Objectives: At the end of this presentation, participants will be able to . . .

1. Identify the difference between a “mantra” and “mantram”—one component of a spiritually-based intervention to manage symptoms of PTSD.
2. Describe components of the Mantram Repetition Program and its application for training attention and initiating the relaxation response.
3. Describe research studies that demonstrate positive health outcomes of the Mantram Repetition Program in a variety of groups.

Frequently Asked Questions:

1. What is a mantram? A mantram is a spiritual word, phrase, or brief prayer that we repeat silently to ourselves to calm the body, quiet the mind and improve concentration to restore the spirit. It can be repeated at anytime, anyplace, and intermittently throughout the day.

2. Can I use any word or phrase? We recommend using a word or phrase that has spiritual connections and has been handed down for generations—it has passed the “test of time.”

3. How do I choose a mantram? See list attached. Pick one that has a positive feeling, meaning, or even sound. Try it out and see how it feels to you.

4. How do I use a mantram? Use it simply by repeating it to yourself as often as you can—silently, aloud, or in writing. Use it at times when you are calm and relaxed at first.

5. When can I use it? Anytime! In the beginning, repeat it when you don’t need it. With practice, you’ll be able to use it during stressful times. Repeat it every night before sleep, and when you are waiting in lines, while walking, etc.

6. How often will I need to use my mantram? The more you use it, the better results you’ll notice. Build the mental muscle of your mind. Make it a daily habit.

7. Will it help me feel less stress? To sleep better? To improve quality of life? With practice and persistence, yes! The more you use it, the better you’ll feel, think, and be.
How to Choose a Mantram

Much care should be taken in choosing a mantram. Take your time and choose it wisely. Avoid words that evoke negative associations or bad memories. Choose one that appeals to you or offers strength and support. Choose one that is compatible with your religious background and/or spiritual beliefs. Some people have no difficulty choosing a mantram, such as when a word or phrase jumps out at them immediately. Others have to “try it on” and practice repeating it silently for a few days or even weeks, to see how it feels, only to discover that when they decided to pick a new one—they couldn’t! Their minds automatically reverted to repeating the first one! Using that mantram had already become a habit.

Using a Mantram for Slowing Down

Our culture values speed and doing many things at once or multi-tasking. People groan that there are “not enough hours in the day” to accomplish all they want. Such thinking promotes a sense of urgency and the need to hurry through life. Slowing down involves discrimination. Yes, there are many things to attend to—daily maintenance of household and career, caring for relationships with family and friends. Discrimination is needed to decide what is most important, and then do those things at a moderate pace to avoid carelessness and error. Contrary to what most of us believe, slowing down means efficiency! One makes fewer mistakes, has fewer accidents, and becomes more creative.

Discrimination really means setting priorities and learning to “let go” of the non-essentials. This alone takes time for reflection and evaluation, and for some people, it involves risk-taking. It may feel threatening to evaluate one’s pace and realize the need to change and slow down. Nevertheless, slowing down involves making a conscious effort to choose wisely each day and in each activity—all aspects of life. The end result is living more fully, consciously, and intentionally.

Using a Mantram for Developing One-Pointed Attention or Mindfulness

Mantram repetition forces the mind inherently to become one-pointed with focused attention and serves to raise awareness of the thinking process. Many times, people are unaware of their thoughts and how poor decisions and bad habits are made. The mantram is a very concrete, practical tool whereby “you know when you are repeating it, and you know when you are not.” Each time your mind wanders and you bring it back to focus on the mantram, you have an opportunity to increase mindfulness and your ability to control attention. Attention, explained in this way, is a valuable resource that is often wasted. Just as sunlight can be focused through a magnifying glass to create a laser sharp point capable of burning a leaf, attention can be focused on completing one task at a time with efficiency and carefulness.

Stages of Mantram Practice

Mechanical  Experiential  Habitual
## List of Commonly Used Recommended Mantrams*

