

Mantra Sahita

॥ ओम् ओम् 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

mantra definition 1 especially in hinduism and buddhism a word or sound that is believed to have a special learn more

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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

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

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

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 in the tradition of mantra practice there is a discipline called purascharana which means a complete cycle of mantra repetition it is considered one of the most powerful ways to awaken

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

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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