

QUICK-START  
GUIDE  
TO  
USING  
MANTRAS  
FOR  
MEDITATION







I hope that these mantras may help you start or enhance your meditational practice. Just writing this article has reminded me how comforting I find them. My favourites are the Om Namah Shivaya and the Om mantras.

I even have the Om symbol tattooed on the inside of my ring finger!



Good luck with your meditational practice and please let me know how you get on! Here's to uncluttered minds and focussed thinking!