



Sacred Time...

for connecting with the sacred



Rituals have been used for thousands of years for various purposes, including celebrations of marriage, birth, birthdays, and holy days, as well as for funerals, baptisms, and communions. When used consciously, rituals can help create a meaningful space and foster connection. It is our kinetic way to bring one's awareness of God more prevalent. Allow this sacred time to connect with Spirit, or the name you have given to the power and source that is greater than us.

May Ritual – Om

Ohm/Om/Aum

Ohm is usually chanted at the beginning and end of most Sanskrit recitations, mantras, prayers, and texts. In our times, this sacred incantation is also made during meditation and spiritual activities such as yoga. Ohm is believed to have the same frequency as the Universe and represents the union of mind, body, and spirit.

Meaning of Om

- A: Represents the state of waking consciousness
- U: Represents the state of dreaming
- M: Represents the state of deep sleep or pure awareness
- Silence after M: Represents the ultimate reality or the void

Benefits of Chanting Om

- Meditation: Chanting Om helps to focus the mind and enter a state of meditation.
- Spiritual Connection: It connects practitioners to the ancient traditions of yoga and Hinduism.
- Stress Reduction: The vibration of Om is believed to have calming and healing effects.
- Expansion of Consciousness: It is said to expand awareness and deepen self-realization.

How to Chant Om

- Sit in a comfortable position.
- Close your eyes and focus on your breath.
- Chant the syllable "Om" slowly and deeply, emphasizing each sound.
- Start with the sound "A," then "U," and finally "M," letting the sound fade away into silence.
- Repeat as many times as you like.

Conclusion

Chanting Om is a powerful practice in yoga that has spiritual, mental, and physical benefits. It is a way to connect with the universe, expand consciousness, and achieve inner peace.