

Find your Mantra

I think of a mantra as a *self-prayer*. While originating from Hinduism and Buddhism as a phrase, sound or word to help one meditate and find focus, it's not about religion. A mantra is about self-communication and healthy self-input. Think of all the negative things you think (and about yourself!) throughout a day, and maybe without even realizing it!

A mantra is a statement of hope, intention. A mantra is a conscious effort and reminder. It can be created to fit you, it can be changed, it can grow with you and be altered to keep up with your needs.

A mantra becomes a familiar statement that can be automatic and soothing, like prayer. Allowing a mantra to become second nature, like a saying or background reminder allows for easier access in your recall. With second nature recall, mantras are more easily able to be applied in times of stress or high emotions. It can be a simple familiar line of truth and intention to fall back on. Sometimes a mantra helps in managing anxious, depressed or negative thoughts, and sometimes it is larger-scale. They can be as long or as short as you feel works for you. You can combine numerous aspects to incorporate a longer mantra, or keep things short and specific. Mantras can also incorporate more directive statements of intention, rather than self-regulation.

I know what you are thinking, though. You'll never do it. You'll never make yourself do it, or take the time to sit with yourself and think it out and write it down. **Studies show that writing out our goals and intentions makes us far more likely to accomplish them. By encoding them into our brain's hippocampus to long term memory, and also allowing it safe external storage. It becomes real and concrete out on a page.** While writing your intentions down and how you plan to achieve them won't magically make you change, it is one of those tiny little things we can do to start the process of making our goals a reality. Put it in ink! It may seem small, but it's huge!

Ways to explore what might be the right mantra for your *You-Right-Now*:

What do you know to be true of who you are, your hope and your intentionality?

What do you struggle to remind yourself, or believe about yourself? What are you working toward?

What do you need to hear and consciously remember and know?

A mantra can start with:

I Can	(I can embody the hope and strength to move through the day)
May I	(May I continue to be my most true self and make the best decisions for me)
I Am/Know	(I am ok right now, I can continue to breathe)
I Am Able/Capable	(I am capable of joy and worthy of connection and love)
I Will	(I will let go of that which I cannot control, and I will work to empower myself in action toward wellness)
While	(While bombarded with negativity, I will continue to believe in the goodness of people and keep my spirit in a place of hope)
When	(When I am overwhelmed by the external world, I remember that I can work to create my inner peace)

Examples:

I know I can only control myself. I am capable of choosing where to spend my energy

I can embody happiness. I can let go of fruitless anger.

May I continue to stay in the now and re-set myself when my anxious brain takes over

This will pass like a wave. I can breathe through it and calm my body. These feelings are ok.

May I have the courage to live my truth every day by _____

May I have the strength to _____

I know that I can do things that are hard and uncomfortable. I believe in my own worth to do them.

If you have favorite books, quotes, passages, sayings or otherwise spiritual writings that resonate with you and instill important reminders, you can incorporate them too!