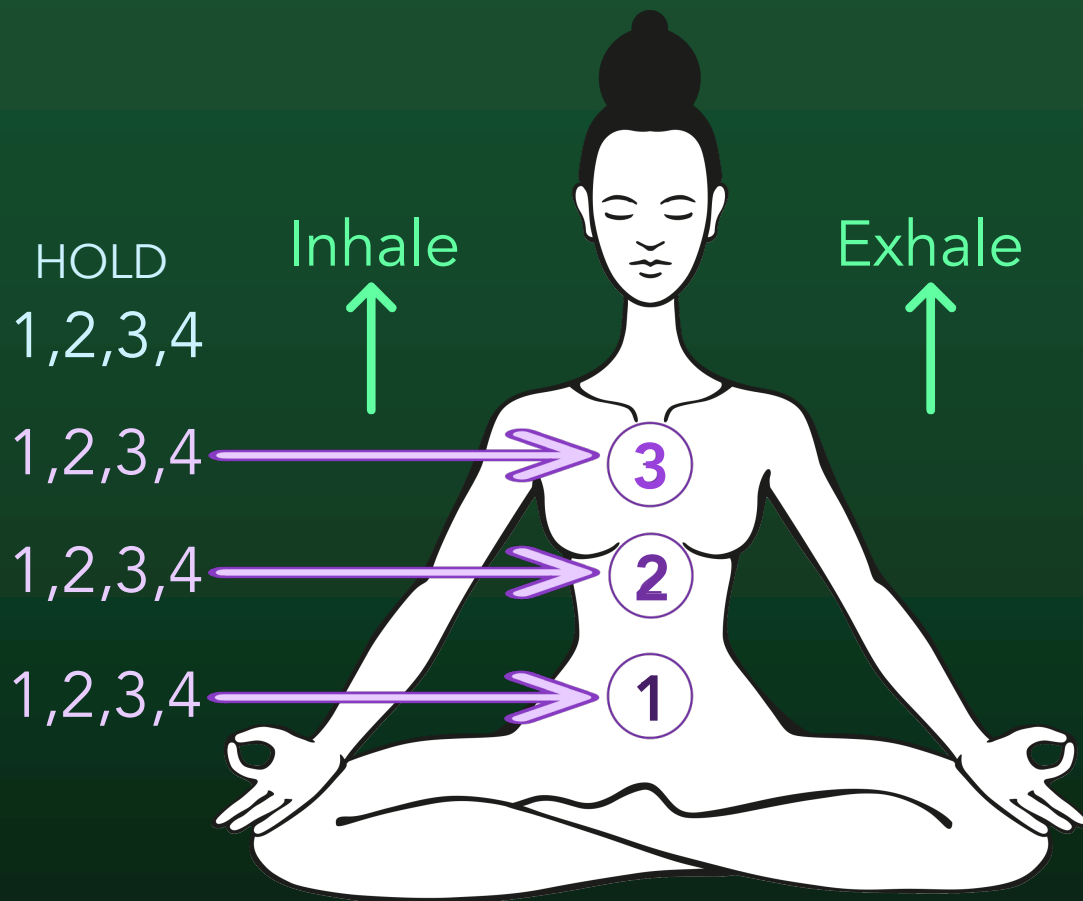
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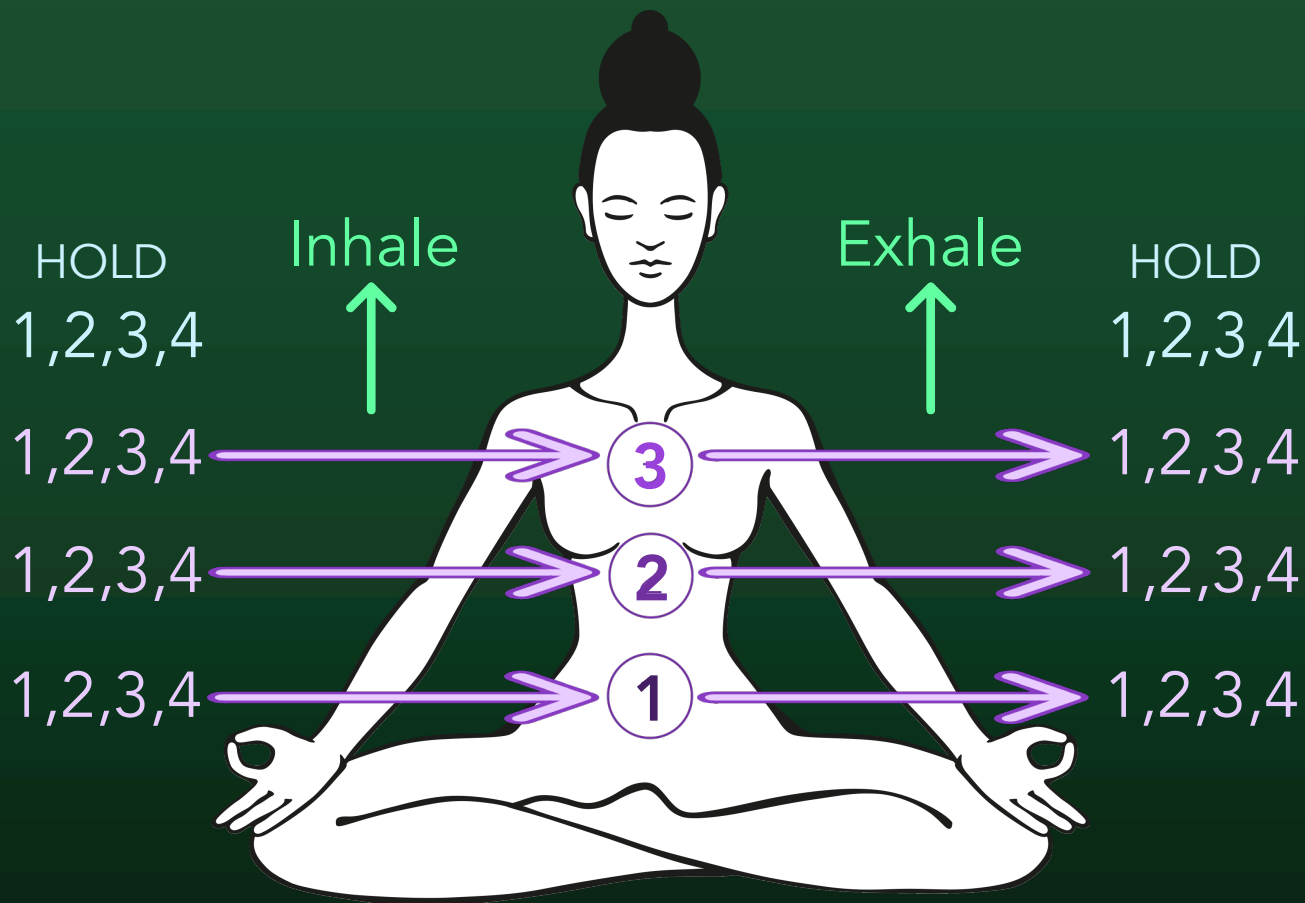
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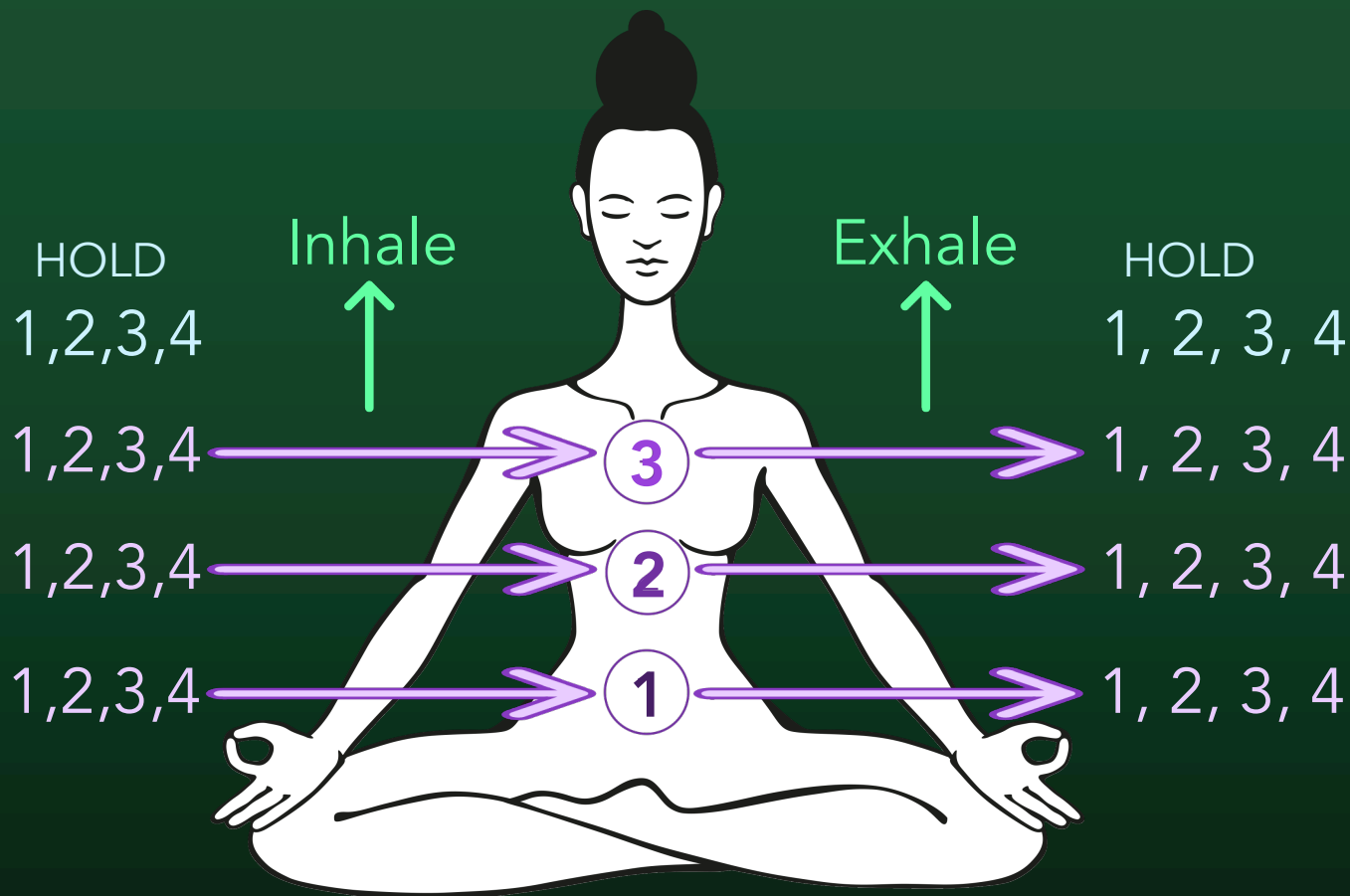












