

Mantra Practice Card and 21-Day Log

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1. Six traditional mantras

Mantra	Transliteration	Meaning	Tradition
Om	Oṃ (A-U-M)	The sacred syllable; sound of Brahman	Hindu, Buddhist, Jain
So Hum	So 'ham	"I am That"; "So" on the in-breath, "Hum" out	Vedanta, Tantra
Om Mani Padme Hum	Oṃ maṇi padme hūṃ	Often rendered "the jewel in the lotus"	Tibetan Buddhist (Avalokiteshvara)
Om Namah Shivaya	Oṃ namaḥ śivāya	"Om, salutations to Shiva"	Hindu, Shaiva
Om Shanti Shanti Shanti	Oṃ śāntiḥ śāntiḥ śāntiḥ	"Om, peace, peace, peace"	Hindu; closes invocations
Gayatri (Rig Veda 3.62.10)	Oṃ bhūr bhuvaḥ svaḥ, tat savitur vareṇyaṃ, bhargo devasya dhīmahi, dhiyo yo naḥ pracodayāt	"We contemplate the excellent glory of the divine Savitr; may he inspire our intellect"	Hindu; traditionally received at initiation

2. Pronunciation

ṃ / **ṁ** soft nasal hum ("ng") **ḥ** light breath echo after the vowel **ś** "sh" **ā ī ū** held twice as long **Om**: open the "o," close into a long hum, then listen to the silence

3. Seven steps

1. Choose one mantra and learn its meaning. 2. Sit comfortably; a chair is fine. 3. Set a 5 to 10 minute timer, or one round of 108 mala beads. 4. Breathe normally for a minute. 5. Repeat aloud, whispered or silently. 6. When the mind wanders, return gently. 7. Sit in silence for one minute at the end.

4. Safety reminders

Keep the breath natural; never hold it while chanting. Chant softly; switch to silent repetition if your voice strains. Stop and ground yourself if panic, flashbacks or unreality appear.

Talk to your clinician first if you have PTSD, psychosis, bipolar disorder or severe depression. Meditation does not replace medical or psychological care (NCCIH).

5. 21-day practice log

Day	Date	Mantra	Minutes / rounds	One line: how it felt
1				
2				
3				
4				
5				
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21				

Research summary: reviews find small-to-moderate reductions in anxiety and stress from mantra meditation, from studies with high risk of bias (Álvarez-Pérez et al., 2022). About 8% of meditators report an adverse event (Farias et al., 2020).