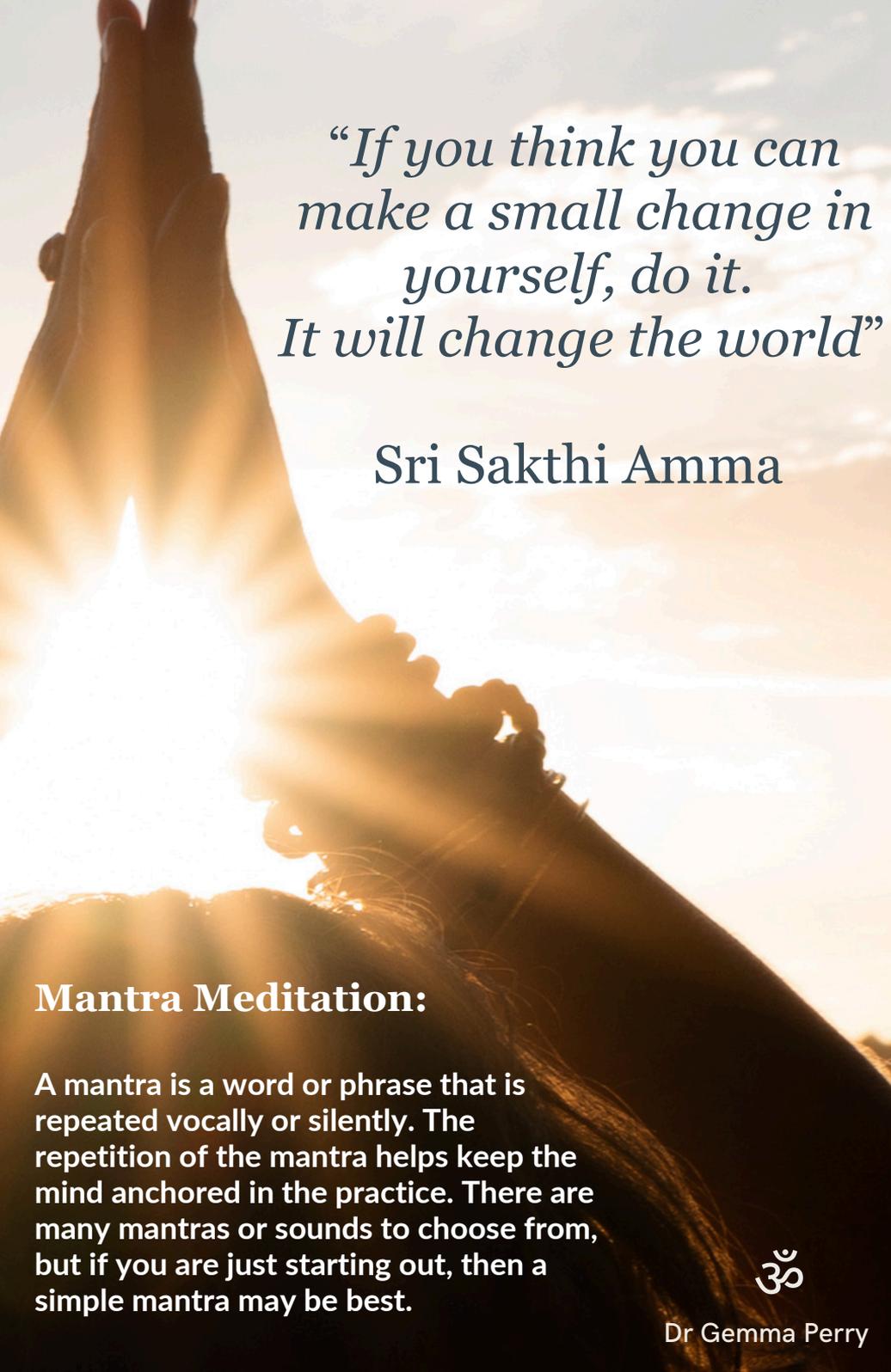


A person's hands are clasped in a prayer position, reaching upwards towards a bright, sunlit sky. The sun is positioned behind the hands, creating a strong backlighting effect with visible rays of light. The person's head and shoulders are visible in the lower portion of the frame, silhouetted against the bright light. The overall mood is one of peace, hope, and spiritual connection.

