

## **Know all about chanting of Om**

### **Overview**

Whether you are beginning your yoga regimen or are already a seasoned pro, understanding the power of mantras and Om chanting in yoga can help you to benefit in a number of ways. Though some people often have skepticism towards such practices, your doubt and religious blocks should not come in the way **as chanting of Om** and other powerful mantras can not only let you live a healthy life but also calm your nerves and let you bet the stress.

### **Om - decoding its meaning**

All mantras and beejamantras originate from Om as it's considered to be the king of all mantras. It. This word is representative of the Parabrahman (Supreme God Principle). It is believed that before the start of the world, absolute reality (or the Brahman) was one and non-dual. Once it thought that since it's the only one, it would become many. Thus arose a vibration, which eventually turned into a sound. This sound was that of Om. By the vibration of Om, creation itself was set in motion. This first sound of Om is the closest approach to Brahman. So, just like images are symbolic of material objects, this sacred symbol of Om has become emblematic of Brahman.

In simple words, you can say that that the original vibration which arose at the time of creation of this physical universe corresponds to the vibration produced by **chanting of Om**. Pranava is another name by which the sound of Om is known. This is because it sustains life and runs through breath or Prana.

Four states of the Supreme Being are also represented by Om. Om (which is pronounced as AUM while chanting) has three sounds in it. These three sounds symbolize the three states namely that of waking, dreaming and deep sleep, the "Turiya" state is represented by the silence which surrounds Om. Whenever you chant Om in succession, there would be an inevitable period of silence between two successive Oms. "Turiya" state or the "fourth state" is represented by this silence, which denotes the state of perfect bliss when you can recognize your true self, and relate your identity

with the supreme.

### **Proper chanting of Om**

Since there is both a right and a wrong way of Om chanting, you need to learn the right way of chanting this sacred sound of creation. To begin with, having a clear idea of why you want to chant Om would help. Though it's not necessary to spell out every detail of your objective behind the chanting of Om, practicing with a certain outcome in mind can help you reap the desired benefits of it. For instance, while some people chant Om just because it makes them feel good, some others may opt for it to get spiritual sustenance. Again, a few people may want to fulfill particular needs like beating the stress, relaxing etc for which they turn to Om chanting.

Although there are no strict rules for the chanting of Om, you will benefit if you decide to practice for a set number of days. Deciding to practice the chant every day, preferably at the same time of day, can be beneficial. Most people stick to a 60-day or a 40-day routine at the first phase. However, you can decide on the number of days that suit your purpose.

It is best to practice Om chanting at sunrise as it is considered to be one of the most powerful times during the entire day. Finding a secluded place to practice the chant is another important aspect that you need to stick to. Dim the lights of the room, sit in Padmasana or Sukhasana keeping your spine straight, close your eyes and start chanting Om. Those having difficulty to sit on the floor can sit down comfortably in a chair and practice Om chanting. At the beginning, you can chant for at least 20 minutes, and then increase the time as you become experienced.

Maintaining proper breathing rhythms is important while chanting Om. It has been seen that some people inhale and exhale through mouth while chanting, which is the wrong way to do it. You have to inhale slowly with your nose, fill your lungs completely, and then chant Om while you release your breath slowly. In other words, it's like exhaling Om. Chant it like AUM and when you come to the "M", close your mouth and hum the "M" of Om. Do this until the sound fades away with your breath. When you exhale Om, imagine your dreams materializing. When one chant gets completed,

inhale again and repeat the steps till you have exhaled Om. Inhaling and exhaling together will be counted as one step. Continue in this manner for as many steps as you can do in 20 minutes, without any rush, as chanting of Om in a relaxing manner is what it counts.

### **Benefits of chanting of Om**

Since the energy associated with Om is of the Supreme God, a lot of energy gets generated when you chant Om. Chanting of Om not only infuses new vigor in your body but also drives away all worldly thoughts and helps you to concentrate better by removing distractions.

Those feeling anxious or depressed can chant Om for about fifty times each day to experience higher levels of vigor and strength. Chanting of Om acts as a powerful tonic. So, you will feel that you are the pure, and infused with light and consciousness when you chant Om. It's also seen that regular Om chanting gives tremendous power to the person doing it, and their eyes and faces show an unmatched luster.

People who feel anxious as well as stressed or find it difficult to cope with the daily grind of their life will find refuge in Om chanting. The rhythmic pronunciation of Om will make the mind serene, thus bringing higher and better levels of concentration. Users of this chant also experience self-realization and a new level of spiritual enlightenment.

### **Precautions**

Since a lot of energy is generated when one chants Om, adverse effects can get manifested if the person chanting it is of a lower spiritual level as he/she may not have the ability to put up with the spiritual energy produced from the chant. In such persons, signs of physical distress like a rise in the body temperature, hyperacidity, or psychological distress such as restlessness can be seen. So, it's advisable to ask a certified yoga trainer to show you the right way of chanting Om and decide upon the number of times that you should do it.