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Chanting Mantras for Relaxation by Sacredmusic Guide

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Chanting mantras for relaxation has long been part of religious tradition and yoga. Mantras are defined as a sound, phrase or a word that is repeated for various purposes. For example, you could be chanting mantras for the purpose of focusing your attention. This is particularly true when you use meditation, as you would when you listen to some relaxation music and try to retreat from the pressure and worries of the outside world.

Even if you are chanting mantras for relaxation, you will usually have to focus on an object to accomplish this. The object can be your environment (as in the case of mindfulness), your thoughts, sound (as in mantra meditation) or a visually imagined object (as in the case of concentration meditation).

You could also be chanting mantras if you wanted to get to experience a certain kind of state of consciousness. For instance, a state of consciousness that you might want to experience could be mental alertness or even bliss. The point is that mantras can have a lot of various effects, with some of them providing stimulation or others providing relaxation, as in the case of mantras used with relaxation music.

There are different techniques that you can use together with mantras. For example, in self-talk, you can use affirmations as your mantra by simply speaking literal statements, such as â€œspirit is love.â€• Since you are chanting mantras for relaxation, a good idea might be to even experiment with different variations in the sound of the mantra.

For instance, if you want a dynamic and an invigorating meditation session, you can use louder relaxation music. But if that distracts you from your mantraâ€™s subtlety, you can turn down the volume somewhat and feel empowered to really tune into that subtlety. Another variant of the use of mantra is a diminishing-volume mantra. In this variation, you just begin chanting at a comfortable (to you) volume, yet as you progress in your chanting, you gradually lower the volume and begin to change your attention from the sound to both the resonance and the state of the mantra.

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