

## How to use mantra to stay positive in a crazy world

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Mantra can help you stay positive when things appear to be falling apart around you. This video by [Harijiwan](#) dispels some of the concerns that people may have about using mantra and includes a short talk by [Yogi Bhajan](#) on practicing [mantras](#) .

The mantra he mentions ( " [Ek Ong Kar Sat Gur Prasad](#) " ) is designed for the Aquarian Age, and chanting this mantra will amplify the mind. It can help you manifest your positive thoughts or negative ones. But don't worry - the negative current is there to remind us of the positive current, so if you find yourself becoming negative just get back to the positive!