

STORY #102

HOW TO CHANT OM

BEFORE YOU CHANT OM, you must relax and withdraw the energy, the outgoing energy, and focus it within. Then take a long, deep breath and chant the sound of OM.

Continue to say OM as long as you can with one breath. Then experience the vibrations that are generated within your body and mind.

Start another OM and let your mind dissolve in the sound. Then sit still and experience the vibrations generated within your body and mind again.

If you continue doing this with a peaceful, steady mind, you will experience peace, joy, and bliss.

OM is the king mantra; all the other mantras are included in it.

