



# Om Chanting and Meditation

*Amit Ray*

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## **Om Chanting and Meditation** Amit Ray

The 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.

## **Om Chanting and Meditation Details**

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# **From Reader Review Om Chanting and Meditation for online ebook**

## **Steve Brown says**

This book was recommended by a dear friend since I was eager to learn more about the topic and develop my meditation practice. I just finished this book and I read it over the course of eight days. The book is absolutely beautiful and stimulating. The book is small but one of the most powerful book on meditation. I enjoyed it and loved it. The book has so many deep insights crammed into each page, the review could be as long as the book itself.

The book introduce Om in a gradual way with the deep understandings. It helps to develop greater awareness about the cosmic unity consciousness with love and compassion. The Om mediation practices are excellent.

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## **Annie Hill says**

In this book, Amit Ray teaches us the importance of sound in meditation. I passed this book to dozens of my music students. This book is really great. The simple use of the Om sound without much of philosophy is very easy to practice in our Western society. Law of attraction mixed with letting go, present moment awareness are inbuilt in AUM meditation. Especially when I am stuck or upset Om chanting works like a medicine

The important aspect of the book is that it is not related to any specific spiritual path. I think this could be one of those life changing or at least very pivotal books to read. It's very simply set out and easy to comprehend.

The true meaning of life lies in our inner being. I love music. When I feel the inner sound of Om, my whole body thrills. I don't know why. This is the book helps me to experience that mysterious wonderful sensations and feelings.

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## **Varsha Lal says**

Almost from my childhood I am accustomed to Om. Earlier, it hardly penetrated my consciousness. I listened to it on every occasion, but unnoticed. Normally, at the beginning of any mantra Om is added. I was thinking I know everything about Om. But after reading this book slowly my understanding changed. Last few months I am doing Om meditation and now I realize it's depth. Om increased the levels of my awareness and with higher level of awareness I get more clarity of mind and now, I can make wiser choices in life. I love Om meditation because it is easy and it is free from any Guru or Organization. There is no complicated process, I just need to sit down and peacefully chant few Oms according to my pace. There is no hurry in it. I have a choice to do other Om meditations according to my liking. Earlier, I was too serious and stressed on everything. Now I can focus more on every aspect of life with peace and tranquility. Now life is a pure joy of helping self and helping others. Now I understand other dimensions of life. Now I know every set back is a seed for another grand opportunity. Sometimes I focus on the Godliness aspect of Om and I cultivate love. I expand my heart. Om has given me the power to accommodate and accept others. Moreover, I feel the protection and healing power of Om. Now, I am free from fears and confusions and my consciousness is free

from clouds. The most wonderful part of this book is its simplicity. Many thanks to Dr. Ray for this wonderful gift of love.

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### **Van Derveen says**

The healing power of Om mantra is well known for centuries but the development of subtle feeling for Om and the exact method of chanting is very important. This is a very good book for that. It is a good manual for Om mantra Chanting and AUM meditation.

It is generally set up to provide specific daily practices and meditations. I enjoyed the chapters on the basic Om Chanting and practicing meditations. I think anyone could find useful if they're interested in mantra chanting.

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### **Sangita Takhur says**

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.

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### **Christy says**

I have read many books on Meditation and Buddhism by different authors. Here, Dr. Ray has written about Om meditation so eloquently and simplistically! From the first few pages I knew that he would become one of my favorite authors because he doesn't try to fill my head with nonsense, but instead encourages us by introducing new ways of thinking and being more open minded. I am very happy to discovered this book.

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### **Angela Powell says**

I am so pleased to have found this book. The spirit of the book is extraordinary. I feel, this book is a great gift of God to me. I believe that Dr. Ray has the unique talent for offering teaching which is simple yet profound, supremely practical and yet deeply spiritual.

The eternal flame of Self is located in our spiritual heart. Om meditation and remembering is the path to reach that eternal flame. The experience of the divine self is so powerful that the experiencer feel one with the absolute. When the experience is authentic all the spiritual questions are answered and great truths are revealed.

The subtle energy of the book overwhelmed me. This book is a great expression of God's love to me.