THE MANTRA RESET

Dr Gemma Perry

A person's hands are shown in a prayer position (Anjali Mudra) against a bright, golden sunset sky. The hands are silhouetted against the light, and the overall scene is warm and serene.

*“If you think you can
make a small change in
yourself, do it.
It will change the world”*

Sri Sakthi Amma

Mantra Meditation:

A mantra is a word or phrase that is repeated vocally or silently. The repetition of the mantra helps keep the mind anchored in the practice. There are many mantras or sounds to choose from, but if you are just starting out, then a simple mantra may be best.



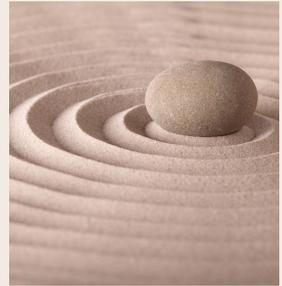
What is mantra meditation?

Mantra meditation has been practiced for thousands of years in many civilizations all over the world. The practice involves focusing on the mantra, which can be a word, sound or phrase, and it can be recited aloud, whispered or mentally repeated. Mantra meditation can be practiced alone or in a group setting, and with or without music, or other ritual elements.



Benefits of mantra

Mantra meditation has been shown to reduce stress, lower cortisol levels, and improve overall mental clarity.



However wonderful these benefits may be, the main goal of mantra meditation is to increase self-awareness, which creates a cascade of positive outcomes – including healthier choices, alignment between values and actions, better awareness of own boundaries, improved mental health, enhanced personal and spiritual growth – ultimately leading to a more balanced, intentional and fulfilled life.



Creating a meditation space... or not



When it comes to meditation, having a dedicated space can be helpful—but it's not essential. Many people get caught up in the idea that they need the perfect, serene environment to meditate effectively, but that's not true. The beauty of meditation lies in its flexibility; it can be done anywhere, whether you're in a quiet room, sitting in your car before a meeting, or even during a walk in the park.

Creating a space for your practice can enhance your experience but it is not necessary. The space doesn't have to be elaborate. Your space can be as simple as a cushion, and perhaps a small object that brings you peace, like a plant, a crystal, a statue or a flower. Having a dedicated space signals to your mind that this is your time for practice and encourages a regular routine.

One of the great strengths of mantra meditation is its portability! You don't need to be in a silent room to practice. Your living room, desk at work, or even a busy train can be transformed into a meditation space. Also, nature! Meditating with nature as your altar can be just the perfect thing.

How to sit for meditation

When it comes to meditation, many people get stuck on the idea that they need to sit in a specific position or be completely still. But the truth is, you can sit however feels comfortable for you. Here are some common positions to consider:

Cross-Legged Position (Sukhasana)

If you're comfortable sitting on the floor, a simple cross-legged position works well. Sit on a cushion or blanket to elevate your hips, which helps with maintaining an upright posture.



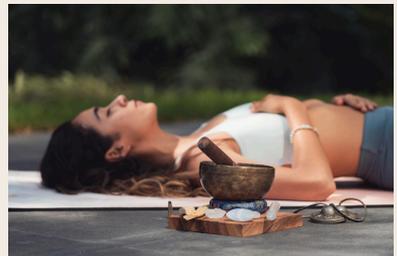
Chair Meditation

Using a chair is perfectly fine. Sit with your feet flat on the floor, hands resting on your lap, and your back straight but not rigid.



Lying Down

While this is not for everyone, as you might fall asleep, lying down can be an excellent way to meditate for relaxation purposes. Ensure your spine is aligned and supported.



