

building your zen



zen movement zen mantra

Man-tra/ *noun* /: A word or sound repeated to aid in concentration in meditation.

A statement that is frequently repeated; a characteristic formula or refrain.

Af-fir-ma-tion/ *noun* /: Something affirmed: a positive assertion.

Creating a mantra or positive affirmation is something that can be beneficial in a wide variety of instances. Anxious or stressed? Repeat your mantra a number of times and feel yourself relax. Going into a high-pressure setting? Say your affirmation to get a welcome confidence a boost.

The idea with these sayings is to pick something positive, relevant and calming. Here are some guidelines for developing your own and some samples.

guidelines

1. Keep them positive. Avoid any negative language like “no”, “never”, “don’t” or “won’t”. Instead of “I’ll never disrespect myself again”, try, “I will always respect and care for myself”
2. Keep them short. Ideally, you’ll be repeating your mantra anywhere from 5-20 times. Make it something short and sweet.
3. Add a calming sound. Our minds are wired to find words that end in “m”, “n”, and “sh” to be relaxing. Try and have one in your mantra and draw out that sound.
4. Repeat, repeat, repeat! Don’t expect to say it once and feel better. The routine and soothing repetition of a mantra is the foundation of its effectiveness.

sample mantras

- I am strong, resilient and serene
- I love my life and respect my heart’s wishes
- I am powerful, inspiring and I help people to be their best
- I can hold the space without taking on the pain
- I am doing the best I can with what I have and am thankful for all I’ve been given
- May good befall all, may there be peace for all, may all be fit for perfection, may all experience that which is auspicious.

zen