



Sounds Like Om: Universal Primeval Mantra

Dick de Ruiter, Danny Becher, Marjolein Berkvens

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Traditionally, this sound is viewed as the mother sound, the source of all other sounds, or even the origin of creation. The OM sound is a harmonizing vibration, resonating in the whole of our bodies, while lifting our spirits to another level. The visual image of the OM sound is called the Sri Yantra, which consists of two series of triangles surrounded by lotus leaves and circles. Meditating on the Sri Yantra while chanting the OM manta is a powerful spiritual practice. This book and CD set offers a unique way to learn about the Sri Yantra symbol and the OM mantra, which has been used for over 5,000 years by Eastern yogis to facilitate concentration and meditation. With simple exercises and meditations, the book offers insights to be put into practice instantly, enhancing mental and physical health. The CD features a variety of OM chanting sounds. Some tracks show how train the voice and breathing and others are made to be internalized as a sound meditation on the intense tranquility and beauty of the OM mantra, which can only be experienced in the here and now.

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