


# MASTERING MANTRAS

Every Secret You Need to  
Know to Master Mantras &  
increase their effectiveness up  
to 81x to Transform your life!

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# UNDERSTANDING THE BASICS

## What is a Mantra?

The Oxford dictionary defines a Mantra as:

1. (originally in Hinduism and Buddhism) a word or sound repeated to aid concentration in meditation. "a mantra is given to a trainee meditator when his teacher initiates him"
2. a statement or slogan repeated frequently. "the environmental mantra that energy has for too long been too cheap"

In the rising climb of spirituality and modern movements towards enlightenment, Mantra fall primarily more along the line of the second definition. A form of positive affirmation that is repeated frequently to help mindset shifts.

## Are Mantra Effective?

When used properly, Mantra are very effective for subtle mindset shifts over time!

It is unfortunate, however, that most people don't know the full scope and capabilities of Mantra!

Be one of those people no longer, as here you'll learn everything you need to Master Mantra for the New Age!

# THE MANTRA FORMULA

Most people start their Mantras with "I AM", but this is only utilizing a fraction of the potential!

1

The most powerful Mantra follow a formula:  
(Chakra Relative Prefix) +  
(Concise Core Value Formulated Suffix String)

2

"I AM" is a Chakra Relative Prefix, which is why Mantra that start with it tend to work better than others. However, it's only 1 of 9 such prefixes.

3

Don't worry if any of this is new and confusing to you. We'll go over it all in more detail over the next few pages. By the time we're done with examples you'll understand how simple it really is!

4

# THE 9 PREFIXES

There are 9 specific prefixes to start your Mantra with. This is intentional, as each different prefix will help trigger a response from a different Chakra.

To maximize your results, you'll want to create your Mantras in sets, designing each individual Mantra around the prefix and core values of the prefix's related Chakra.

So, let's start with the 9 Prefixes and which Chakra each align with:

- 1 "I BELIEVE" is the prefix to use to trigger a response from the Earth Star Chakra.
- 2 "I AM" is the prefix to use to trigger a response from the Root Chakra.
- 3 "I FEEL" is the prefix to use to trigger a response from the Sacral Chakra.
- 4 "I DO" is the prefix to use to trigger a response from the Solar Plexus Chakra.
- 5 "I LOVE" is the prefix to use to trigger a response from the Heart Chakra.
- 6 "I SPEAK" is the prefix to use to trigger a response from the Throat Chakra.
- 7 "I SEE" is the prefix to use to trigger a response from the Third Eye Chakra.
- 8 "I UNDERSTAND" is the prefix to use to trigger a response from the Crown Chakra.
- 9 "I HAVE FAITH" is the prefix to use to trigger a response from the Soul Star Chakra.



# MASTERING THE SUFFIXES

Of all the pieces to the Mantra Mastering Puzzle, this one gets people the most by over complicating it.

The suffix is the main string that comes after your chosen prefix. To make the most of your suffix strings, they should follow these 5 basic rules:

- Keep it simple, no more than 9 words, give or take, where possible.
- Write them in the present tense as true and happening in the moment.
- Also cater them around a core value of the Chakra related to your chosen prefix.
- Avoid using the literal negative, NOT, and keep phrases in a literal positive manner. (EXAMPLE: instead of creating something like “I AM NOT WEAK” do something like “I AM STRONG” . This is because the Universe and our subconscious minds do not understand and process the literal negative the same way our conscious/ego minds do and using a literal negative will not produce the same results. )
- Maximize the effect by creating them in sets as exemplified below.

Shorter is sweeter, in most cases, because Mantra are the most powerful when they become accepted by our subconscious mind. Shorter and more concise Mantra are more easily accepted by the subconscious mind.

Here is an example of a set around attracting wealth that will trigger responses across all 9 Chakras:

- I BELIEVE it's my destiny to attract great wealth.
- I AM attracting great wealth to me for my security.
- I FEEL creative in how I attract great wealth.
- I DO attract great wealth to empower my life.
- I LOVE attracting great wealth for myself and those I Love.
- I SPEAK sincerely of the great wealth I attract.
- I UNDERSTAND the great wealth I attract is for my greatest good.
- I HAVE FAITH in my ability to attract great wealth.



# THE CORE VALUES

Every Chakra has a set of Core Values that they govern. If you are having issues in one or more of the Value areas mentioned below, then you likely have a blockage or trauma at or around that particular Chakra.

Depending on how serious your issue is, you might want to consider some deeper healing work than what Mantras can assist with. Mantras are great for subtle work, shifting mindsets over time, but some things that ail us run deeper still and require different tools to get the job done.

But, for helping you to understand more of the basics of Chakras so that you can cater your Mantras around the different Chakras for greater benefit, here are the core values of each:

## The Earth Star:

Connection to Mother Earth/Gaia and Guidance & Direction towards Purpose (when you feel a “calling” to something, that is the Earth Star Chakra)

## The Root:

Groundedness, Trust, Safety and Security.