Integrating breath and mantra





om



Īśvara



Absolute Reality



Sonic Spiritual Seed



Beginning - Middle - End

A large, faint, light purple Om symbol is centered on the page, enclosed within a thin, light purple circular border. The symbol is a stylized representation of the sacred syllable 'Om'.

om̐



aum-



From back to front

- 1 GUTTURAL
- 2 PALATAL
- 3 CEREBRAL
- 4 DENTAL
- 5 LABIAL

SIMPLE VOWELS

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SIMPLE VOWELS

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LABIAL CONSONANTS

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LABIAL CONSONANTS

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OMKĀRA (PRANAVA)

अ उ मं

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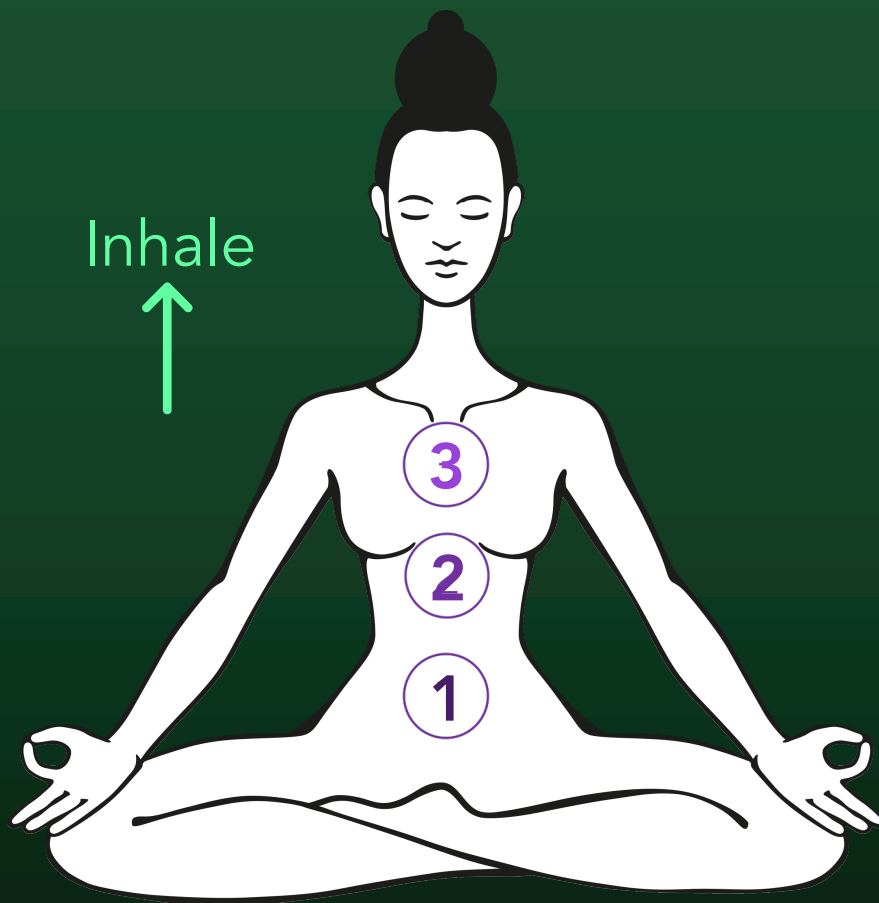
OMKĀRA (PRANAVA)

