

# “Om Chanting”: It just works!

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## Abstract

Everyone knows the word “OM”. Our body reacts for it. But up to what extent we listened to our body reactions on chanting of mantras. As a example, when we visits in temples, we always heard some mantras chanting. In that environment, we always feel positive and relax just like a placebo effect. But upto what extent we know the power of word “OM”. We have referred related papers and Bhagvat Puran (some extend) to explore the concept of OM. In this paper, we have tried OM chanting and analyse the result. Our motto will definitely give you the path towards reducing your stress, remaining calm, and increasing your body's inner strength.

## 1. INTRODUCTION

In this modern lifestyles people ignores their health and just run for money. Om is the sound of universe. It is not connected or dependent on any religion. We should also know why we should chant om and how to chant om to help you improve your inner strength. Do you remember the first thing you have done when you were born? The first thing you breath in. The last thing you will be do when you die is breath out. But in this lifestyle we have forgot the two main things on which we are living. To be always aware about Breath in and breathe out is essential. Sometimes a person have more knowledge but he/she not aware about how to share or express that knowledge. Just like IQ, EQ is also very important. Every human being has a different scale of speaking. And how om sound effect on your normal voice will be seen in this paper.

Today in the world one misconception is around everyone that om is a religious mantra. But this is totally wrong. Actually it is the creation of universe. The sound of om plays important role on your nervous system. OM is also called as AUM. The three characters in AUM represents Bramha, Vishnu and Mahesh. When you sound Aaaaa part of AUM you feel the vibration at your stomach. When you sound uuuuuu part of AUM you feel vibration at your chest. And when you sound mmmmmm part of AUM you feel the vibration at head or mind.

There are two types of mind:

- Conscious Mind and
- Subconscious Mind

For every activity of the conscious mind the responsible was subconscious mind. As we know we attract our nature. Nature hears you. So whatever happens with you, only you are responsible for that. If you think positively, positive will

happen to you. And it's more difficult for everyone to think always positive. To think always positive, “OM meditation” is the best medicine. As we know our whole universe is connected to OM, make observe things like lord ganesha's picture is created with shape om. Human ears are

giving shape om. Om has long-term benefits on health, mind and soul. Om meditation also plays an important role in controlling emotions.

There are two types of brain:

1. Left brain and
2. Right Brain

For every emotional activity, right brain is responsible. There are many emotions like Anger, Fear, Disgust, and Sad.

The Fig. 1 defines different types of emotions which are

## 3. RELATED WORK [1-3]

Ajay anil Gurjar and Siddharth A. Ladhake Conducted a study on Analysis and Dissection of sanskrit Divine sound “OM” using Digital signal processing to study the science behind “ OM” Chanting.[1] In his paper he studied that om is not related to any particular religion. Om chanting is the only way to control our distraction of mind. They

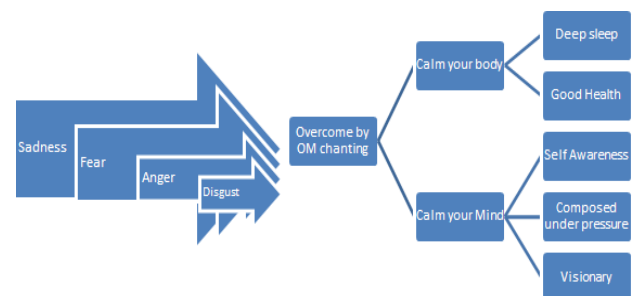


Fig 1: Emotions control by OM Chanting

recorded the sound of om, measured the frequency and analyzed the result. For analyzing the result and convert the sound into frequency signals they have used matlab. It gives seven chakras of the human body and its frequency. When you chant om all seven energy centres in human body and you will feel refreshed. It shows the results of tree decomposition of OM Mantra upto 5th level.

Ajay anil Gurjar and Siddharth A. Ladhake represent the paper on Time-Frequency Analysis of Chanting Sanskrit Divine Sound “OM” Mantra.[2] In this research he concluded that om is universally recognized mantra. When you are feeling depressed chanting om make you feel calm and relax. One who chant om is always confident in speaking and having a sweet voice. For the better results he suggested recording sound om in a closed room without any noise. They analyzed the speech signal of normal person and conclude that for an average person om chant provides calm and peace to the stressed mind, increased concentration and reduces mental stress.

