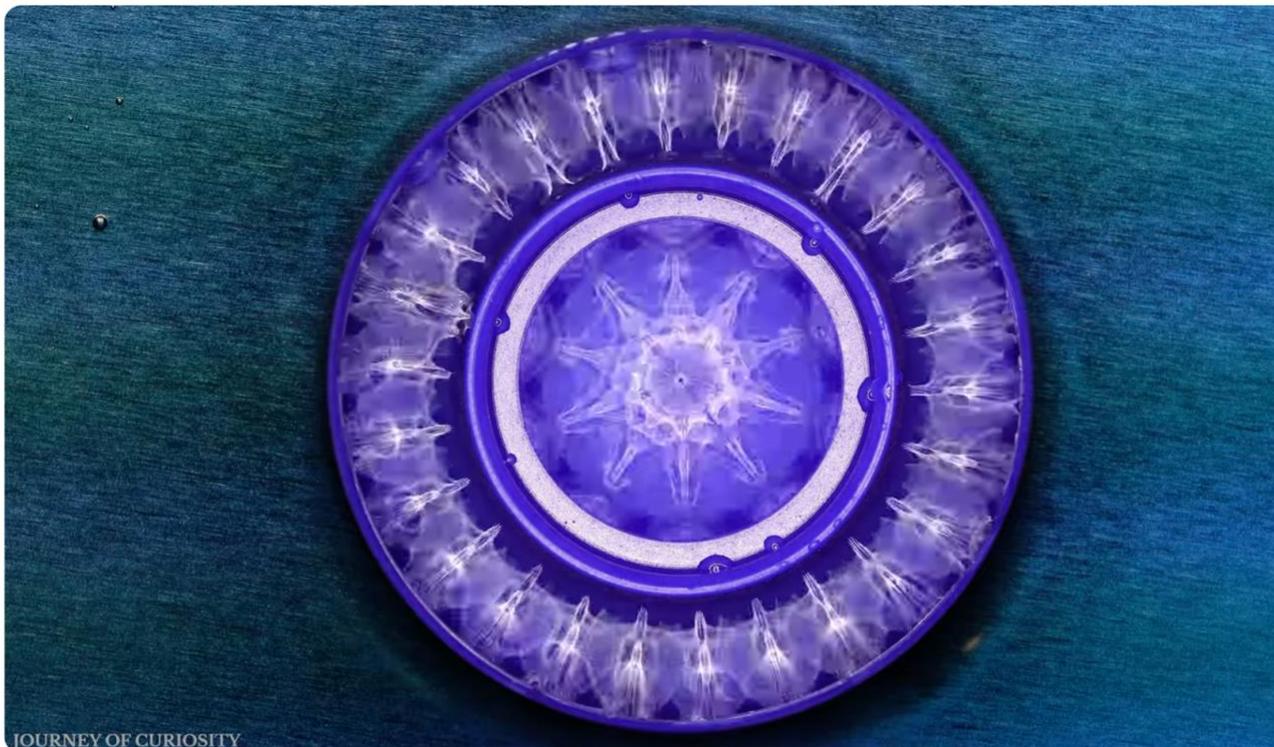


OM Vibrations in Scientific Experiments with Vibration



Steven Halpern Great Pyramid OMs Cymatics

<https://www.youtube.com/watch?v=Yw13EAX3cZk>



JOURNEY OF CURIOSITY

Physics of AUM/OM mantra made visible - CYMATICS - Sound of Creation

<https://www.youtube.com/watch?v=fozlNrtzrQ>

ॐ Mantra for Deep Purification of All Forms of Suffering ॐ

Mahā Pāpa Mantra

Ōm mahā pāpa prakshālana sai shakti raksha

Hear Sound File Here

<https://soundcloud.com/satsangs/maha-papa-mantra>

Sacred Meaning

Ōm — Original vibration of creation; sacred primordial sound

Mahā — Great

Pāpa — Pain, suffering, negativity

Prakshālana — Purification

Sai — Masculine aspect of the divine (as embodied in Sai Baba)

Shakti — Feminine aspect of the divine and essential power

Raksha — Protection

☞ How to Use a Mantra for Healing ☞

To learn the mantra, chant out loud. Try to feel the vibration. Once you have learned it, you can chant within your mind.

In your mind, talk to any deity you feel close to (God, Jesus, Buddha...) saying 'I am not responsible for this person's Karma or negativity. I give that to you. I am only giving beautiful energy.'

Begin transmitting the mantra to another by growing the mantra vibration within you. Chant inwardly for a few minutes until you feel its resonance. Once the vibration is established, you may apply any of the following techniques:

Chanting with Kind Words — Inwardly chant the mantra while speaking patient, kind words from the heart to the one you wish to heal.

Healing Touch — Inwardly chant the mantra during any touch you offer. Using the palm of your hand and your thumb in a downward position adds increased power through the activation of those chakra points.

Using this as an energy to transmit can help your heart not to be drained.

Instead, you will be a conduit of high divine energy that does not drain you.

☞ Easy and Effective Decharge Techniques ☞

When Experiencing Negative Energy or After Giving Healings

For all approaches, you can set the intent to release negativity. For all approaches, you can add your personal mantra if you have one — or add chanting HUM if you do not.

The Techniques

Earth Connection — Place your bare feet on the earth. The earth element is a particularly strong decharge, but it also recharges you as well.

Thumb to Earth — Place your thumb on the earth for ten to twenty minutes.

Rising Sun — Watch the rising sun as it comes up over the horizon. Stare at it until you feel even the least bit squinty — then quit.

Water Element — Take a shower, bath, or go swimming while inwardly chanting HUM. The water element works especially well on emotions.

Rose Water Foot Bath — Place your feet in a bath with water and rosewater or rose petals. Try chanting HUM while your feet are in the water.

Rose Flower — Hold the head of a rose and place your thumb inside the rose head. Roses are a high-vibration flower and will pull out the negativity. After decharging, throw the rose away in nature, somewhere nobody else will touch it.

Black Stone — Hold a black stone or place it on any part of your body where you have aches or pains. The black stone is like a magnet to negative energy and automatically draws the negativity out.

Fire Element — Look into any kind of fire, including candles, decharging through your eyes. Hold your hands out with your fingers spread, pointing toward the fire.

Sacred Music — Listen to beautiful music that opens your heart. Relax and pray for decharge.

Divine Gaze — Look at the picture of Jesus, Shirdi Baba, or your favorite deity. Open your heart and look into the eyes in the picture. Ask him or her to take all your negativity.

"Charging is essential. Decharging is more essential. If you know how to decharge, you're a powerful, successful person."

— **Sri Kaleshwar**

🌀 Bonus Mantra — Mantra to Heal Problems 🌀

Ōm Mama Mantra

Ōm mama,

Ōm mama,

Ōm mama,

Ātma sukhi bhava

Sukhi bhava sukhi bhava

Ātma shānti shānti shānti

Āvāham āvāham āvāham

Sacred Meaning

Ōm — A sacred primordial sound

Mama — Mine; of me

Ātma — The soul or inner self

Sukhi bhava — Be happy; may you be happy

Shānti — Peace — often repeated three times to invoke peace in body, mind, and spirit, or peace across all realms

Āvāham — I invoke; I call to me

How to Use

You may simply play the musical version of this mantra in the background and allow its vibration to work upon the patient.

🎵 **Listen here:** [Ōm Mama — YouTube](https://www.youtube.com/watch?v=vBRhRMqBOuo&list=RDvBRhRMqBOuo&start_radio=1)

https://www.youtube.com/watch?v=vBRhRMqBOuo&list=RDvBRhRMqBOuo&start_radio=1