

## Benefits Chanting of “Om” Mantra



Last month, I wrote about the Crystal Cleansing Bowl that produces an Om-like “ॐ” sound that does the cleansing and blessings of stones and objects. *Om* or *Aum* (Sanskrit: ॐ) is a mantra and a sacred and mystical sound of Hindu origin, sacred and important in various Dharma religions such as Hinduism, Buddhism, Sikhism and Jainism. It is a preamble to many well known mantras such as “Om Ah Hum”, “Om Mani Padme Hum” or “Om Shivaya Namaha”.

I have been practicing the Om mantra for nearly thirty years and recognise its many positive effects. During my multiple sessions of meditation, I have grown to realize that if you still your mind absolutely you could tap into the great universe and discern a continuous Om sound. By practising chanting the Om, you could attain a level eventually where your vocalised Om could connect and resonate with this Universal Om. It will enhance your use of this all powerful root syllabus mantra.

I shall now discuss some of the many benefits of the OM Mantra:

★ *Chanting of OM Mantra purifies the environment around the chanter and produces positive vibrations. Not only I could produce the Om sound using the crystal singing bowl but I could also chant it to cleanse the surroundings, and keep negative energy and bad spirits away.*

★ *It cleanses your aura. I use Om in conjunction with other mantras to cleanse aura during my consultation practice. In one of the practice, I silently chant om and circulate my intention to move the energy of my clients from back to front to identify areas of energy blockage and attempt to dissolve the obstruction.*

★ *It takes you to alpha level, a meditational state which gives you deep relaxation. Yes, Om has a definitive effect to help us get into proper meditation and attain that calmness and stillness state of mind, which also brings about good relaxation.*

★ *Your concentration increases when you chant this universal hymn. When I perform any cleansing or blessing services, chanting Om repeatedly really prepares me for deep concentration. Normally, I would chant the Om 18 or 27 times before I commence the actual spiritual work.*

★ *ॐ chanting removes toxin from your body. It gives you better immunity and self-healing power. As I have indicated, I use Om to circulate and cleanse the energy body.*

★ *ॐ chanting improves your voice and gives a strength to vocal cord and muscles during old age. The constant chanting of Om, not only helps in my reciting of other mantras more effectively but also improve my quality of voice and my singing ability.*

★ *ॐ Mantra has a cardiovascular benefit too which keeps blood pressure normal. It is effective only if you could attain the level of chanting the mantra and letting it vibrate your whole body.*

★ *ॐ helps in keeping your emotions controlled and thus by putting a control over emotions and leads you to excel in life. So whenever you have the impulse of getting into anger or rage, instead of counting numbers, you just bellow the Om mantra that will keep you calm.*

★ *Yes! It even cleanses your skin and gives a sunny glow on your face when you chant OM regularly. Part of my consultation services include the cleansing and purifying the pores of the skin*

*especially the facial area. I quietly use Om to help the opening and closing of the skin pores of my clients. Finally, apply my energy to polish for the final glow and shine on the face.*

★ *When you chant it regularly you start feeling stronger. It is true by being familiar with the chanting of Om, you feel protected all the time and no longer afraid of darkness or negative environment.*

★ *Even a picture of OM purifies the environment around. I use the picture of ॐ as a talisman to ward off negative energy and bring about positive vibration, thereby enhancing your good luck energy.*

### **OM and AUM**

*In Sanskrit, the sound “O” is a diphthong spelled “AU”. A diphthong is the blending of two vowel sounds where both are normally heard and make a gliding sound.*



Master Anthony Leong

***I specialize in fine-tuning and turbo charging of energy for Health, Healing & Good Luck Energy.***

### **Additional Services:**

1. Empowering of talismans, charms, and pendants (including stones and crystals) to enhance your positive and good luck energy.
2. Cleaning of skin, pores and face to bring back a healthy glow and receive positive and good luck energy.
3. Divination of wealth, health, career, relationship and family matters.

**For appointment,  
Call or SMS 93874088 (Charles)**