<table>
<thead>
<tr>
<th>Mantrams (pronunciation)</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>Om mani padme hum</td>
<td>An invocation to the jewel (Self), in the lotus of the heart</td>
</tr>
<tr>
<td>(Ohm mah-nee pahd-may hum)</td>
<td></td>
</tr>
<tr>
<td>Namo Butsaya (Nah-mo Boot-see-yah)</td>
<td>I bow to the Buddha</td>
</tr>
<tr>
<td>My God and My All</td>
<td>St. Francis of Assisi’s phrase</td>
</tr>
<tr>
<td>Maranatha (Mah-rah-nah-tha)</td>
<td>Lord of the Heart (Aramaic)</td>
</tr>
<tr>
<td>Kyrie Eleison (Kir-ee-ay Ee-lay-ee-sone)</td>
<td>Lord have mercy</td>
</tr>
<tr>
<td>Christe Eleison (Kreest-ay Ee-lay-ee-sone)</td>
<td>Christ have mercy</td>
</tr>
<tr>
<td>Jesus, Jesus</td>
<td>Son of God</td>
</tr>
<tr>
<td>Hail Mary or Ave Maria</td>
<td>Mother of Jesus</td>
</tr>
<tr>
<td>Lord Jesus Christ, Son of God, have mercy on me</td>
<td>Jesus Prayer</td>
</tr>
<tr>
<td>Rama (Rah-mah) (see longer version of &quot;Haré Rama, Hare Krishna)*</td>
<td>Eternal joy within (Gandhi’s mantram)</td>
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<tr>
<td></td>
<td></td>
</tr>
<tr>
<td>Om Namah Shivaya (Ohm Nah-mah Shee-vah-yah)</td>
<td>Invocation to beauty and fearlessness</td>
</tr>
<tr>
<td>Om Prema (Ohm Pray-Mah)</td>
<td>A call for universal love</td>
</tr>
<tr>
<td>Om Shanti (Ohm Shawn-tee)</td>
<td>Invocation to eternal peace</td>
</tr>
<tr>
<td>Shalom (Shah-lome)</td>
<td>Peace, completeness</td>
</tr>
<tr>
<td>So Hum (So Hum)</td>
<td>Hindu for I am that Self within</td>
</tr>
<tr>
<td>Barukh Atah Adonoi (Bah-rookh At-tah Ah-doh-nigh)</td>
<td>Hebrew for Blessed art Thou, King of the Universe</td>
</tr>
<tr>
<td>Ribono Shel Olam (Ree-boh-no Shel O-lahm)</td>
<td>Hebrew for Lord of the Universe</td>
</tr>
<tr>
<td>Bismallah ir-Rahman ir-Rahim</td>
<td>Arabic—In the name of God, the most gracious, the most merciful</td>
</tr>
<tr>
<td>(Beese-mah-lah ir-Rah-mun ir-Rah-heem)</td>
<td></td>
</tr>
<tr>
<td>Wakan Tanka (Wah-Kahn Tahn-Kah)</td>
<td>O Great Spirit</td>
</tr>
<tr>
<td>*Haré Rama, Haré Rama, Rama Rama, Haré Haré,</td>
<td>Sanskrit names of 3 Supreme Beings:&quot;Hare,&quot; &quot;Krishna,&quot; and &quot;Rama&quot;</td>
</tr>
<tr>
<td>Haré Krishna, Haré Krishna, Krishna Krishna, Haré Hare</td>
<td></td>
</tr>
</tbody>
</table>

*Note: This is not an all inclusive list.*
Ways to Use Your Mantram

Practice mantram repetition first when relaxed and before sleep to experience the relaxation response. Then use it intermittently throughout the day or night, as often as possible, including:

While waiting
- For a job interview, or in a grocery or ticket line
- For the bus, plane, train, taxi, or other transportation
- For a doctor’s appointment or lab tests
- For people who are late

While doing mechanical tasks to bring attention back to that task
- Washing dishes, sweeping, vacuuming, dusting
- Sweeping, raking, gardening, watering plants
- Brushing teeth, combing hair, bathing or showering
- Digging, hauling, painting

While exercising
- Walking or jogging, swimming or bike riding
- Doing any repeated exercise

When dealing with annoying situations
- Getting cut off in traffic
- Tackling an unpleasant job
- Struggling with insomnia or nightmares
- Dealing with difficult people
- While on hold on the telephone
- When bored

Other times
- Before meals or going to sleep
- While in the presence of a dying person
- While dealing with pain, illness, or surgery
- When dealing with likes or dislikes
- For ruminating thoughts, compulsions and/or addictions

To manage unwanted emotions or physical cravings
- Depression
- Fear
- Resentment
- Greed
- Frustration
- Anxiety
- Impatience
- Addictions
- Anger
- Guilt
- Irritability
- Over-excitement
**Mindfulness Attention Awareness in Groups over Time:**
Intent-to-Treat Analyses* in Veterans with Military-Related PTSD

![Graph showing Mindfulness Attention Awareness over time](image)

*Mindfulness = Mindfulness Attention Awareness Scale (MAAS)*
Higher scores mean greater mindfulness

\[ F(1,134) = 9.91, \ p = .002, \ medium \ effect \ size \]

**Quality of Life Enjoyment and Satisfaction* in Groups Over Time:**
Intent- to-Treat+ in Veterans with Military-Related PTSD

![Graph showing Quality of Life Enjoyment and Satisfaction over time](image)

*Quality of Life Enjoyment and Satisfaction Questionnaire (General Activities)-Short Form*
Higher scores mean greater quality of life

\[ F(1,134) = 9.33, \ p = .003, \ medium \ effect \ size \]
Internet-Delivered Mantram Repetition Program for Burnout in Healthcare Workers


Mindfulness Attention Awareness Scale in 39 Healthcare Employees

F(2,33)=18.19, p< .001
Selected References and Web Sites


* recommended reading and used in mantram intervention research studies

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WEB SITES for more information on Mantram Repetition

Free self-training modules of Mantram Repetition Program at www.PsychArmor.org
http://www.caregiver.psycharmor.org/ Look for four individual sessions.

You Tube Video: Mantram Repetition to Reduce Stress – Caregiver Support
https://www.google.com/?gws_rd=ssl&q=you+tube+bormann+mantram

Dr. Jill Bormann’s website with information about the Mantram Repetition Program:
www.jillbormann.com

Blue Mountain Center of Meditation & Nilgiri Press with Eknath Easwaran’s work:
www.bmcm.org

Mantram Technique benefits Veterans with PTSD: May 2013 VA Research Currents
Mantram' technique benefits Veterans with PTSD

Mantram Repetition Found to be Effective for PTSD: Research News March 30, 2012

Wikipedia: The Mantram Handbook

Media Links

Vets Find Mantram Repetition Helps PTSD Symptoms – YouTube (KPBS April 3, 2012)
This is a 5 minute video how veterans with PTSD are using mantram repetition for symptom management.
http://www.kpbs.org/news/2012/apr/03/vets-find-mantram-repetition-helps-ptsd-symptoms/

CYBERSEMINAR FEB 2015
Symptom Management for PTSD: Mantram Repetition Program Randomized Clinical Trial Results
Content is about 45 minutes with Q&A at the end.