

ONE — Mantram

Through sound we become able to walk along a bridge from the outer world to the inner world, from chaos and stress to harmony and a profound sense of wellness. Usually these beautiful sounding, rhythmical words and phrases which have profound meaning are called *mantras*. The main science of mantra comes from yoga and from the East. However, we now live in a small world and people of every country and most every spiritual path practice forms of mantra.

A Harvard study found that saying the word *ONE* had the powerful effect of reducing high blood pressure and freeing the people in the experiment from many of the effects of stress. So, the word *one* is a fine beginning experience. It's certainly a profound word and a musical, harmonious word.

How to Practice

Simply chant the word *one* once you have gotten into your meditation posture. You inhale, you chant the word *one* in a nice, long tone. Then you inhale again and chant the word *one* again in the same note in a nice, long tone. If you would like to raise the pitch at the end of the word, feel free to raise it a bit. It helps some people to chant with two notes.

Benefits

It's likely that a general mantra will help you transcend the turbulence within you to move into awareness of your Buddhi and your place of insight and on occasion also to experience the wonder of your inner self.