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Aum is the universal mantra, the mantra from which all other mantras emanate. This is why it is called the pranava mantra which means 'the primal sound'. The sounds within the mantra " AUM " have appeared time and again in most of the world's faiths: Amen in Christianity, Amin in Islam and Amon in Ancient Egypt.

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Cultivating a sonic presence can be liberating in a way, as you experience the numinous nature of the sound. It is said that each chakra has a particular vibration and certain mantras can resonate and harmonize that energy. "A mantra is a much more complex concept than a mere chant," adds Risha Lee, curator of Exhibitions at the Rubin Museum of Art in New York City.

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According to the yogic and metaphysical science, Mantras are primal sounds that alter the patterns of the mind and brain chemistry. Patanjali Sutra 1.2: yogash chitta-vritti-nirodhah "Yoga is the cessation of the fluctuations, or whirlings, of the mind." The ancient sages describe Mantra as a seed, which when ripe flowers the Divine within you.

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