Ajay anil Gurjar and Siddharth A. Ladhake conducted the study on Analysis Of Acoustic of “OM” Chant To Study Its Effect on Nervous System.[3] OM is occurring in every prayer. OM is referred as AUM. When you chanting AUM as aaaaa, uuuuu, and mmmmm the vibrations are feel in your body. Sound continues to be in mind for longer time. It uses the technique segmentation for OM samples. It gives the result of OM chanting in male voice and its frequency-modulated waveform. you are chanting OM mantra results in stabilization of the brain, removing worldly thoughts, and increasing energy. In this sense OM mantra is a brain stabilizer, by practicing it one can enter deeper and deeper into the own natural state, which is also an energy medicine for human being under stress.

#### 4. PROPOSED WORK

##### 4.1. How to Chant OM?

OM introduced three sounds, *Aaaaa*, *Uuuuu*, and *Mmmmm*.

First sit comfortably in padmaasan, ardhapadmaasan or sukhaasan with eyes closed. Take a deep Breath and start first *Aaaaa* is chanted with the mouth wide open. Don't focus on frequency and vocal of sound. In your normal voice you have to just open mouth wide and it comes naturally.

*Uuuuu* is chanted by forming a circle with your mouth. Again, don't try to make a specific sound, just form the circle with your mouth and the sound happens naturally.

*Mmmmm* is automatically created when you close your mouth and just making a sound with your mouth closed. You will feel vibrations of 3 sounds. Don't forced it you'll naturally feel it.

It produces one sound which connects you from the universe.

Sounding a OM in your normal voice is always gives you fast result than low or high from your voice. When you sound om in your normal voice and in your regular practice, your body and mind feel very stress-free and are ready to concentrate on your next work. When we chanting om we do not have to think when and how it works. It Just Works (Flow chart is shown in Fig 2).

##### 4.2. Observation

As shown in Table 1 and Table 2, When normal person has many thoughts in mind chanting an OM in a low voice than their normal voice, they have to repeat the procedure 8 to 10 times for good concentration and a deep sleep. After completing mmmmm part of OM the some silent sound is there which feels you vibration around you. In this stage at

