



Dr. K's Guide to Mental Health

Practice | Om Chanting | Notes

Thousands of years ago, mystics in ancient India realized there are particular sounds or vibrations that seem to be common in the universe. For example, if you listen to the sound of your breath, and the sound of the ocean, what you'll discover is that the phonetics of the two are the same. In this way, they listened very carefully and discovered basic oscillations or rhythms within all observable phenomenon. Another example of this is that "u" is at the end of any consonant or vowel that is produced by the human mouth, and at the root of all of these sounds, is the fundamental oscillation of Om.

"Om" chanting is composed of three syllables of "A - U - M" followed by silence as we go from a completely open mouth to a completely closed mouth. Chanting is about vibration, not sound. Focus on what you feel in your body, not what you hear in your ears.

Practice Instructions:

- Start by sitting up straight
- Take a deep breath in
- Chant the 3 syllables of OM using 1/3 of your breath on each syllable
 - Start with the first syllable "A" (aah)
 - Then transition to "U" (ooo)
 - And end with "M" (mmh)
 - Remember that chanting is about the creation of vibration, so adjust your pitch and volume to maximize the production of sound
- The final phase of chanting is silence
 - After your breath, be silent for a few seconds before starting the next round

Start with 3 breaths, then work your way up to 9 breaths for a good core practice.

- As you complete the meditation, sit in the silence post-practice
 - Feel the residual sensations, energy, or peace left through chanting
 - Sitting in the silence can be done for up to 5 minutes (experienced meditators will do this for an hour or integrate a second practice afterward)

Chanting can be continued for a set number of time (generally up to 20 minutes), or 1 round of a mala (prayer beads), which is 108 rounds.