ओ मं

o m̐







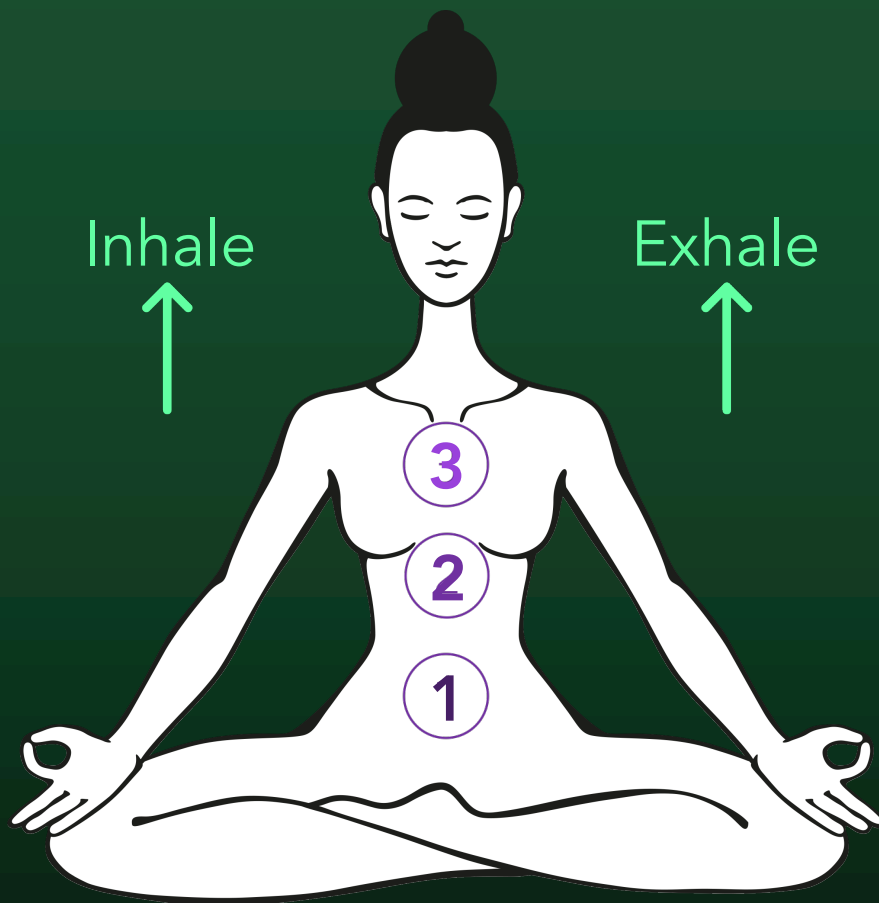
Inhale



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Inhale



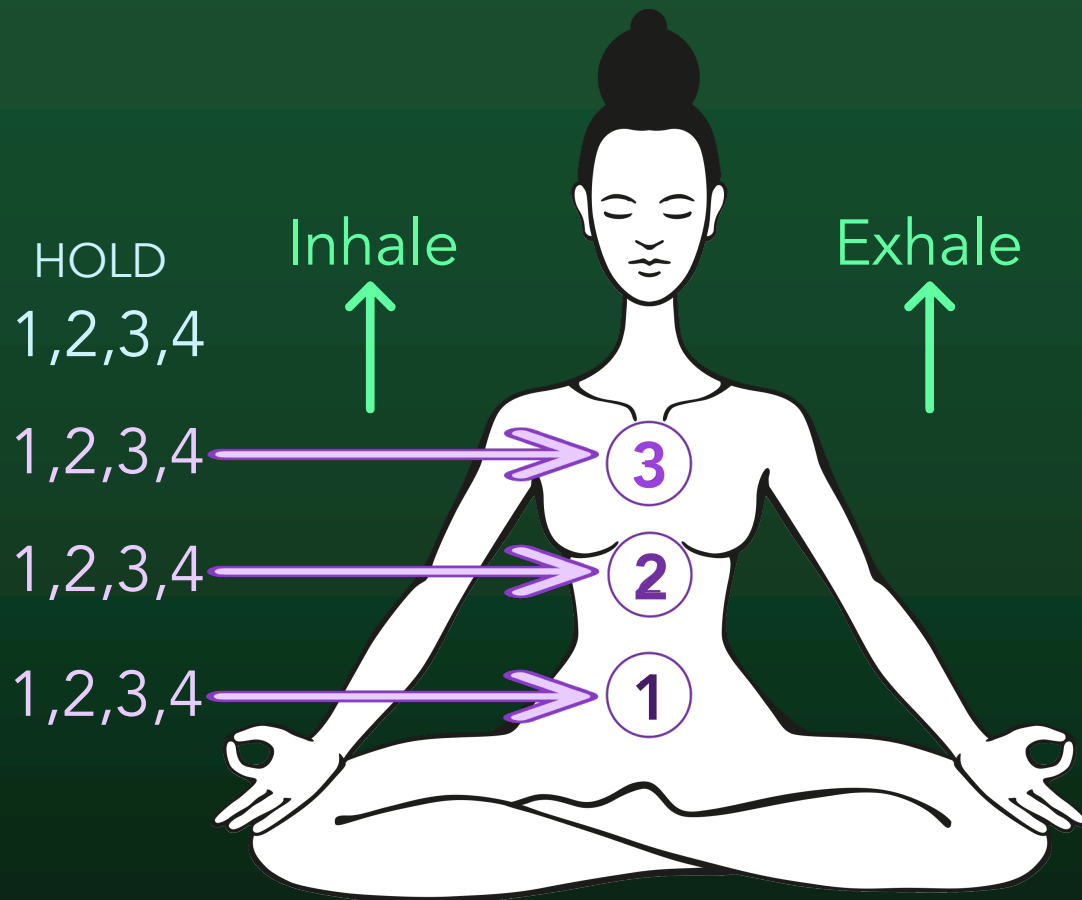
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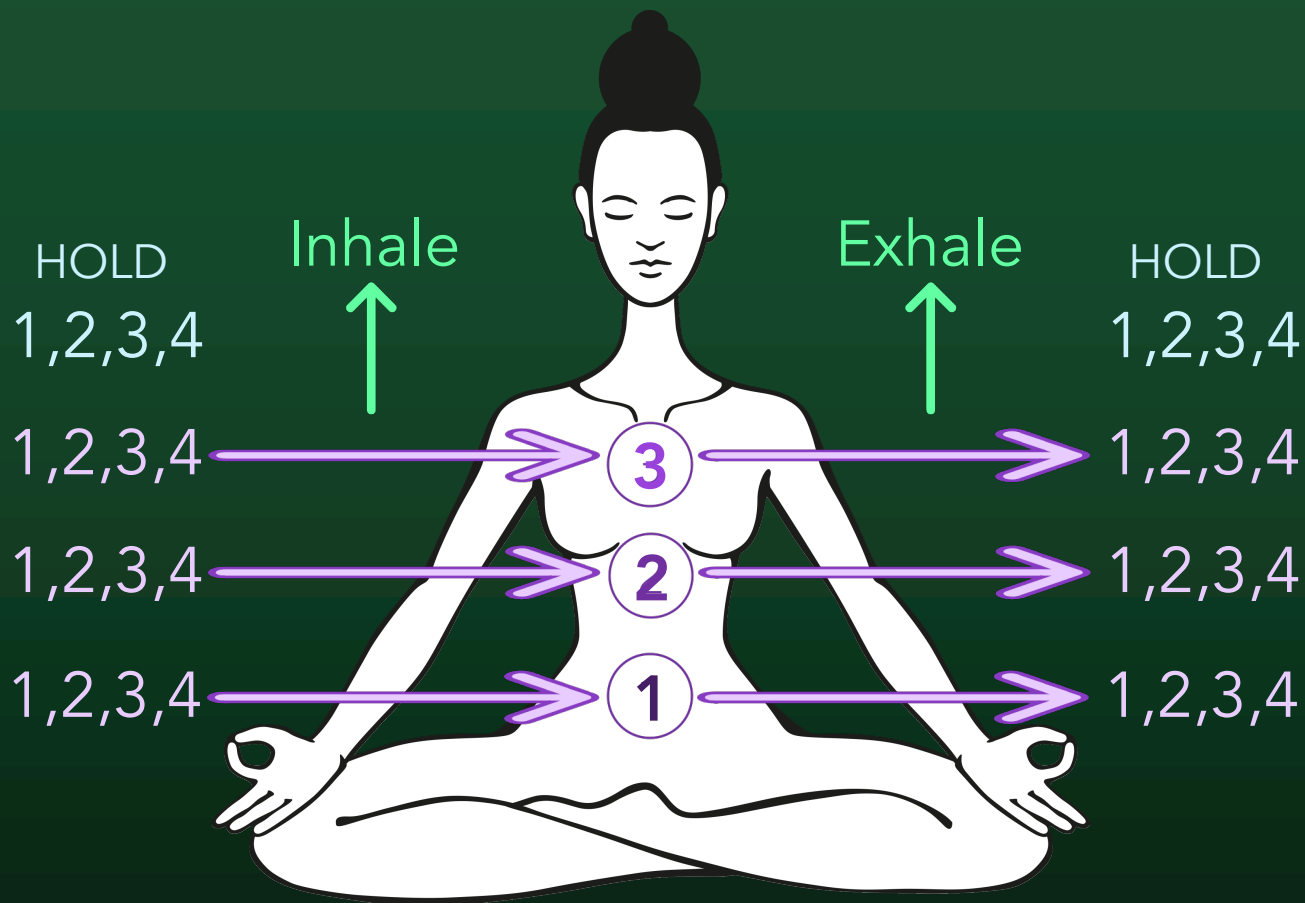