## The Sacral:

Emotional Stability/Control, Creative Ability, Sexual Drive.

## The Solar Plexus:

Self Esteem, Self Empowerment, Confidence, Ambition, Action, Inner Strength, Fortitude.

## The Heart:

Relationships with others (not only Love, but all kinds), ability to connect with others, Inner Balance.

## The Throat:

Communication, Honesty and Sincerity.

## The Third Eye:

Intuition, Psychic ability, connection to the Universe, & Logical thought and reasoning.

## The Crown:

Wisdom, knowledge, philosophical thought and Understanding.

## The Soul Star:

Connection to the Divine, Divine Love and abundance, clarity of Purpose.

# PULLING IT ALL TOGETHER

The part of the formula that is the "Concise Core Value Formulated Suffix String" is where we pull it together to make your Mantra the most powerful!

**Concise:** Keep your suffix phrase short. Use \*strong, powerful & definitive\* words as much as possible, but also don't overdo it and complicate your phrase.

**Core Value:** As much as you can, design your phrase to fit within a core value of the Chakra you are targeting a response from with your prefix.

**For example:** I FEEL is related to the Sacral, so, as best you can, try to design your phrase for your Mantra around one of the core values that the Sacral Chakra governs: Creativity/Creation, Emotion, or Sexuality. You may refer again to the previous page's basic examples.

This won't always be easy, seem possible, or appropriate all of the time, depending on the theme you are working on for designing your Mantra. That is ok. In those cases, you may skip it. Being able to do this WILL make your Mantra even MORE powerful, but NOT being able to will not make them any LESS powerful! So, if you are having too much trouble doing that part, you may skip it without worry!

My rule of thumb is: If I cannot design it around the core value within a couple minutes of brainstorming, I will skip that aspect.

When building Mantra in sets, as mentioned and recommended for maximum potential, you'll find that some are easier than others. This is natural and why working in sets is the most effective method for Mantra. A complete set, using a Mantra around each prefix will magnify your results 9-fold!

And for every one you ARE able to design around a core value of the Chakra related to its prefix will magnify it again up to a potential 81 TIMES a basic Mantra that does not follow this formula!



# THE SECRETS TO TRUE, MASTERFUL IMPLEMENTATION

Now, you understand how to perfectly design Mantra to be extremely more powerful than ever for you. But there is one last secret we need to go over to make them be the MOST impactful for you...

## When and How to recite them!

In order to receive the Mantra more efficiently by our subconscious minds they should be recited when our brains are in a Theta state. Which is a state of the mind where both conscious thought and subconscious thought are active at the same time.

This state is attainable during meditations, but not so easily unless you are an experienced practitioner of meditation. Thankfully, there are some naturally obtainable times that our brains are in this state.

- As we Wake up from sleep.
- As we Fall into sleep.

And in our modern world, technology makes it super easy for us to recite our specially crafted Master Mantras without having to memorize them during the foggy state of that state of mind!

What you do, once you have all your sets ready to go, is record yourself reciting them onto your cell phone.

- Then you play that file on a loop as you lay in bed to fall asleep at night.
- AND you set it as the “ringtone/music” file for your alarm clock app to wake up to!

Hearing the Mantra you created and spoken by your own voice during those natural Theta state moments is the most powerful application of them you can achieve!

Do make sure when you record your file that you speak them with confidence and authority as well! This increases your subconscious mind's ability to accept them!



# WRAPPING THINGS UP

There you have it! Every special little tidbit and secret you need to know to increase the effectiveness of Mantras to a potential of 81 times the normal and doable in just 5 easy steps!!

- 1** Remember the formula:  
(Chakra Relative Prefix) + (Concise Core Value Formulated Suffix String)
- 2** Choose your Prefix & Create your suffix.  
Cater to a core value if you can.
- 3** “Whittle down” your suffix so it is concise & easier for the subconscious mind to digest. Use definitive, power words and ensure it is written in the present tense.
- 4** Avoid the literal negative!
- 5** Record your Mantras so you can listen to them as you go to sleep and get woken by them as your alarm in the mornings!

Now you may have some questions still, so I would like to invite you to join my Facebook Group & Follow me on LinkedIn where you may ask and find answers!

## The Jera Laguz Healer's Community

This group is where I am building the virtual Community to match the eventual physical community of Jera Laguz. (pronounced /YAIRRR-AH • LAH-gooz/)

Jera Laguz is a safe haven for Healing from both sides of the fence—medical and holistic, working together to guide the world to a greater state of Wellness.

And the online Community on Facebook is a platform to reach out, ask questions and get answers from experienced Practitioners. All in a private and safe, judgement-free community!

The Jera Laguz Healer's Community

Follow me on LinkedIn where I post all of my educational and helpful content first!

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