



Mantra Meditation



Mantra meditation is also known as NADA YOGA. The yoga of Sound, where the mantra vibration generates, the practitioner to the higher consciousness.

The mantras are vibrations that contains all the possibilities of creation. There are some mantras which are only one letter and called Beeja Mantras. Which means SEEDS, these mantras have the potential of creating the effect of that beeja.

Mantras Meditation is one of the simple and yet powerful.

Benefits of mantra meditation :

1. Reduces Anxiety and Depression
2. It is Soothing
3. Boosts Immunity
4. It is Easy
5. Opens Intuition
6. Increases Radiance