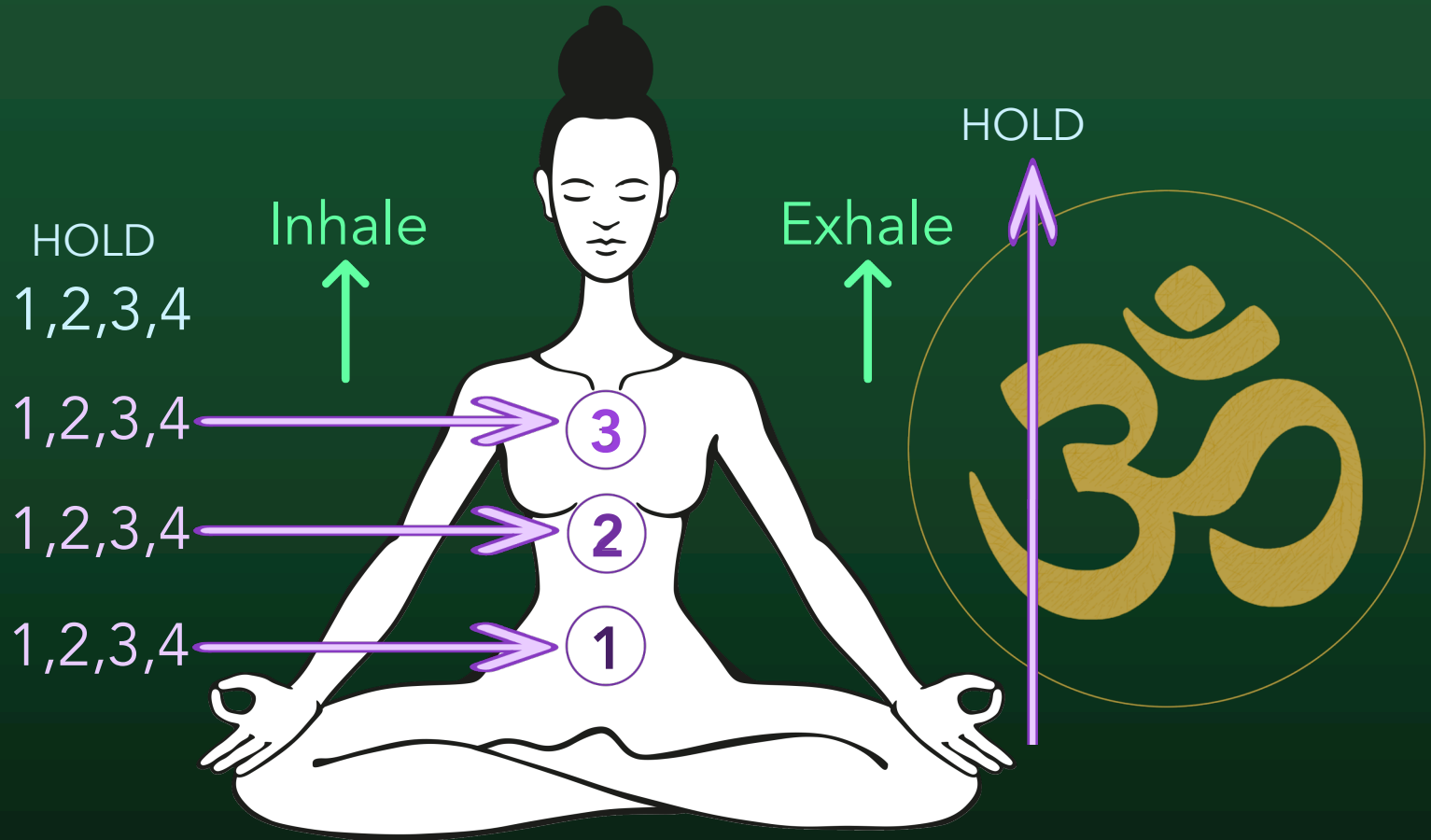
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Comments / Questions?

the meaning of 'mantra'

MANTRA

man: the mind; *tra*: instrument

MANTRA

man: the mind; *tra*: instrument

- ‘Instrument of thought’

MANTRA

man: the mind; *tra*: instrument

- ‘Instrument of thought’
- A focal point for stilling the fluctuations of the mind

MANTRA

man: the mind; *tra*: instrument

- ‘Instrument of thought’
- A focal point for stilling the fluctuations of the mind
- A sound that liberates the mind from illusion and the self from the mind

MANTRA

An instrument of thought that protects the mind
and purifies the heart

MANTRA

What about affirmations?

MATERIAL SOUND vs. TRANSCENDENTAL SOUND

MATERIAL SOUND vs. TRANSCENDENTAL SOUND

Characteristics of Material Sound

- temporal | unaware | indifferent | relative

MATERIAL SOUND vs. TRANSCENDENTAL SOUND

Characteristics of Material Sound

- temporal | unaware | indifferent | relative

Characteristics of the Spiritual Self

- to be | to know | to love | absolute

MATERIAL SOUND vs. TRANSCENDENTAL SOUND

Characteristics of Transcendental Sound

- eternality | awareness | blissful | absolute

Characteristics of the Spiritual Self

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MATERIAL SOUND vs. TRANSCENDENTAL SOUND

Characteristics of Transcendental Sound

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Characteristics of the Spiritual Self

- to be | to know | to love | absolute

Spiritual sound is in harmony with the true nature of the self and therefore provides the ultimate stress relief

WHY MANTRAS ARE SO POWERFUL

śabda: sound vibration; *brahman*: Absolute Reality

WHY MANTRAS ARE SO POWERFUL

śabda: sound vibration; *brahman*: Absolute Reality

- The sound incarnation of Absolute Reality; transcendental sound

WHY MANTRAS ARE SO POWERFUL

śabda: sound vibration; *brahman*: Absolute Reality

- The sound incarnation of Absolute Reality; transcendental sound
- The sound is not different from that to which the sound refers

BHAGAVAD-GĪTĀ 7.8

praṇavaḥ sarva-vedeṣu

"(I am) the sacred vibration Om̐ in the Vedas."

Comments / Questions?

PREPARATION FOR IMMERSIVE CHANTING

Integrating breath and mantra
activates and aligns the body

PREPARATION FOR IMMERSIVE CHANTING

Integrating breath and mantra
activates and aligns the body

Alignment of the body has
three elements

PREPARATION FOR IMMERSIVE CHANTING

1. Posture: sit properly

PREPARATION FOR IMMERSIVE CHANTING

1. Posture: sit properly
2. Pronunciation: proper vibration

PREPARATION FOR IMMERSIVE CHANTING

1. Posture: sit properly
2. Pronunciation: proper vibration
3. Hearing: audible chanting

PREPARATION FOR IMMERSIVE CHANTING

Breath is the bridge between the
body and the mind

PREPARATION FOR IMMERSIVE CHANTING

Breath is the bridge between the
body and the mind

Alignment of the mind is a
combination of attention and intention

PREPARATION FOR IMMERSIVE CHANTING

We don't have to start
with a pure intention

PREPARATION FOR IMMERSIVE CHANTING

We don't have to start
with a pure intention

We do have to try to
focus our attention

UNDERSTANDING THE MIND

UNDERSTANDING THE MIND

One of three metaphysical material elements

- Mind
- Intelligence
- False Ego

UNDERSTANDING THE MIND

- The mind is the element of material nature that we're most aware of

UNDERSTANDING THE MIND

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- It presents the insignificant as being important

UNDERSTANDING THE MIND

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- It presents the insignificant as being important
- It relishes intensity and fantasy (passion and ignorance)

UNDERSTANDING THE MIND

- The mind is the element of material nature that we're most aware of
- It presents the insignificant as being important
- It relishes intensity and fantasy (passion and ignorance)
- Its primary function is to protect the false ego
 - meditation is an assault on the false ego

UNDERSTANDING THE MIND

- The mind is not interested in meditation

UNDERSTANDING THE MIND

- The mind is not interested in meditation
 - Resistance to meditation is a natural reaction of the mind

UNDERSTANDING THE MIND

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 - The mind convinces us that we need our false ego to survive.

