



OM Chanting and Meditation

Amit Ray

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OM Chanting and Meditation Amit Ray

This book provides some powerful Om chanting and meditation techniques to bring balance health and harmony in life. In Eastern religions, Om (AUM) is considered as the most sacred mantra. Om is the mantra of integration; integration of individual with the Whole. Om is the mantra of harmony and celebration. Om is the mantra to access the Supreme Divinity residing within us. In this book Amit Ray describes several Om chanting and Om meditation methods in detail in a lucid and plain English. Om chanting and meditations have healing effects on the body and the mind. This book is a step-by-step guide to practise meditations with the Om. As you practise, a long-lasting sense of well-being manifests in your life. You will notice a sense of joyfulness entering your life along with an ability to appreciate the many gifts that surround you. This book will help both the beginners as well as the advanced practitioners.

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