

MANTRAS

“The keys that unlock all doors to full capacity of human beings.”

Mantras are based on “Naad”: secrets hidden in sounds.
These repetitive sounds bring about shifts in consciousness.
They influence all aspects of life.

Instrument of the mind.

The roof of the mouth has 84 meridian points – all of which are along the upper palate.
When we chant, certain “Keys” are struck like a piano.
The hypothalamus, the thalamus, and the pituitary glands are stimulated with different combinations of the sounds. The chemical balance in the brain is changed.

Chanting brings our minds into meditative states.
Our vibration is uplifted.
We relax and consciousness is expanded.
Opens us to our wholeness.
Our hearts open.
Brings calm, peace.



The mantra Om

“The original sound of creation”

Om Meditation – Deva Premal

<https://www.youtube.com/watch?v=kbcETvWpH1c>