UNDERSTANDING THE MIND

- The mind is not interested in meditation
 - Resistance to meditation is a natural reaction of the mind
 - The mind convinces us that we need our false ego to survive.
 - It's a great relief to discover that we really don't need our false ego at all

KEYS TO ALIGNING THE MIND

- Know and understand the behavior of the mind

KEYS TO ALIGNING THE MIND

- Know and understand the behavior of the mind
- Remember that your mind is not you

KEYS TO ALIGNING THE MIND

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- Remember why you're practicing meditation

KEYS TO ALIGNING THE MIND

- Know and understand the behavior of the mind
- Remember that your mind is not you
- Remember why you're practicing meditation
- Settle the mind through conscious breathing

KEYS TO ALIGNING THE MIND

- Know and understand the behavior of the mind
- Remember that your mind is not you
- Remember why you're practicing meditation
- Settle the mind through conscious breathing
- Be present

KEYS TO ALIGNING THE MIND

- Know and understand the behavior of the mind
- Remember that your mind is not you
- Remember why you're practicing meditation
- Settle the mind through conscious breathing
- Be present
 - Let go of thoughts about the past and the future

The art of letting go:

The art of letting go:

Think of your mantra as a place
for your mind to relax.

THIS IS THE BIG TAKE-AWAY!

Think of your mantra as a place
for your mind to relax.

Transcendental sound is in
harmony with your true nature;

Transcendental sound is in
harmony with your true nature;

your thoughts are not.

Questions?

VIṢṆU MANTRA

om̐ namo bhāgavate vāsudevāya

VIṢṆU MANTRA

om namo bhāgavate vāsudevāya

namo: I bow

bhāgavate: to the possessor of fortune

vāsudevaya: to the transcendent Lord who lives
within all beings



VIṢṆU MANTRA

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VIṢṆU MANTRA

om̐ namo bhāgavate vāsudevāya

(Invoking Absolute Reality) I respectfully bow
(*namo*) to the transcendent Lord who lives within
all beings (*Vāsudeva*) and possesses all divine
attributes (*Bhāgavat*).

VIṢṆU MANTRA

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namo: I bow

bhāgavate: to the possessor of fortune

vāsudevaya: to the son of Vasudeva (Kṛṣṇa)



VIṢṆU MANTRA

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VIṢṆU MANTRA

om̐ namo bhāgavate vāsudevāya

(Invoking Absolute Reality) O my Lord, Sri Kṛṣṇa, son of Vasudeva, O all-pervading Personality of Godhead, I respectfully bow to you.

Breath is the bridge between the
body and the mind

Breath is the bridge between the
body and the mind

Contemplation is the bridge between
the mind and the heart

CALL AND RESPONSE CHANTING

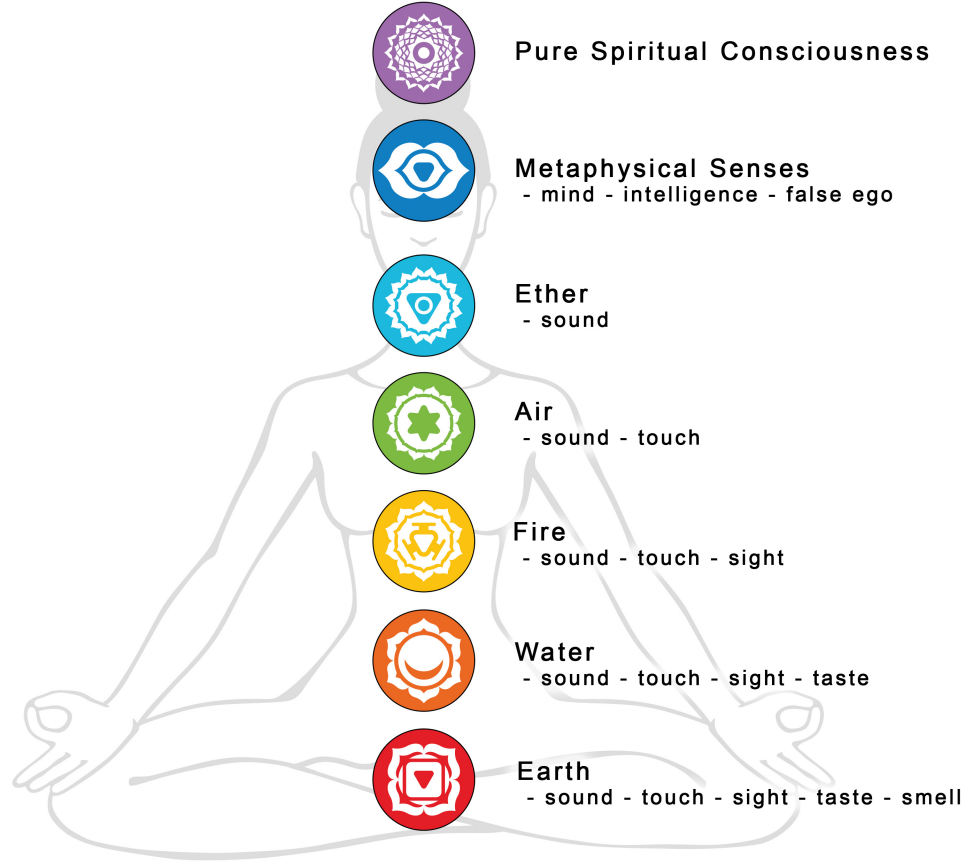
CALL AND RESPONSE CHANTING

Attention: invite the wandering mind
to come back to rest in the sound

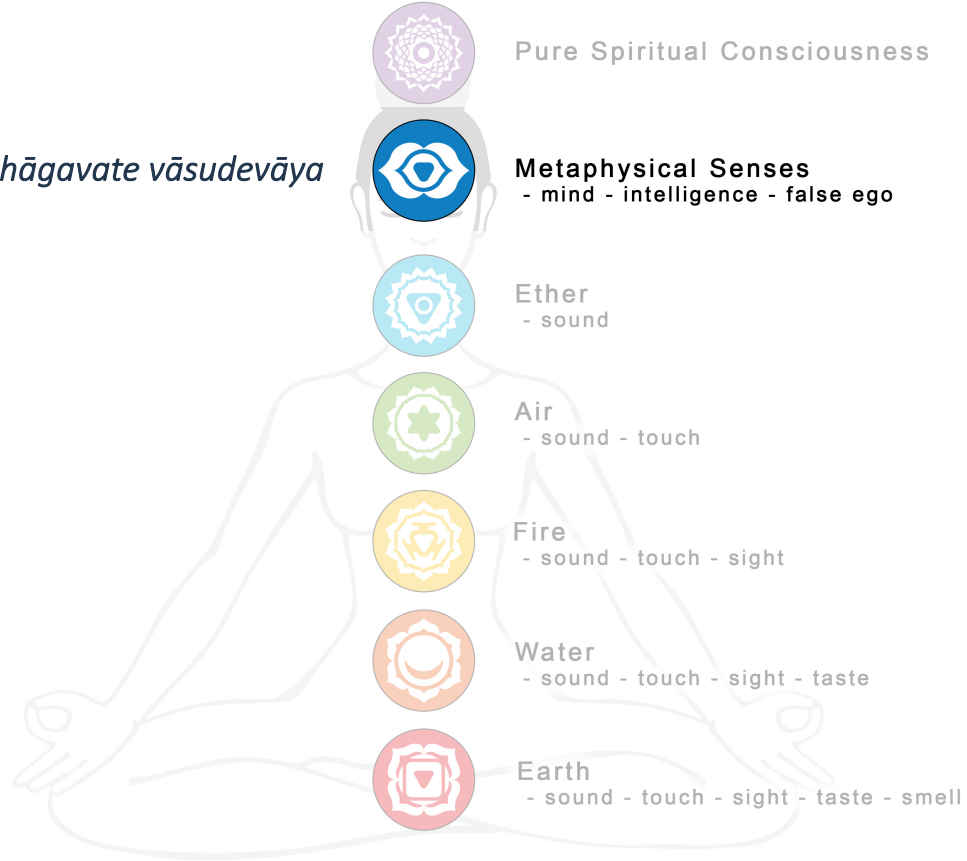
CALL AND RESPONSE CHANTING

Attention: invite the wandering mind
to come back to rest in the sound

Intention: feel the presence of universal
consciousness within your heart



oṃ namo bhāgavate vāsudevāya



oṃ namo bhāgavate vāsudevāya



Pure Spiritual Consciousness



Metaphysical Senses

- mind - intelligence - false ego



Ether

- sound



Air

- sound - touch



Fire

- sound - touch - sight



Water

- sound - touch - sight - taste



Earth

- sound - touch - sight - taste - smell

om namo bhāgavate vāsudevāya



Comments / Questions?

