

We gather at the Harcourt flame Monday, April 6, 2020



Praying a Mantra

One step above simple mindful breathing is breathing with a Mantra as breath prayer. There are as many Mantras as you can create. They are not magical incantations. They are merely ways to keep you focused on the present moment.

One that I particularly like – and use quite often – is this: “*Present moment – perfect moment.*” I may not always feel that this present moment is indeed perfect. But it is! It is exactly what it is supposed to be. It is what it is. It is thus “perfect.” Repeating this Mantra with every breath slowly seems to convince us that, indeed, the present moment is quite acceptable.

I also use this one: “*For this moment – I am grateful.*” This has the additional advantage of adding the dimension of gratitude. This moment is gift – all moments are gift – and I am grateful for this gift.

Finally, one of my close friends uses this Mantra: “*I am here – You are here.*” For those of us who value our relationship with God, this one reminds us that at every moment, wherever we are, whatever we are doing, God is present, closer to ourselves than we are. (There’s a whole theology – panentheism - behind this, which we won’t go into.)