

Elementor #7020

What is a mantra?

The word *mantra* is used to describe any thoughts, utterances, songs, or other sequences of words or sounds that are supposed to have spiritual efficacy or magical power. A mantra is defined as “a tool of the mind that has a spiritual effect on a person’s will or emotional state of being.” A mantra can be a religious or sacred prayer or chant, but it can also be a spell or supernatural weapon. Mantras are not specific to any one system of thought or religion. Any utterance or thought that is believed powerful enough to affect either the inward state of a person’s soul or the world at large can be called a mantra.

How does mantra work?

- In understanding how mantra works, it can be helpful to look at its translation. The word mantra is derived from two Sanskrit words— *manas* (mind) and *tra* (tool). Mantra literally means “a tool for the mind,” and was designed to help practitioners access a higher power and their true natures.

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