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Om Namah Shivaya - The Science of Mantra (Teachings) - Kindle edition by Mark Griffin, Mindy Rosenblatt. Download it once and read it on your Kindle device, PC, phones or tablets. Use features like bookmarks, note taking and highlighting while reading Om Namah Shivaya - The Science of Mantra (Teachings). Author: Mark Griffin. Om namah Shivaya is one of the most beloved Hindu mantras. It is a salutation to Shiva, one of the three primary deities of Hinduism, and literally translates to I bow to Shiva. Om namah Shivaya is also known as the five syllable mantra, as it has five syllables which are preceded by .

Even single-word mantras like Om can be pretty powerful. Think of a mantra as a mental instrument that fine-tunes your yoga practice. Incorporating mantras into practice can help to make it sacred and take it out of the realm of the physical and into a higher state of awareness, says Zoe Slatoff-Ponte, author of *Yogavatanam: The Translation of Yoga*. OM Namah Shivaya OM Its translation is "salutations to Shiva ", preceded by the mystical syllable "Aum" or OM. The syllable "ya" at the end of the mantra denotes an offering. Panch means 5 and akshara means syllables, so the Shiva panchakshari mantra is the 5 syllable Namah Sivaya mantra. Namah Sivaya is 2 words and 5 syllables. It takes the energy of the 2 nd house (speech, traditional study, Masters degree, etc.) to the 5 th house (bhakti, mantra, yantra, tantra, intelligence).

Ask him to chant Om or Om Namah Shivaya for at least 11 times. Measure the blood pressure. It must have reduced by 5 digits. If you chant it times the blood pressure will have become normal. Everyday practice will tend to permanent cure of high blood pressure. It Destroys Your Evil Ego. The second word in this Mantra is Namah.

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