

# Mantram Repetition for Spiritual Resiliency

## LEARN TO MANAGE STRESS WITH MANTRAM REPETITION

Mind, body and spirit are inseparable. Mantram Repetition is an evidence-based, mind body medicine practice which involves repeating a holy name or sacred phrase to connect to inner spiritual resources, quiet the mind and calm the body. Mantram Repetition is used at anytime and anyplace to meditate or rapidly let go of stress: upon waking, intermittently throughout the day, and to fall asleep at night.



### ***In 8 sessions, you will:***

- Select & practice repeating a Mantram
- Learn to:
  - let go of distressing feelings, thoughts
  - slow down, be in the present moment
  - focus with one-pointed attention
- Be introduced to inspirational wisdom from all spiritual traditions for passage meditation to transform consciousness, character and conduct.

**Target Population:** Tricare beneficiaries facing challenges who wish to develop their spiritual resiliency to reduce stress.



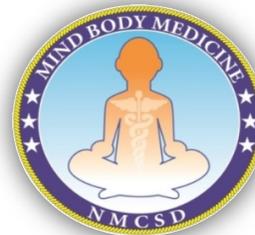
**Dates:** Thursdays from 1100-1230 in Bldg 4, (Chapel), Downstairs Conference Room

1. April 14 – June 2
2. June 9 – July 28
3. August 4 – September 22
4. September 29 - November 17

**Referral Process:** Referrals should be made in AHLTA/CHCS by ordering a consult to "Mind Body Medicine." You must specify "Mantram Repetition." Please include: Detailed reason for referral and a reliable phone number, email for participant.

For further information please contact  
Mind Body Medicine Office:  
(619)-532-5128/5781

E-mail: [jason.w.yonce.mil@mail.mil](mailto:jason.w.yonce.mil@mail.mil)



**\*\*Participants will be contacted and reminded of location & requirement to attend the first session.\*\***