

Why is OM significant ?

In yoga and many spiritual traditions, "Om" (also spelled "Aum") is considered a sacred sound and a symbol of the universe.

Chanting Om helps practitioners connect with their inner selves and the universe, fostering a sense of unity and harmony.

Why 3 time?

Chanting "Om" three times is a common practice in yoga and spiritual traditions, and it holds symbolic and energetic significance:

Three Gunas (Qualities):

The three gunas are fundamental qualities in nature:

- Sattva (purity, harmony)
- Rajas (activity, passion)
- Tamas (inertia, darkness)

Chanting three times symbolizes balance and harmony among these qualities.

Why is it healing and Relaxing

Repeating Om three times enhances its vibrational and energetic impact, helping deepen meditation, focus, and connection to universal consciousness.

Vibrational Influence:

The sound of Om produces vibrations in the body, particularly in the chest and throat areas. These vibrations can stimulate the vagus nerve directly or indirectly through the relaxation response they invoke.

Vagus Nerve and the Parasympathetic Nervous System:

The vagus nerve is a key component of the parasympathetic nervous system, which promotes relaxation, rest, and recovery. Stimulating this nerve can reduce stress, lower heart rate, and promote a sense of calm.

Shanti why chant it ?

In essence:

"Shanti" means more than just the absence of conflict; it signifies a sense of harmony, serenity, and well-being to cultivate within during our yoga and outside.

A deep sense of tranquility, harmony, and balance at all levels—mental, emotional, spiritual, and even physical.

Why chant "Shanti"

- Inner Peace: Calmness of mind and emotion, free from agitation or turmoil.
- External Peace: Harmony and non-conflict in the environment and relationships.
- Universal Peace: A wish or prayer for peace to prevail across the universe, promoting unity and understanding among all beings.

