

Om Chanting

In this practice, I'll introduce the concept of chanting a mantra, and the most basic mantra is "Om" or "Aum." I'll teach you how to chant, that chanting is focused on vibration as opposed to sound, and a bit about "aum" or "om."

References and further reading

- Gao, J., Leung, H. K., Wu, B. W. Y., Skouras, S., & Sik, H. H. (2019). The neurophysiological correlates of religious chanting. *Scientific reports*, 9(1), 1-9.