

*So what can you do with the mantra?*

Simple.

Repeat it.

Repeat it with focus.

Repeat it with love.

Repeat it with faith.

Repeat it aloud; repeat it silently but moving your lips; repeat it in your mind.

Simple.

Live the mantra!

Think about this:

When Mahatma Gandhi was shot on Friday, 30 January 1948, his first words were a mantra: *He Ram*.

It was not a cry of anguish, pain or anger – but a calm utterance of the mantra: *He Ram*.

To me the incident shows the power of the practice of the repeated utterance of a mantra - *it leads to calm, inner peace, power and self-control*.