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Integrating breath and mantra
activates and aligns the body

PREPARATION FOR IMMERSIVE CHANTING

Integrating breath and mantra
activates and aligns the body

Focusing our attention with a clear
intention activates and aligns the mind

PREPARATION FOR IMMERSIVE CHANTING

How do we activate and
align the heart?

ALIGNING THE HEART

Characteristics of Transcendental Sound

- eternality | awareness | blissful | absolute

Characteristics of the Spiritual Self

- to be | to know | to love | absolute

ALIGNING THE HEART

Characteristics of Transcendental Sound

- eternality | awareness | **blissful** | absolute

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ALIGNING THE HEART

The experience of love requires three things:

ALIGNING THE HEART

The experience of love requires three things:

- a lover – the subject of love

ALIGNING THE HEART

The experience of love requires three things:

- a lover – the subject of love
- a beloved – the object of love

ALIGNING THE HEART

The experience of love requires three things:

- a lover – the subject of love
- a beloved – the object of love
- love itself

ALIGNING THE HEART

Directing our feelings toward the ultimate object of love brings about the ultimate experience of love...

ALIGNING THE HEART

and, with it, the ultimate experience of bliss

Where does divine love
come from?





HARE KṚṢṆA MANTRA

*hare kṛṣṇa hare kṛṣṇa - kṛṣṇa kṛṣṇa hare hare
hare rāma hare rāma - rāma rāma hare hare*

HARE KṚṢṆA MANTRA

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hare: vocative form of Harā - Rādhārāṇī, the personification of divine love

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hare: vocative form of Harā - Rādhārāṇī, the personification of divine love

kṛṣṇa: all-attractive source of ultimate bliss

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hare: vocative form of Harā - Rādhārāṇī, the personification of divine love

kṛṣṇa: all-attractive source of ultimate bliss

rāma: who eternally enjoys pastimes of love

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*O supreme goddess (Harā, Rādhārāṇī), O all-
attractive personality of ultimate bliss (Kṛṣṇa)
and supreme pleasure (Rāma), please engage
me in your transcendental loving service.*

HARE KṚṢṢṢNA MANTRA

- Sound incarnation of Absolute Reality

HARE KṚṢṆA MANTRA

- Sound incarnation of Absolute Reality
- Recommended in the Kali-santaraṇa Upaniṣad

HARE KṚṢṆA MANTRA

- Sound incarnation of Absolute Reality
- Recommended in the Kali-santaraṇa Upaniṣad
- Awakens the true self

HARE KṚṢṂA MANTRA

- Sound incarnation of Absolute Reality
- Recommended in the Kali-santaraṇa Upaniṣad
- Awakens the true self
- Extinguishes false conceptions of self

HARE KṚṢṆA MANTRA

- Sound incarnation of Absolute Reality
- Recommended in the Kali-santaraṇa Upaniṣad
- Awakens the true self
- Extinguishes false conceptions of self
- Integrates meditation, contemplation, and prayer

HARE KṚṢṢṢA MANTRA – ELEMENTS OF PRAYER

- Glorification of the beauty of the Absolute Truth

HARE KṚṢṆA MANTRA – ELEMENTS OF PRAYER

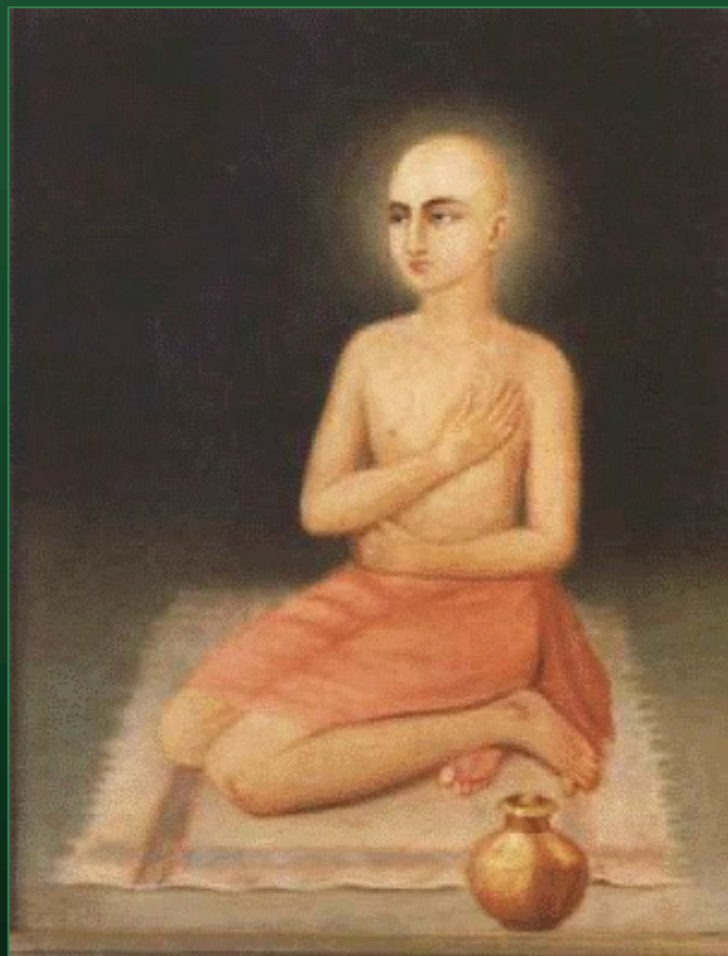
- Glorification of the beauty of the Absolute Truth
- Gratitude for the gift of this life / opportunity

HARE KṚṢṂA MANTRA – ELEMENTS OF PRAYER

- Glorification of the beauty of the Absolute Truth
- Gratitude for the gift of this life / opportunity
- Remorse for having somehow become disconnected from spiritual reality

HARE KṚṢṆA MANTRA – ELEMENTS OF PRAYER

- Glorification of the beauty of the Absolute Truth
- Gratitude for the gift of this life / opportunity
- Remorse for having somehow become disconnected from spiritual reality
- Request for the benediction of reconnection



