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Meditations - Using a Basic Mantra For Achieving a State of Calm

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One of the coolest tools to help you achieve a sense of calm is to use a mediation exercise. There are a lot of ways to achieve a state of calm from meditation but one of the most effective ways is to use the calming mantra meditation technique. This technique uniquely uses clear spoken mantras in your minds eye to achieve your sense of calm.

The first step in this meditation practice is to begin by finding a comfortable seat for you to sit on. I recommend using the seated meditation technique over sitting on the floor. Ensure whilst you are sitting on the chair that you are sitting upright, head up, shoulders straight and your eyes closed.

Now that you are in position begin by using the breathing meditation technique. This technique is always a good way to start off any meditation session. Simply breathe in and out through your nose. Start with light breathing, and then slowly lead to a deeper breathing technique. Continue this breathing technique for five minutes and work towards clearing your mind of thoughts and memories.

It is now time to begin your calming mantra. The first step is to start the mantra from your head. Your objective is to force the stress and chaos from your head down into the floor. As you say the mantra below, feel those parts of your body relax and feel free from the chaos and stress. Feel the chaos and stress flowing down to the next lower level of your body.

As you say each mantra, breathe in and then speak the mantra in your mind on the breath out. Begin by following these mantras:

- My eyes are relaxed
- My Face is relaxed
- My Tongue is relaxed
- My Jaw is relaxed
- My Neck is relaxed
- My Shoulders are relaxed
- My Arms are relaxed

- My Hands are relaxed
- My Chest is relaxed
- My Lungs are relaxed
- My Stomach is relaxed
- My bottom is relaxed
- My Thighs are relaxed
- My legs are relaxed
- My Ankles are relaxed
- My Feet are relaxed
- My whole body is relaxed
- I am relaxed

Each time you do these mantras ensure that you maintain focus on the mantra. If at any time your focus slips and you stray from the mantra, simply start from the beginning. Continue this mantra till you are able to move through it without losing focus on the mantra.

Meditation is a powerful tool and the Calming Meditation Technique is one that can help you deal with the stresses and strains in your life. What makes this meditation powerful is that it can be done at your desk and no one may necessarily know you are meditating.

We have [Meditation Music](#) available to help you with your meditation. If you are suffering Asthma then check out our [Asthma Signs and Symptoms](#) website where you can learn about the Buteyko Breathing Method. Would you like to learn more on the Thirteen Secret Steps all millionaires know in the path to becoming an obscenely wealthy and a successful person. Then find out how by learning from Bob Proctor how to [Think and Grow Rich](#).

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