

Praying with a Mantra

I. Purposes:

- A. To open our hearts to God through praying with a mantra
- B. To share with each other what transpires for us as we pray.

II. Suggested procedure:

A. Opening (approx. 10 minutes)

1. **Light the candle** when all are gathered. It reminds us of God's desire to be known by us and of God's presence with us.

2. Explain that a mantra is a sound, syllable, word, or group of words that assist us with praying.

3. **Review the basics aspects of praying with a mantra.**

Close your eyes and pray that you may be still, calm, peaceful, open to the presence of God.

With your eyes closed, ask God for a word or phrase that might help you be prayerful in the presence of God. Listen carefully with your whole self. Pay attention with both your mind and your heart. Wait for a word or phrase that seems to be in tune with both.

As you begin to pray, speak the word or phrase quietly and gently to yourself. Continue to speak the word or phrase in an unhurried way during your prayer time.

Unless it is clear that the mantra you have selected is not right for your prayer, do not switch to a different mantra during your prayer time. You may find that you choose another mantra the next time you pray with a mantra.

Sample Mantras

- Love
- Jesus Christ, have mercy on me
- Peace
- I am yours
- God with us
- Come quickly, Lord

B. Leading Prayer with a Mantra

1. **Invite participants in begin praying (approximately 20 minutes)**

2. **Sharing time (approx. 20 minutes)** - End the prayer time with "Amen."

Invite sharing about what happened in the prayer time: how God met them in the prayer, or not; what was most helpful in the process; what was most difficult, etc. Whatever happened is what people should relate. The process may have been wonderful for some and not at all good for some, and okay for others. Receive all comments with respect. At the end, ask if there are any insights or questions about the experience of breath prayer.

3. **End the sharing time**, as time permits, with open prayer within the group or a short closing prayer led by a leader.