

MANTRA PRAYER

Introductory Note

- ✓ *A 'mantra' is a short sentence made of few words that, repeated over and over again, end by penetrating the deeper layers of a person's conscience, right down to his subconscious.*
- ✓ *A genuine mantra properly used may influence a person beyond imagining, both for good or bad.*

GOSPEL MANTRAS

Instructions:

- Interspersed in the New Testament Text we find some mantras or quasi-mantras uttered by Jesus and or Our Lady and other Bible personages.
- If they appeal to you, occasionally, you can spend some time, praying with one of those mantras.
- For that, follow the instructions given below

Procedure:

Choose one of the Gospel mantras those appeals to you.

You will find a list of some of them below here.

- Close your eyes. Relax. Awareness or breathing exercises may help
- Slowly, rhythmically, breathe in; breathe out (5 or 6 times).
- In silence, slowly, attentively and meaningfully begin repeating your mantra. (for 4 or 5 minutes)
- Again, slowly breathe in; breathe out for a little while.
- Again for 4 or 5 minutes, keep repeating your mantra. This time do not pay too much attention to the meaning of the words of your mantra. Rather, concentrate on your attitude of loving presence and self-surrender to God.
- Now, in absolute silence remain in the presence of God for 4 or 5 minutes..
- End your prayer by saying "The Our Father". You may also sing a Hymn.

JESUS, MARY' AND OTHER N.T. PEOPLE'S QUASY- MANTRAS.

Just a few

Jn 6/68	"Lord, to whom should we go?"
Jn 15/12	"Love one another as I loved you"
Jn 20/28	" My Lord, and my God!"
Jn 21/15	"Yes, Lord, you know that I love you!"
Jn. 4/32:	"My food is to obey the Will of Him who sent me..."
Jn. 8/29:	"I always do what pleases my Father"
Lk 23/34	"Forgive them Father, they do not know what ttaatahey ao"
Lk 23/42	"Remember me, Jesus, in your kingdom"

Lk 23/43 "Today, you will be with me in paradise"
Lk 9/37 "I will follow you, wherever you go
Lk. 1/38 "Let it be done to me according to your word".
Lk. 1/38: "I am your servant, Lord!"
Lk. 2/49: "I have to be in my Father's house! "
Lk. 22/42: "Father, if it is your will, take this cup away from me"
Lk. 22/42: "Not my Will, but your Will be done".
Lk. 23/46: "Father! Into your hands I place my soul!"
Mk 10/11 "Go, sell all you have and give it to the poor come and follow me!"
Mk 3/13 "I have chosen you to be with me"
Mk 4/40 "Why are you frightened, men of little faith?"
Mk 5/34 "Your faith has made you well. Go in peace"
Mk 6/50 "Courage! It is I. Do not be afraid!
Mt 20/33` "Lord, I want to see"
Mt 16/16 "You are the Messiah, the son of the living God"
Mt 20/31 "Jesus, Son of David, have mercy on me"
Mt. 6/9: "Our Father in heaven, hallowed be your name"
Mt. 6/10: "Let your Will be done on earth as it is in heaven!"
Mt. 6/10: "Father, may your kingdom come!"
Mt. 11/25: "Thank you!, Father, Lord of heaven and earth!"