

# Mantram Repetition for Spiritual Resiliency 2019

**REDUCE STRESS:** MANTRAM, HEART FOCUSED BREATH, PASSAGE MEDITATION

Mind, body & spirit connect with MBM skills of breath, body, mindfulness and imagery. Mantram Repetition adds an evidence-based practice of repeating a holy name or sacred phrase to connect to inner spiritual resources, quiet the mind and calm the body. As a “Pause Buttons for the Mind” your Mantram is used anytime/anyplace to dwell in life’s gifts or to rapidly initiate the Relaxation Response: waking, intermittently throughout the day, 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 with your highest ideals
  - focus with one-pointed attention
- Explore inspirational wisdom from all spiritual traditions. Passage meditation builds neural networks transforming consciousness, character and conduct.

**Target Population:** Tricare beneficiaries facing challenges who wish to reduce stress, build their spiritual resiliency, connect to life, light and love, exercise their freedom, and share suffering, happiness & wisdom.



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

Team **16** November 15 — January 17  
Team 17 January 24 — March 14  
Team 18 March 21 — May 9  
Team 19 May 16 — June 27  
Team 20 July 11 — August 29  
Team 21 Sept 5 — October 24  
Team **22** Oct 31 — December 19

Goggle video: “Mantram Repetition Program,” Rudy Reyes and the Mantram Repetition Program

**Referral Process:** in AHLTA/CHCS to SD SOCIAL WORK. Please write “**MBM Mantram Repetition individual and/or group.**” Please include: Referral reason, phone number, and email for booking of all the Mantram TEAM session appointments. Patients may drop in during first 3 sessions or **anytime during the holiday seasons.**

Questions? Please contact  
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