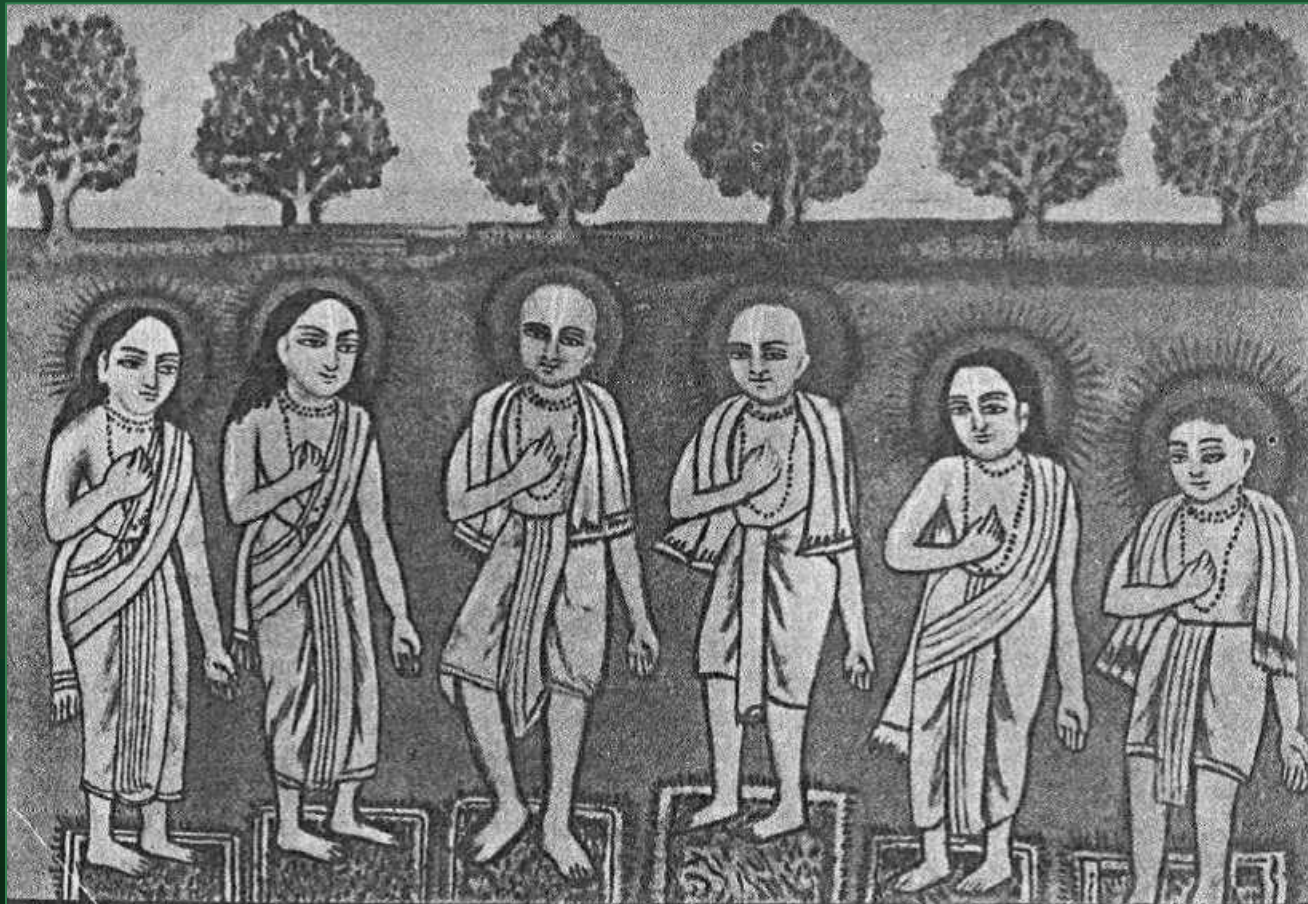
ŚRĪ ŚIKṢĀṢṬAKAM 5

O son of Maharaja Nanda (Krsna), I am Your eternal servitor, yet somehow or other I have fallen into the ocean of birth and death. Please pick me up from this ocean of death and place me as one of the atoms at Your lotus feet.



ŚRĪMAD-BHĀGAVATAM 5.18.9

May there be good fortune throughout the universe, and may all envious persons be pacified. May all living entities become calm by practicing bhakti-yoga, for by accepting devotional service they will think of each other's welfare. Therefore, let us all engage in the service of the supreme transcendence, Lord Śrī Kṛṣṇa, and always remain absorbed in thought of Him.

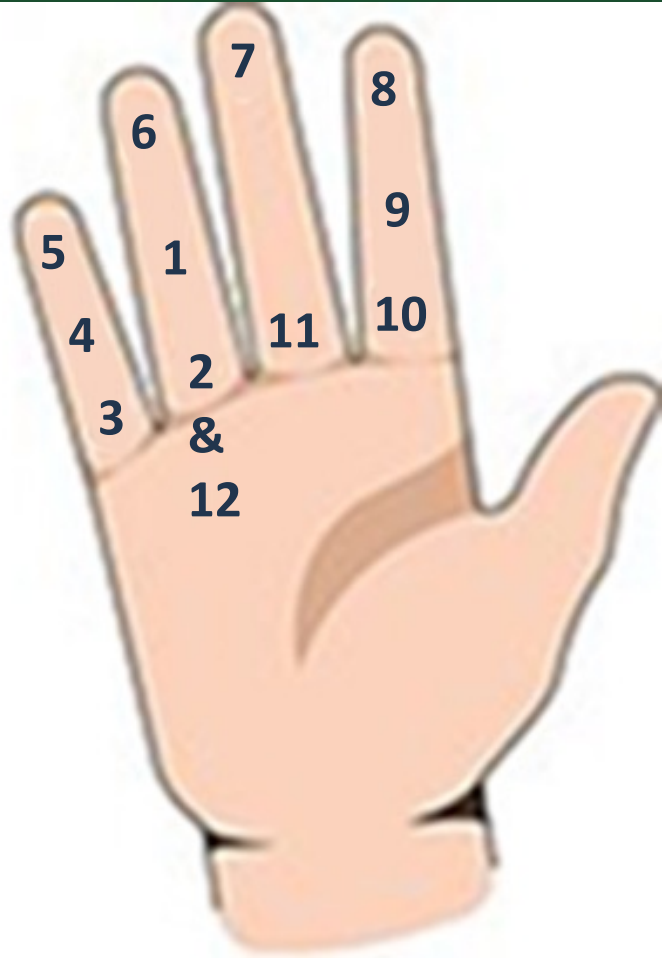
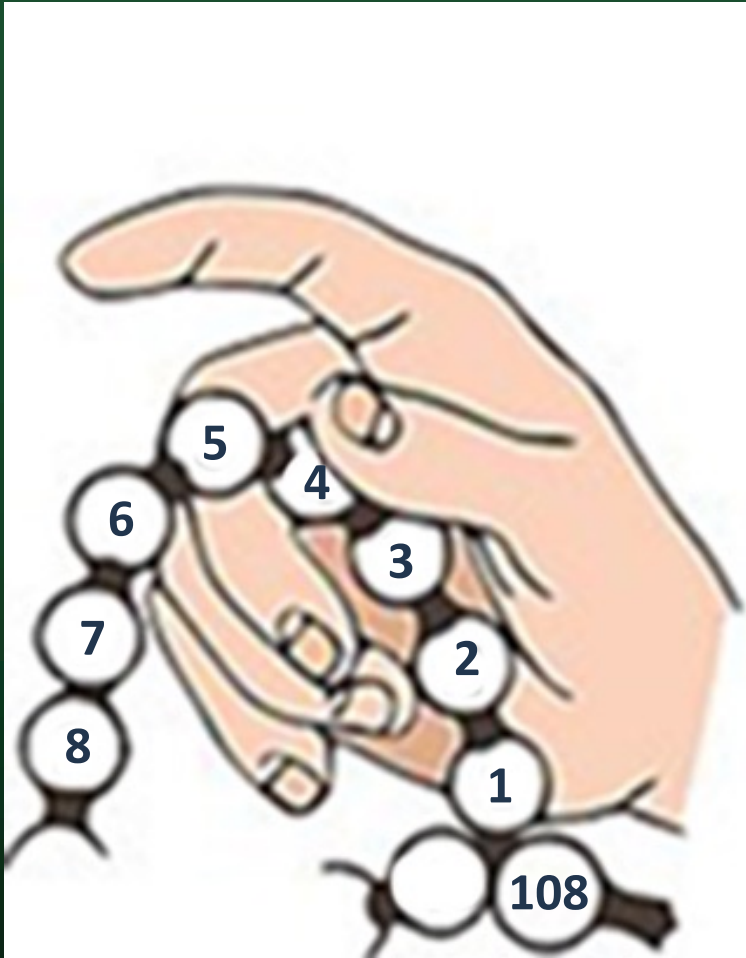


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ŚRĪ WHOPANIṢAD 8.2.4

I'd gladly lose me to find you
I'd gladly give up all I got
To catch you
I'm gonna run and never stop.

