



OM Chanting and Meditation

By Amit Ray

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This book provides some powerful Om chanting and meditation techniques to bring balance health and harmony in life. In Eastern religions, Om (AUM) is considered as the most sacred mantra. Om is the mantra of integration; integration of individual with the Whole. Om is the mantra of harmony and celebration. Om is the mantra to access the Supreme Divinity residing within us. In this book Amit Ray describes several Om chanting and Om meditation methods in detail in a lucid and plain English. Om chanting and meditations have healing effects on the body and the mind. This book is a step-by-step guide to practise meditations with the Om. As you practise, a long-lasting sense of well-being manifests in your life. You will notice a sense of joyfulness entering your life along with an ability to appreciate the many gifts that surround you. This book will help both the beginners as well as the advanced practitioners.

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Editorial Review

Review

This is a wonderful and very helpful book on Meditation. I liked this book. It is easy to read and easy to practice. This is the kind of meditation book that you need to read again and again from time to time. Anyone can be peaceful and happy for an instant, staying mindful on the eternal sound of AUM. As you meditate on om your consciousness will automatically go to much higher level, instantly. Highly recommended for daily meditation. .. --goodreads.com

About the Author

Amit Ray is an enlightened spiritual master in the Himalayan Yoga and Vipassana tradition. He began sharing his experiences after a series of transformative spiritual awakening. In his Himalayan Center at Uttarkashi, he lives a life dedicated to meditation and yoga. He is author of several books on meditation and other spiritual topics. He learnt yoga and meditation from the masters of the ancient Himalayan and Buddhist traditions. Amit Ray, in his early years was a scientist. After doing his PhD in artificial intelligence and computational neuroscience, he was working as a scientist conducting his research in the area of intelligence and the nature of consciousness. He worked in India, USA and UK for about 15 years. With a spiritual bent of mind from his very childhood, he undertook intense practices in meditation from when he was a child. In his later years, many mystical experiences prompted him to dedicate his life for the search of truth.

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