



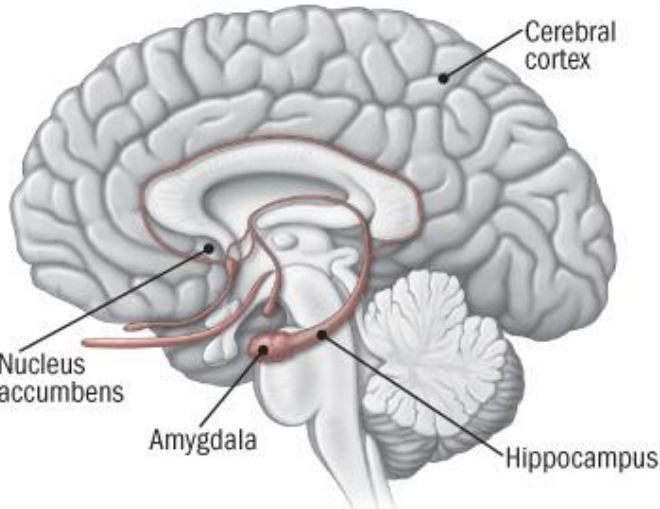
STRESS MANAGEMENT THROUGH CHANTING MANTRA



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Introduction



We have discussed so far-----

- **What stress, eustress and distress mean?**
- **What harm can excessive stress do to us?**
- **What are different ways of managing stress?**

**TODAY WE FOCUS ON
MEDITATION THROUGH CHANTING MANTRA**



Chanting ---rhythmic speaking or singing



- It makes use of **Deep breathing** filling us with fresh air.
- **Rhythmic** tapping of tongue against certain points along the roof of our mouth.
- Sends signals to hypothalamus.
- It regulates chemical activity and secretion of 'Feel Good' brain neurotransmitters like ENDORPHINS.
- These are sent into all parts of the body.
- Being natural opiates, they

**LEAVE US HAPPY, RELAXED and RECHARGED with
POSITIVITY**





Breathing

- **Breath is a kind of barometer of the subtle energies of body and mind.**
- **Deep and Relaxed Breathing:** maintain an ‘empty lung’ position while exhaling and ‘full lung’ while inhaling.
- **Kapalbhatti for cleansing breath**
- **Anulom-Vilom for alternate nostril breathing**



Mooladhara
Svadhishthana
Manipura
Anhata
Vishuddha Ajna
Sahasrara

Rhythm is important-----



- When we repeat the mantra with a regular flow the benefit is many fold.
- Patterns of sound are inscribed in brain and evoke emotional and brain energy.
- In brain low frequency waves set in

And

- **We relax.....**
- When we inhale while chanting from the mooladhara chakra, the O₂ flows through all the seven chakra

