

Instructions for Using the Mantra

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Today let's talk about the practice of the mantra and how this practice is best used to quiet the mind.

The quieting of mind is essential to awakening (or to realization of Self). This is because thinking acts as a blanket that covers Self and hides it completely from view. Therefore it makes sense that if one is to realize Self, he must remove the blanket.

This is the purpose of the mantra. When it is not used fully to remove the blanket completely, it can still be used partially to enable one to have peeks beneath the blanket. These peeks are helpful . . . valuable, in fact . . . to the realization of Self, because they help one to realize the goal in a very real way. This increases the desire to strive for the goal through devotion and practice.

So our purpose is to quiet the mind as much as possible. And it is also our purpose to quiet the mind in a sincere way, which is different than quieting the mind through denial or fear.

Let me now teach you how to use the mantra.

The first rule of following the practice of mantra is: ***You will use the mantra as often as you remember.*** Try to avoid remembering the use of mantra and still choosing not to use it.

Resistance may come into the mind in this way. The reminder of mantra may appear and then a thought that you are "too busy in the moment to do it properly and so it is better to do it later." That is nonsense. If the reminder of the mantra has come into the mind now, then now is the perfect time to do it.

The second rule of practicing the mantra is: ***It can be done with eyes open or eyes closed.***

Eyes closed can help to bring full focus to the mantra, but if one is involved in an activity such as driving when the reminder comes to do the mantra, the restrictions brought about by the activity are not limiting to the usefulness of the mantra.

Rule three is to ***practice the mantra with love and devotion.*** Say the mantra from the Heart. I have told you that the mantra is a gift of awakening. Cherish it as a very precious gift. In the moments that you give to the mantra, give with the love that you would give to the most precious of all gifts.

The mantra is a practice of devotion (love) and discipline (consistency), but let the Heart focus on love. Discipline is the decision to practice the mantra every time you remember, but love is the way to practice.

Rule four is that you ***be willing to stay in the stillness of the mantra.*** Before the reminder of the mantra appeared, the mind may have been busy with world-based thoughts. You are not taking a break from thoughts when you say the mantra, and then quickly returning to the world. You are using the mantra to let go of thoughts because they have no real importance. You are releasing your attachment to illusion and returning the mind to the Heart, which is peace and stillness and willingness to listen only to me.

This is the practice of the mantra. Done in love and with great and joyous willingness, the benefit to realization is also great.

The mantra is “I am that I am.”