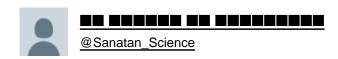
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#■ #AUM

Benefits of chanting #■

Vibrations produced by chanting AUM penetrate each atom, molecule, tissue, cell of all your body organs thereby resulting in a complete natural message on your body. It also clears impurities in the Nadis (nerves).

Prolonging the exhalation and inhalation process reduces the rate of respiration. You can practice this technique by prolonging M of AUM. Prolonging M on chanting AUM will reduce the rate of respiration and will cause deep and slow breathing.

Prolonging the O in OM acts as a painkiller and prolongs M as a tranquilizer.

A relaxed mind decreases the blood pressure decreases and improves the health of your heart. This is because of the Stimulation of hormones from pituitary glands that reduce high blood pressure.

Please visit to read this wonderfully explained article. https://t.co/MLZmbLbDZm