

MANTRA

Meaning: A mantra is a word or phrase repeated during meditation or reflection to aid concentration and promote mindfulness.

1. Meditation often involves repeating a mantra to help focus the mind.
2. For many people, the mantra "be here now" serves as a reminder to live in the present.
3. She adopted the mantra of positivity to combat her negative thoughts.
4. In yoga practice, chanting a mantra can enhance the overall experience of mindfulness.
5. His personal mantra is to embrace challenges as opportunities for growth.

Source: sentences.whatistheurl.com

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