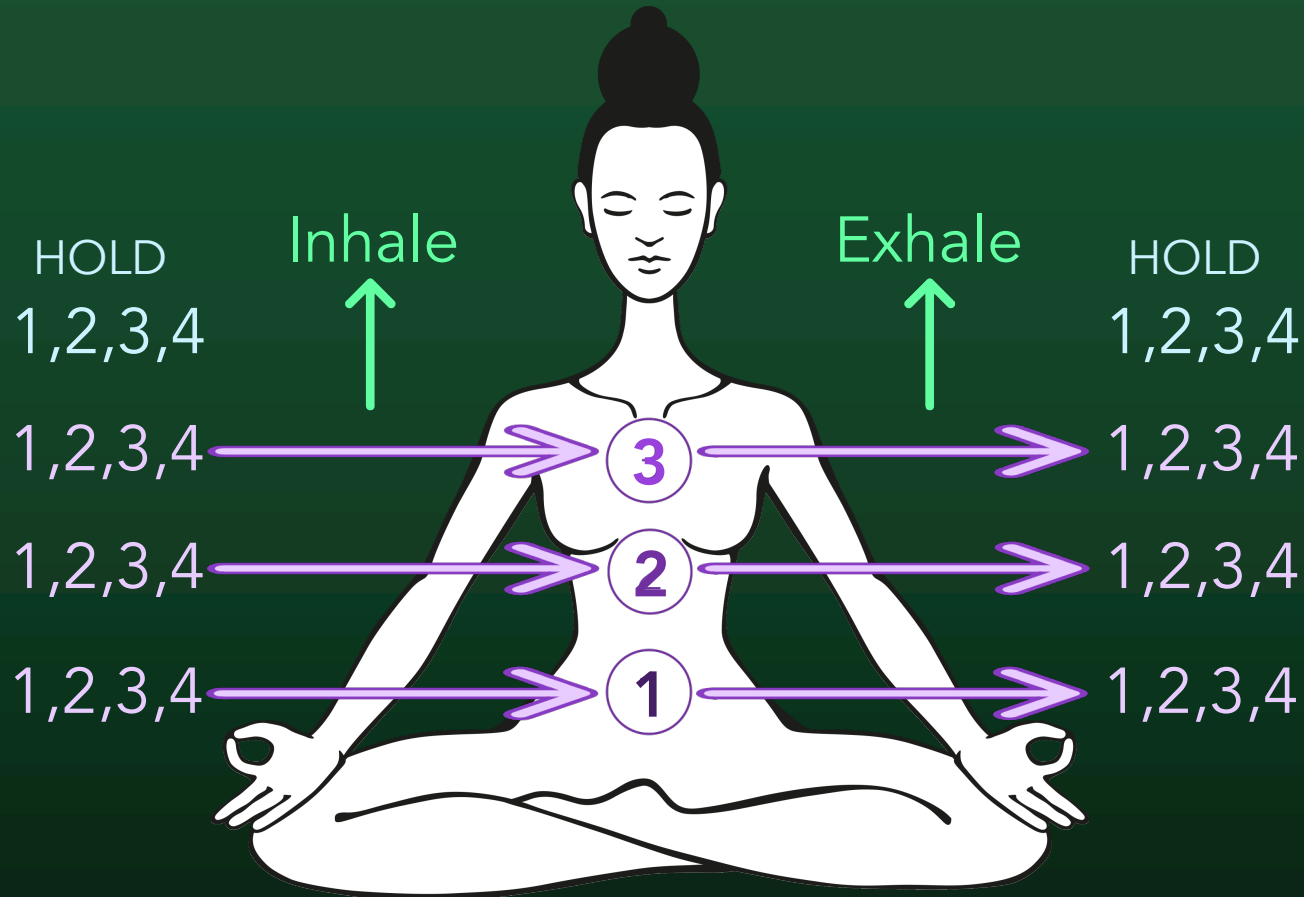


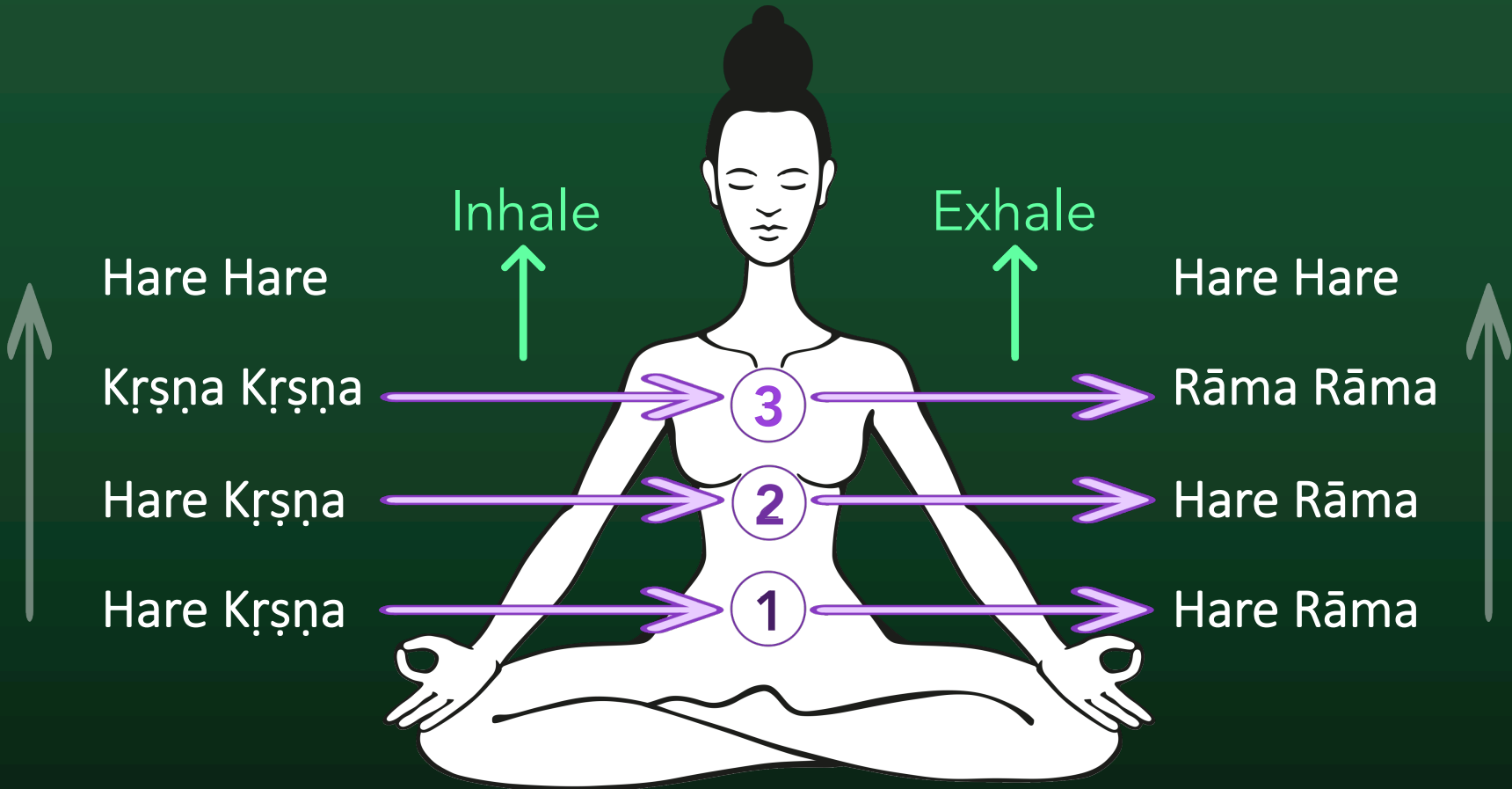




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kṛṣṇa kṛṣṇa hare hare
hare rāma hare rāma
rāma rāma hare hare*

Comments / Questions?





Hare Hare

Kṛṣṇa Kṛṣṇa

Hare Kṛṣṇa

Hare Kṛṣṇa

Inhale

Exhale

Hare Hare

Rāma Rāma

Hare Rāma

Hare Rāma

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ŚRĪDHARA



PURUṢOT TAMA



KESAVA



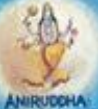
ACYUTA



NĒṢĪMHA



TRIVIKRAMA



ANIRUDDHA



MĀDHAVA



JANĀRDANA



Śrī Śikṣāṣṭakam Study Group

Eight Instructions on Chanting the Hare Kṛṣṇa Mantra

Thursdays at 8:00 pm EST

Begins on March 10, 2022

Conversation w/ Pranada Comtois

Author of 'Bhakti Shakti'

Next Sunday, February 20

12:00 pm EST

hari@hari-kirtana.com