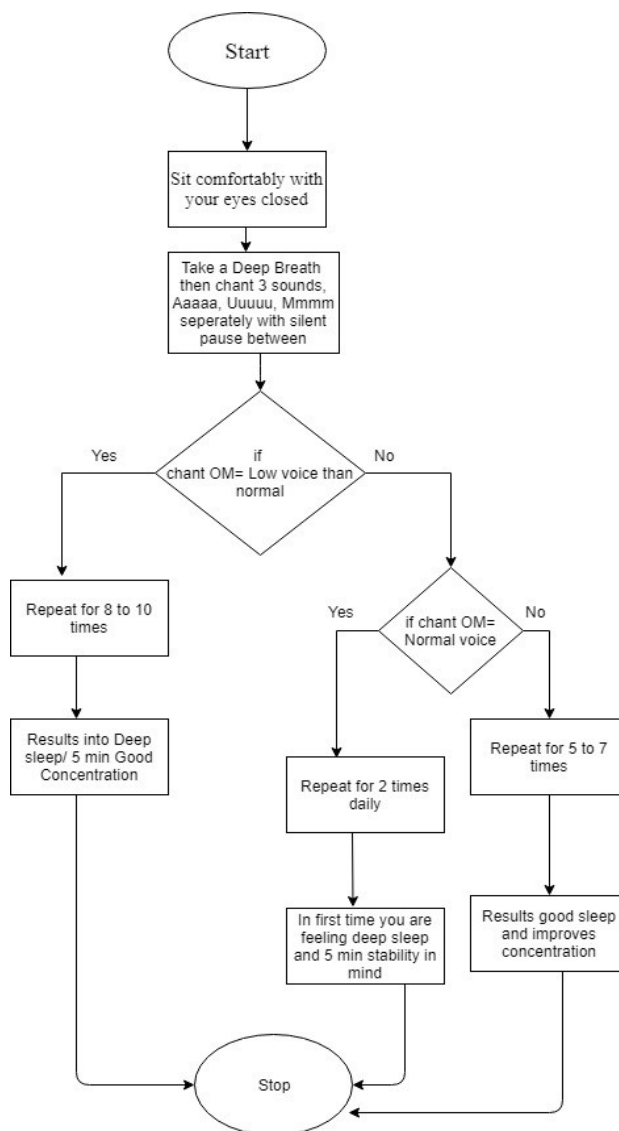


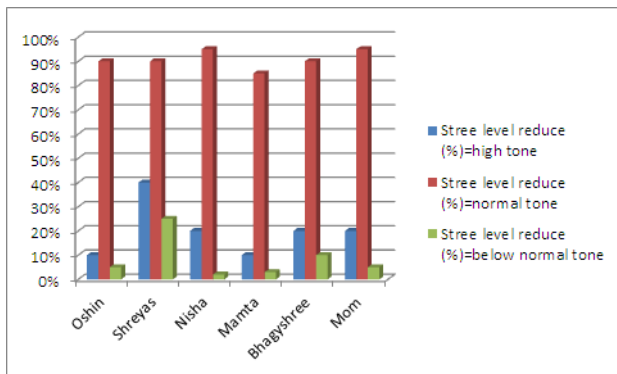
Fig 2: Proposed system flowchart

**Table 1:** Analysis of samples

Age	Name	Deep Sleep = Normal > Upper tone (No. of times repeated)	Deep Sleep = Normal tone (No. of times repeated)	Deep Sleep = Normal < lower tone (No. of times repeated)
25	Oshin	5	1	7
15	Shreyas	7	2	7
37	Nisha	2	1	5
32	Mamta	6	1	6
27	Bhagya shree	5	1	6
67	Mom	5	1	4

**Table 2:** Stress level Analysis of samples

Age	Name	Stress level reduce (%)=high tone	Stress level reduce (%)=normal tone	Stress level reduce (%)=below normal tone
25	Oshin	10%	90%	5%
15	Shreyas	40%	90%	25%
37	Nisha	20%	95%	2%
32	Mamta	10%	85%	3%
27	Bhagya shree	20%	90%	10%
67	Mom	20%	95%	5%



**Fig 3:** Graph Analysis

the first time there are too many thoughts in your mind you are just concentrating on your voice, on frequency etc. In the second to fourth time, you feel like involving but still the processes of thoughts are going on. In 5th to 7th you are feeling now sleeping. And in the 8th to 10th you are in a relaxed mood, just want to be in self for 5 to 10 minutes.

Chanting an OM in normal voice always gives you best results. When you chant OM in your normal voice it is observed that within 2 to 3 times repeating you will feel

relax and would sleep like baby. Chanting OM in normal voice will not distract you from other things. If you chant

OM in morning it will give you best result as well as whole day you will feel energetic. To have a good health breath in and breathe out process is needful.

When you chant OM in higher voice than you normal voice it is observed that you may not able to concentrate easily. It requires 5 to 6 times repeat procedure of chanting after that you will feel relax and can able to concentrate and you would be deep sleep.

### 4.3. Why Should we chant OM?

When the question comes in our mind that why do we chant OM? The answer is very simple when the sound Om is chanted, it vibrates at the frequency of 432 Hz, which is the same vibration frequency found throughout everything in nature. Chanting OM is connecting to you to this nature and whole universe. It again proves that what you will give to nature it returns back to you. During research, it is concluded that OM reduces hypertension, resolves skin problems, and improves health.

## 5. CONCLUSION

In this modern lifestyle, many people are not aware about meditation and how it works. In this paper we conclude that our mind has a habitual of our own voice of respective people’s normal tone of speaking. If we use the same tone for Om chanting, it would help concentrate our mind very soon and reduce stress. After so much of work and stress what everyone wants is only deep sleep. OM Chanting helps to reduce your stress and keep your mind calm.

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