And

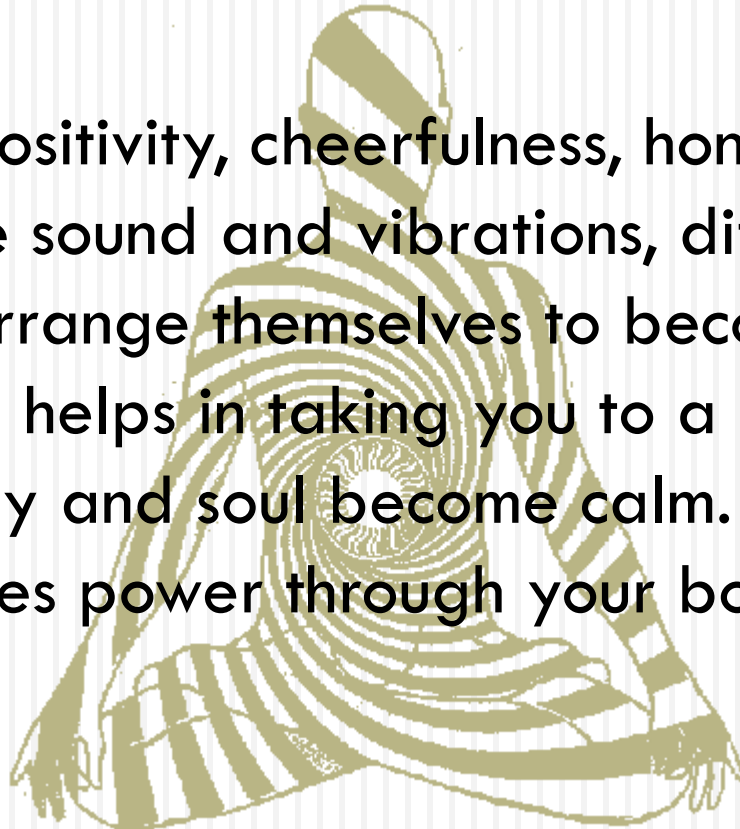
- **PRANA/ Life flows in.....**

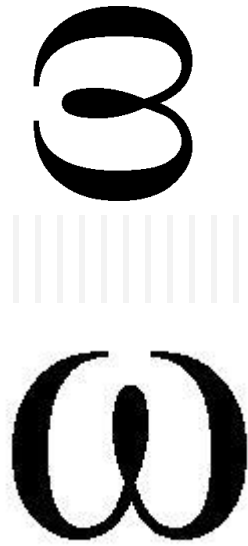




MANTRA

- Is a brain stabilizer.
- Improves concentration and steadiness.
- It combines sound, breadth and rhythm.
- It is a pleasure.
- Perform it with positivity, cheerfulness, honesty.
- As a result of the sound and vibrations, different patterns of the mind re-arrange themselves to become tranquil.
- Regular chanting helps in taking you to a spiritual journey where mind, body and soul become calm.
- The mantra carries power through your body and you get rejuvenated.





Numeric representation of AUM



source video by youtube/TheRockPaki [What is actual meaning of 786]



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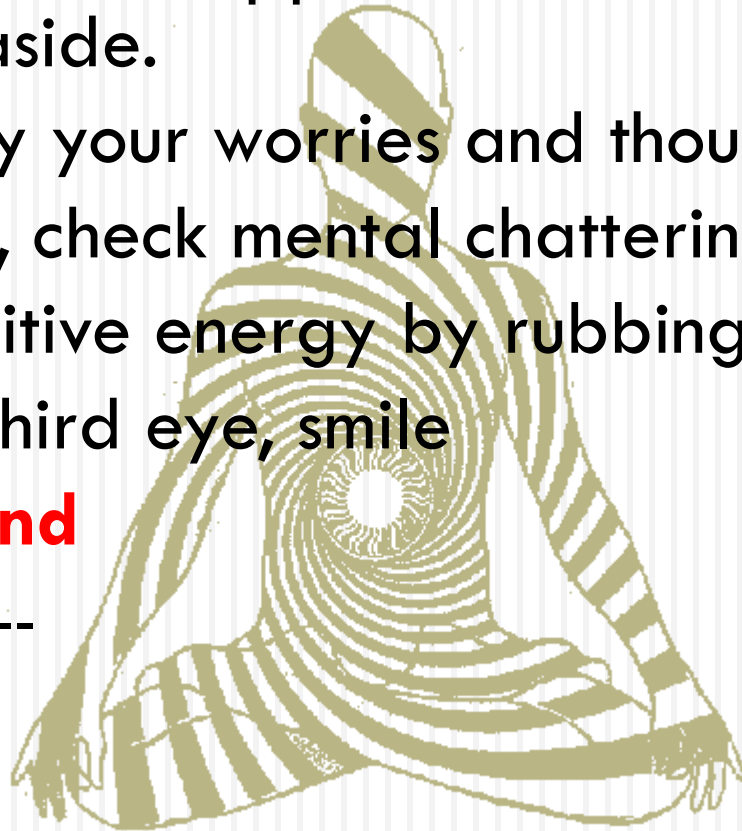


How to do ?

- Sit down cross legged on the asana in the morning with back straight and upright neck and head.
- It is your personal appointment with god so keep everything aside.
- Sweep away your worries and thoughts.
- Concentrate, check mental chattering and relax.
- Produce positive energy by rubbing your hands.
- Open your third eye, smile

And

- **CHANT-----**





ANY QUESTIONS?

