

The Science of Upanishads - Part 22:

The Power of Chanting Mantras: Its Significance and Benefits

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Vedas and Upanishads are loaded with a wide variety of Mantras, which are embedded into the daily lives of Hindus all over the world for thousands of years. These include, but are not limited to, such simple chanting as “Om”, “Gayatri Manta”, “Maha Mrityunjay Japa” or “Shanti Mantras”. But what are Mantras, why do they exist and are there any physical, mental or spiritual benefits from them? A number of Upanishads such as Taittiriya, Mandukya, Kena, and Kali-Santarana Upanishads point out either directly or indirectly the power, significance and benefits of chanting Mantras.

“Mantra” is a Sanskrit word, composed of two words, Man and Tra, which literally means “Mind” and “Liberation”, or “Liberation of Mind”. In other words, chanting of Mantras delivers one from the relentless habit of sense gratification. Chanting delivers us from the excessive preoccupation with our bodies and with material concerns. Mantras are divine sounds that produce an actual physical vibration that is completely in tune with the energy and spiritual state, represented by and contained within the mantra. Sounds are electromagnetic vibrations. The more refined our thoughts, the more elevated our vibration; the more elevated our vibration, the closer we get to the highest vibration of all—our own divine nature. The entire universe was built on sound, which is nothing but vibration. By vibrating a certain combination of sounds, we are able to tune into various levels of intelligence or consciousness. Thus, chanting mantras is a conscious method of controlling our moods, and in turn,

our frequency and resultant all-around radiance, much like changing the channel on the television.

The spiritual sound of mantra soothes the restless mind. It relieves us from the sights and sounds and stimulation of the material world and delivers us into a spiritual space, where the sound is God. The material needs are reduced to nothing but mind chatter. Chanting into the all-engulfing wave of vibrations arouses our experience of ourselves as spiritual beings. It opens our perception of ourselves as undifferentiated from God. It awakens the divine light and love within us.

[*Please Read Here for More On The Power of Chanting Mantras*](#)