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ॐaum om serves as an important mantra in various indian religions specifically it is an example of a seed syllable mantra bijamantra it is believed to be the first sound in hinduism and as the

oct 15 2024 a mantra is a word sound or phrase repeated in spiritual practices like meditation and prayer to focus the mind and align one s energy it is derived from the ancient sanskrit language

dec 15 2024 the word mantra itself is derived from sanskrit combining man meaning mind and tra indicating tool or instrument thus a mantra is a tool for the mind designed to help achieve a

mar 3 2025 a mantra is a short phrase or affirmation repeated to focus the mind promote positivity or enhance mindfulness an example of a mantra is i am strong capable and confident

dec 26 2025 mantra is a sacred utterance syllable word or verse in asian religions such as hinduism and buddhism that is considered to possess religious efficacy many mantras are

sep 13 2022 traditionally the initiation into a mantra practice involves a guru or spiritual leader whispering a secret and personal mantra into the ear of an initiate they often perform this in a

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the meaning of mantra is a mystical formula of invocation or incantation as in hinduism how to use mantra in a sentence

dec 21 2023 a mantra is a sacred word sound or phrase often in sanskrit recited within a wide variety of religious and spiritual traditions such as hinduism buddhism and yoga

jan 12 2024 learn what mantra meditation is and examples of how to do it yourself plus the purpose and benefits of using mantra during your meditation practice

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