When and how long to practice

When to Practice

You can practice meditation at any time and in any place but to really form a daily meditation routine, it is best if you can set aside the same time and place each day. If you forget or if you have less time that day, stay flexible and do what you need to do.



How long to practice

Many people believe meditation requires a huge time commitment or a complete lifestyle overhaul but all you need is a few minutes!



Its best to commit to something small and actually meet your goals rather than committing to long practices that you never actually do. Small daily chunks are best. You could start by committing to 3 breaths, 3 mantras, a string of mala beads (often 108 beads) or you could set a timer on your phone for any increment of time you would like to start with.

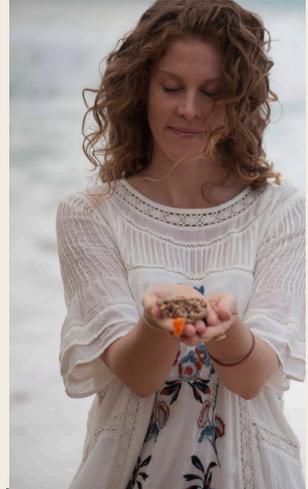


Om

Om is possibly the most often chanted sound. It is believed to be the original primordial sound, and is said to contain all other sounds. It is a combination of the masculine and feminine and is often used at the beginning or end of other mantras. For example, Om Namō Nārāyaṇī, Om Namah Shivaya or Om Gam Ganapataye Namaha.

When Om is chanted by itself, it is often pronounced A (ah) - U (oo) -M (mm), and this sound is believed to create a bridge between the spiritual and physical dimensions.

Beyond its symbolic meanings, Om is also deeply interconnected with the breath when vocalised, encouraging slow, rhythmic breathing and extending the exhale. This practice serves as a powerful tool for engaging the parasympathetic nervous system. Om has physiological effects supported by research showing that it can reduce stress and promote relaxation.



Sticking with your practice



Maintaining a meditation practice when life is hectic can feel challenging, but it doesn't require hours of dedication or major lifestyle changes. Here are some tips to get you started or reacquainted:

1. Start small

If you feel like you're too busy to meditate, start with as little as 30 minutes a day. Short, consistent sessions can help you create a habit of meditating.

2. Tie It to a Routine

Creating a connection between meditation and another habit makes it easier to remember and fit into your schedule.

3. Be Flexible

Allow yourself to adapt, whether it's meditating for a few minutes in the car or taking a few breaths before bed because you forgot. Remember, every little bit counts.

4. Use Community to Support You

Consider joining a meditation group or checking in with a meditation buddy.

Check out our [chanting community programs here](#).

5. Have fun

Whether it's meditating in nature, or joining a community, keep your practice light and enjoyable. The more you enjoy it, the more likely you'll stick with it long-term.

LOVE. TRUST. ACCEPT. OM.

Mantra Medicine



If you are interested in exploring these practices in more depth, there are a number of opportunities available:

For Yoga Teachers/Therapists and Clinicians

Structured programs for yoga teachers, health professionals, and those interested in applying chanting and sound-based practices in their own lives or professional settings.

Corporate Wellness

Combining psychology, sound meditation, and mantra, I offer evidence-based workshops that help teams enhance wellbeing in high performance environments.

Individual Consultations

Evidence-based sessions that integrate psychology, mantra, and contemplative practice.

Meditation Community

Join us for an event or mantra program

Contact: om@dragemmaperry.com.au



Dr Gemma Perry

As a teacher, researcher, presenter and writer, my ultimate goal is to see chanting and sound-based interventions recognised widely by health, education, and workplace programs.

Due to the dramatic impact these practices have had in my own life, the most important thing to me has become sharing them with you!

I am currently dedicated to scientifically investigating and sharing the benefits of mantra meditation and love sharing both the art and science of this technique through workshops, seminars and writing for people of all backgrounds and experiences.