

UNIVERSAL DIVINE MANTRA "AUM" TO REMAIN HEALTHY

The persons who are performing the pranayama of various types regularly on daily basis, have to finally end their session by doing Omkar japa to give the divine peace and energy to their mind and soul.

This Omkar japa brings the permanent peace to our soul and body, if performed for around five minutes daily in the morning after completion of your regular session of pranayama. Hence, it is absolutely essential to end your daily session of pranayama with this Omkar japa.

Aum is a very sacred mantra and the entire universe is comprised of this. It also generates cosmic energy in your body and soul that brings the peace and happiness in the life of the individual. As you all might be aware, the shape of our mouth, eyebrows, etc. is also in the shape of Aum.

One must sit in the yogic posture with both thumbs touching the first fingers of our hands and the hands resting on our knees. Close your eyes and concentrate by taking slow and deep breaths.

Once you are ready to start this Omkar japa, inhale very deep and slow till your lungs are full of air with the mental recital of mantra Aum. Retain your breath for around 3 seconds and then, start slowly exhaling with constant mental reciting of the Aum mantra again.

Repeat this exercise for around 10 to 15 times in each sitting. The speed of respiration should be gradually made slower and slower. It can be taken to the stage where even the individual himself do not hear the sound of breathing. Practice this japa so as to reach a stage when one breathing cycle takes almost one minute.

The entire benefits of this pranayama lie in the slow and subtle breathing cycle only. Normally we are used to take around 12 breaths per minute, which are quiet high and rapid. We must adjust our breathing cycle to the slowest speed possible.

This exercise can be done in one other variation also. In that, one has to recite the sacred mantra of Aum verbally with your mouth, prolonging each recital to as much as possible. This verbal recital would improve your vocal cord, thereby improving the quality of your voice. The verbal recital can be done for around 10 to 15 times per day.

This verbal recital would also help in clearing your mind and the unwanted thoughts would stop visiting your mind. You will be able to see the blue shining light against your eyes after around 10 times of performing this exercise. This exercise is highly beneficial to the classical singers whose vocal cords are to be kept at its best always.

This pranayama can be performed number of times in a day also. However, it is more advantageous if this pranayama is performed with empty stomach like all other pranayamas in the morning. This exercise also helps in awakening of Kundalini in an individual. Once this Kundalini is awakened in an individual, he becomes a pure and clear human being without any diseases or impurities. The body and mind becomes totally healthy by doing this recital. The memory power and the mind concentration improve tremendously. The depression patients also can be benefited by this exercise.

Each one of us must start this unique pranayama exercise immediately to derive maximum benefits out of it. Aum is not a single word or an expression, but it is one form of divine energy that controls the energy flow of the entire universe. Source: www.healthsinfo.net