

## Om Nama Shivaya - vibration and focus

Recently I was very aware of the enormously powerful vibration of sacred syllables. Especially sung in a community they generate a strong magnetic field, which attracts positive energies. It is clearly noticeable that we are not alone if we sing mantras or bhajans. These songs are a food of joy for the invisible world that surrounds us all the time. Heart prayers and wishes are received and we are getting lighter and brighter at the same time.

It is good to chant powerful and sometimes quite delicate, depending on what is currently required as a 'door opener'. If we sing single word syllables slowly and deliberately, same time listening, it is so soothing! Om Na-Ma Shi-Va-Ya ... every single syllable is so valuable, so precious (!) and all together connect us with the original source of all being, with the elements from which this creation and we ourselves are made of (!) - And not least with Shiva !

Om  
Na-Ma  
Shi-Va-Ya

Swami Kaleshwar mentioned many times that we all have a so-called 'monkey mind', which we should keep busy in a good way, otherwise it would make us crazy!

The mantra 'Om Nama Shivaya' is great in this regard because it is so simple and powerful at the same time, especially when we repeat it again and again as if it would be the first time! Enjoy deeply the vibration of these sacred syllables and keep the focus on this feeling of well-being ☺.

Have a wonderful experience with the everlasting source of all being, which resides in each of us!

Sabeenamayi

