



## Mantra-like Practices Across the Globe

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**Tibetan Buddhism**, practiced in Tibet, the Himalayan regions, and worldwide, utilizes mantra recitation, often accompanied by prayer beads, as a core component of meditation and ritual. The purpose of these vocalizations is to purify the mind, cultivate enlightened qualities such as compassion and wisdom, connect with spiritual beings, and facilitate spiritual realization, healing, and protection.

**Christianity**, with a global presence, incorporates various forms of repetitive and contemplative prayer and chanting, such as the Jesus Prayer in Eastern traditions or liturgical chants like Gregorian Chant. These practices aim to deepen an individual's connection with God, foster contemplation and inner peace, serve as a form of worship, and facilitate intercessory prayer.

**Sufism**, a mystical dimension within Islam found across the Middle East, North Africa, Asia, and increasingly worldwide, employs the practice of Dhikr, or the remembrance of God. This involves the rhythmic repetition of sacred phrases or Divine names, often with specific breathing techniques, to purify the heart, achieve spiritual elevation, and draw closer to the Divine.

**Sikhism**, originating in the Punjab region and practiced by Sikhs globally, emphasizes Naam, Simran or Naam Japna, the meditative repetition and chanting of the Divine Name or sacred verses from their scriptures. This practice, along with the singing of hymns known as Kirtan, is central to connecting with Divine wisdom, experiencing spiritual ecstasy, fostering spiritual growth, and attaining inner peace.

**Judaism**, practiced worldwide, involves the recitation of prayers from sacred texts, such as the Torah and the Siddur. Mystical traditions within Judaism also utilize wordless, repetitive melodies known as niggunim. These vocal practices serve the purposes of worship, praise, petition, establishing a connection with God, and elevating the soul, with niggunim particularly aimed at stirring deep spiritual emotions.

**Pure Land Buddhism**, prevalent in East Asian countries such as China, Japan, Korea, and Vietnam, and among their diasporas, focuses on the mindful recitation of the name of Amitābha Buddha. This core practice, known as Nianfo or Nembutsu, is undertaken with the aim of gaining rebirth in Amitābha's Pure Land, considered a conducive environment for achieving enlightenment, and to cultivate faith and continuous awareness of the Buddha.

**Native American Traditions**, such as those of the Navajo (Diné) in the Southwestern United States, possess rich traditions of sacred chants and songs integral to ceremonies and healing rituals. These complex vocalizations, passed down orally, are used for healing, restoring harmony and balance, purification, protection, ensuring prosperity, and marking significant life events, all while maintaining a deep connection to ancestral heritage and the land.

**Ancient Egyptian Religion**, from the civilization of ancient Egypt, incorporated hekau (magical utterances) and ritualistic chanting. These vocalized sounds, words, or phrases were believed to hold inherent power and were used to invoke deities, protect individuals both living and deceased, ensure the fertility of the land, consecrate objects, and facilitate the soul's journey into the afterlife.

**Shamanic Traditions**, found in various indigenous cultures globally, utilize sacred songs, power songs, or chants, often received through spiritual experiences. Shamans employ these repetitive vocalizations to enter altered states of consciousness, communicate with the spirit world, invoke helping spirits, facilitate healing, perform divination, and offer protection to the community.

**Australian Aboriginal Cultures**, encompassing diverse groups across Australia, feature sacred chants, songlines (also known as Dreaming tracks), and ceremonial songs, often accompanied by traditional instruments and dance. These vocal practices are fundamental for connecting with the Dreaming, transmitting sacred knowledge and law, healing, ensuring the land's fertility, invoking ancestral beings, and fulfilling various ceremonial and navigational purposes.