What Are These Powerful Healing Mantras?

Mantra means "tuning in." It is like changing channels on the radio of your mind. By vibrating a particular combination of sounds, you tune in to various levels of consciousness.

Consciously or unconsciously you are choosing the programs that play on the screen of your mind by the thoughts you think (vibrate) and the words you speak.

An example of this is the mantra "ONG NAMO GURU DEV NAMO." This is one of a few Kundalini yoga chants (vibrations). It assures the purest inner guidance for the practice.

