

## Mantra Sahita

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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

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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