

OM MEDITATION

By R. P. Grandhe

I am very happy that I am doing OM meditation daily. I have my own method of doing it. I am writing about it because someone may benefit from this article.

1. I have a bath in the evening and then sit in my chair erect in front of my computer and the monitor.
2. I log on to YouTube and load [Om Chanting 108 Times - Music for Yoga & Meditation | Om Meditation | Yoga Music | Meditation Music](#). Om Chanting 108 Times - Music for Yoga & Meditation | Om Meditation | Yoga Music | Meditation Music. By [Nova Spiritual India](#). It has 7.2 million subscribers.
3. I also have a japa mala with 108 beads in my right hand ready.
4. I chant along with the Om meditation music.
5. I keep my eyes lightly closed and focus on the third eye.
6. During the exhalation period, I relax my whole body.

Lord Krishna talks about OM in the Bhagavad Gita.

In Chapter 8, Verse 13, He states:

"Chanting the single syllable 'Om,' which represents the eternal Brahman, and constantly remembering Me, those who depart, relinquishing the body, attain the supreme goal."

This verse highlights the sacred nature of OM, describing it as the sound manifestation of the Supreme Reality. Krishna emphasizes that chanting OM while remembering him leads to the highest spiritual destination.

Chapter 9, Verse 17: Krishna says,

"I am the father of this universe, the mother, the sustainer, and the grandfather. I am the object of knowledge, the purifier, and the syllable OM. I am also the Rig, Sama, and Yajur Vedas."

This verse highlights OM as a divine representation of Krishna himself.

Chapter 17, Verse 23: "Om Tat Sat", the threefold designation of the Absolute Truth, is described as being used in Vedic rituals and spiritual practices.

Chapter 7, Verse 8: Krishna states,

"I am the taste in water, the light in the sun and the moon, the syllable OM in the Vedas, the sound in ether, and the ability in man."

This verse highlights OM as an essential cosmic vibration.

Chapter 10, Verse 25: Krishna declares,

"Among words, I am the single syllable OM."

This reinforces OM as the most sacred sound, embodying divine presence.

These verses emphasize OM as a divine sound that represents Krishna himself and the ultimate reality.

WHAT ARE THE OTHER BENEFITS:

I am a physician and there are numerous positive effects on the mind and body.

Research suggests that chanting can stimulate brain activity, enhance neuroplasticity, and strengthen neural connections. Here's how:

- Activates the Vagus Nerve – Chanting creates vibrations that stimulate the vagus nerve, which helps regulate stress and relaxation.
- Enhances Neuroplasticity – The rhythmic repetition of sounds can rewire neural pathways, improving cognitive function and emotional resilience.
- Influences Brain Waves – Chanting shifts brain activity from beta waves (stress and alertness) to alpha waves (relaxation and focus), similar to meditation.
- Boosts Neurochemical Release – It can increase the production of oxytocin (the bonding hormone) and reduce cortisol (the stress hormone).

Chanting can improve lung function in several ways:

- Enhances Breath Control – Chanting involves deep, rhythmic breathing, which strengthens the diaphragm and improves lung capacity.
- Regulates Breathing Patterns – The slow, controlled exhalation during chanting helps train the lungs to function more efficiently.
- Reduces Stress – Chanting activates the parasympathetic nervous system, reducing stress and promoting relaxation, which can benefit respiratory health.
- Improves Oxygen Intake – The deep breathing associated with chanting increases oxygen exchange, supporting overall lung function.

Chanting can have positive effects on the cardiovascular system by influencing heart rate, blood pressure, and overall circulation. Here's how:

- Regulates Heart Rate – The rhythmic breathing during chanting can help synchronize heart rate variability, promoting a calmer and more stable heartbeat.
- Lowers Blood Pressure – Chanting slows breathing, which can reduce hypertension and improve oxygenation.

- Enhances Circulation – Deep breathing during chanting boosts blood flow, ensuring better oxygen delivery to tissues.
- Meditation has been found to have positive effects on cancer patients and survivors. Studies suggest that meditation can help reduce stress, anxiety, and depression, while also improving pain management, sleep quality, and energy levels.
- One fascinating study found that meditation and yoga may alter cellular activity in cancer survivors. Specifically, researchers observed that meditation helped maintain telomere length, which is associated with cellular aging and disease resistance.
- Additionally, meditation is considered a complementary therapy that can be used alongside conventional cancer treatments to improve emotional resilience and overall well-being.

Pranams. Om Tat Sat. Hare Krishna!