

# Mantra of Peace



## Om Shanti Shanti Shanti

**OM** - Syllable representing the sound of the everything, everywhere which is always at peace, existing peacefully in its fundamental nature.

Everything is interrelated and interconnected with everything else peacefully in the conscious mind of the highest conscious self (God, the IS, Source, etc.).

When reciting the Om your attitude is a peaceful union with the everything, everywhere including within yourself with yourself.

**Shanti** - Peace, repeated 3 times - once for the body, once for the mind and once for the spirit (soul).

Peace doesn't mean that nothing happens. Peace means everything happens just the way it happens and you are at peace with it.

Peacefulness is an internal change that happens gradually for most people so be patient in it's cultivation and realization.

In it's most basic definition PEACE means the absence of WAR or CONFLICT. So, the practice of the mantra of peace will begin to relax your natural propensity to live life within the context (reality) of conflict, internal and external, and therefore within some kind of war with yourself and others, physically, emotionally, mentally and spiritually.

Peace doesn't mean you become apathetic. If this happens to you in your cultivation of the mantra of peace, snap yourself out of apathy, it's just an ego trap to keep you from growing.

Peace doesn't mean to accept blindly everything without getting involved in life. It simply means you feel less conflict inside but you are still guided by your consciousness and wisdom to manage situations the best you can.

Sometimes your consciousness and wisdom will guide you to do everything you can to improve the course of things. Other times you will be guided to do less. Still at other times you will be guided to simply wait patiently or to ultimately do nothing.

This is where your discernment comes in. You will have to discern to what degree to get involved in situations. However, all the while you will feel less conflicted and more peaceful regardless of outcomes.

Of course you will feel more peaceful to the degree that you practice the mantra of peace and to the degree that you begin to master peace within yourself.

This takes a different amount of practice and different length of time from person to person.

Never compare to anybody else in terms of competitiveness. It's a waste of time and energy to compete with others in spiritual practice.

Simply work on yourself constantly and you will begin to see good results.

You will recite "**Om Shanti Shanti Shanti**" once for each bead in your mala. Do it in quick recitations.

You can do it very quickly if you wish, but make sure to enunciate each word in the mantra.

Don't do it so fast that you begin to slur your words. That doesn't count and will void your charge.

So there you have it!

You are ready to begin charging the mantra of peace today.

Persevere, and you will grow quickly and will empower yourself without limit.

-Maha Raja