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## **Niki says**

This book is not in a genre that I often read. Generally, when I read out of my genre it is an uncomfortable experience. But this book is different. It's difficult from a western point of view to really appreciate an eastern point of view. But I've applied one or two meditation practices to my life and they've worked beautifully.

Conceptually, Om is very simple, but in reality it is the subtlest thing of the Universe. Intellect alone can never understand it. But through deep meditation one can realize its realm. For anyone considering either practicing OM or gaining a deeper understanding of the philosophy of Om, I would recommend this Book. There's a lot of emphasis put on practice and especially on meditation practice. Regardless of your religion, beliefs, etc. you can gain a great insight of your inner world and Om.

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## **Steven Robison says**

This is an amazing book. I am from different culture, different traditions and different background. I have nothing to do with mantra chanting or mantra meditation. I do not know exactly why I purchased the book. But now I realized rather the book has selected me. After reading few chapters I left the book as it is. One fine morning, it was around 4:30 AM two lines of the book started deeply reverberating in my mind. I was in a half sleep and half awakening state. Suddenly, I started feeling deep bliss consciousness in my spinal column. I realized the clear light of bliss consciousness, without effort. No doubt the book is packed with powerful spiritual energy.

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## **Kevin says**

I picked up this book last month, because I was looking for the deeper meaning of the word Om. The book is very straight forward. I'm a slow a reader. I'm in the middle of reading this. For me, this is a milestone book. Probably this is the best book on mantra meditation out there. I learned the relaxing OM meditation tactics from this book. From the book I learnt that the words "OM" and "Amen" are related. Amit Ray's simplistic words guide the reader to the realization of our deep connection with the cosmic source in every moment of our lives. The book inspired me to meditate regularly and for longer periods of time.

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## **Steven Robison says**

This is an amazing book. I am from different culture, different traditions and different background. I have nothing to do with mantra chanting or mantra meditation. I do not know exactly why I purchased the book. But now I realized rather the book has selected me. After reading few chapters I left the book as it is. One fine morning, it was around 4:30 AM two lines of the book started deeply reverberating in my mind. I was in a half sleep and half awakening state. Suddenly, I started feeling deep bliss consciousness in my spinal column. I realized the clear light of bliss consciousness, without effort. The book is packed with powerful spiritual energy.

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**Radhika Mehra says**

Every atom of my body is rejuvenated by Om chanting. My body is part of my incarnation. This book taught me to respect every atom of my body and the soul. Om meditation feed every corner of my life. Earlier there was no light. I was moving almost unconscious. Now, I understand my feelings and my passions because they whispers to me through my feelings. There is no more storm. Life is pure celebration. Om chanting enhanced my inner strength substantially. Thanks and my pranam to the great master Sri Amit Ray.

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**Dorothy Coleman says**

Sometimes to go deeper we must silence the negative thoughts of our minds...this book showed me the way... The Om meditation techniques are very simple. This book has given me tools of Om to control my own thoughts and thought process, to put my energy to use for Good, and to make my passions work for me, instead of letting my thoughts, feelings, and FEAR get in the way of achieving my goals. I like Om meditation.

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**Janifer says**

This book contains some of the powerful wisdom. I am profoundly touched and influenced by the messages of the book.

This is a universe of vibration. The teachings of Om, essentially, are focused on helping us to return, in all respects, to the Source from which all things are originated.

Om chanting or Om meditation is not a mechanical chanting of the word Om. It is more about feeling. This book is about that. It is much more subtle. I urge you to simply carry this book with you for a few weeks. Allow the energy that it contains to permeate through any resistance that your body/mind might offer, and let it resonate with that inner place that is formless and boundary less. This is what is we often called as soul.

I encourage you to read the book and apply them gradually in life.

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**Prakash says**

Einstein said "The intuitive mind is a sacred gift and the rational mind is a faithful servant. We have created a society that honors the servant and has forgotten the gift." Om meditation is the best way to penetrate the logical mind and cultivate the intuitive mind. This book provides the foods and fuels to ignite the intuitive mind.

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