

Explore Chanting with our Free 7 Day Workshop

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Mantras are like vibrations which have the ability to open different levels of your mind and spirit. The Maha Mantra brings an experience of connection and wholeness based on the natural relationships between all life. Chanting the mantra and meditating by listening to its sound clears your consciousness of anxieties, frustrations, and fears that could be holding you back.

This allows you to be present and effective in different circumstances. The everyday situations of your life while not becoming too caught up in them. The practice of chanting is simple, you just focus on listening to the sound of the mantra as you say it out loud and with practice you'll be able to gradually pull the mind back from outside distractions.

Imagine the whole flow of your mind's thoughts to be like a rushing river and the sound of the mantra like a boulder in the middle of the current where you can safely stand. The boulder of this mantra is composed of just three words Hare Krishna and Rama and they're arranged together like this Hare Krishna Hare Krishna Krishna Krishna Hare Hare Hare Rama Hare Rama Rama Rama Hare Hare. You can try saying it along with me Hare Krishna Hare Krishna Krishna Krishna Hare Hare Hare Rama Hare Rama Rama Rama Hare Hare.

Meditating on the mantra means to simply focus on the sound vibration. Say the mantra so you can hear it clearly and you'll feel the sound revive you of your pure consciousness. So when this video is finished feel free to try chanting for a few minutes.

We've put together a free seven day workshop for you and each day we'll discuss techniques for deepening your meditation and give you more background on this ancient practice. Thank you for letting me share this maha mantra with you and I hope that I get to see you tomorrow.

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