



- Vibrational Healing -

≡ MENU



Armoni...Om

by Meritxell Cardaba

It's not by chance that the word OM is integrated into Armoniom, both in the word itself and in the therapeutic sessions of Pascale Pech.

The OM chanting is habitual at the end (or beginning) of yoga classes to predispose body and mind, promote harmony and integration among the participants and honor the past yogis; But for those who don't know OM we'll explain what it's and why it's so important for health. Both in solitude and accompanied, OM is a physical and mental preparation for praying, meditation, concentration, relaxation ... or just for a moment in tune with All.

OM is one of the most sacred mantras of the dharmic religions, born in India): Hinduism, Buddhism, Jainism, Brahmanism, Sikhism, Ayyavazhi and Taoism; And it's considered the essential vibration from which the Cosmos is structured. For Hinduism and Buddhism, perhaps the two most widely known and extended religions outside of India, the sacred syllable OM emulates the sound of the Universe because it represents the combination of the One with the Whole, the Unity with the Supreme, the combination of Physical and Spiritual.

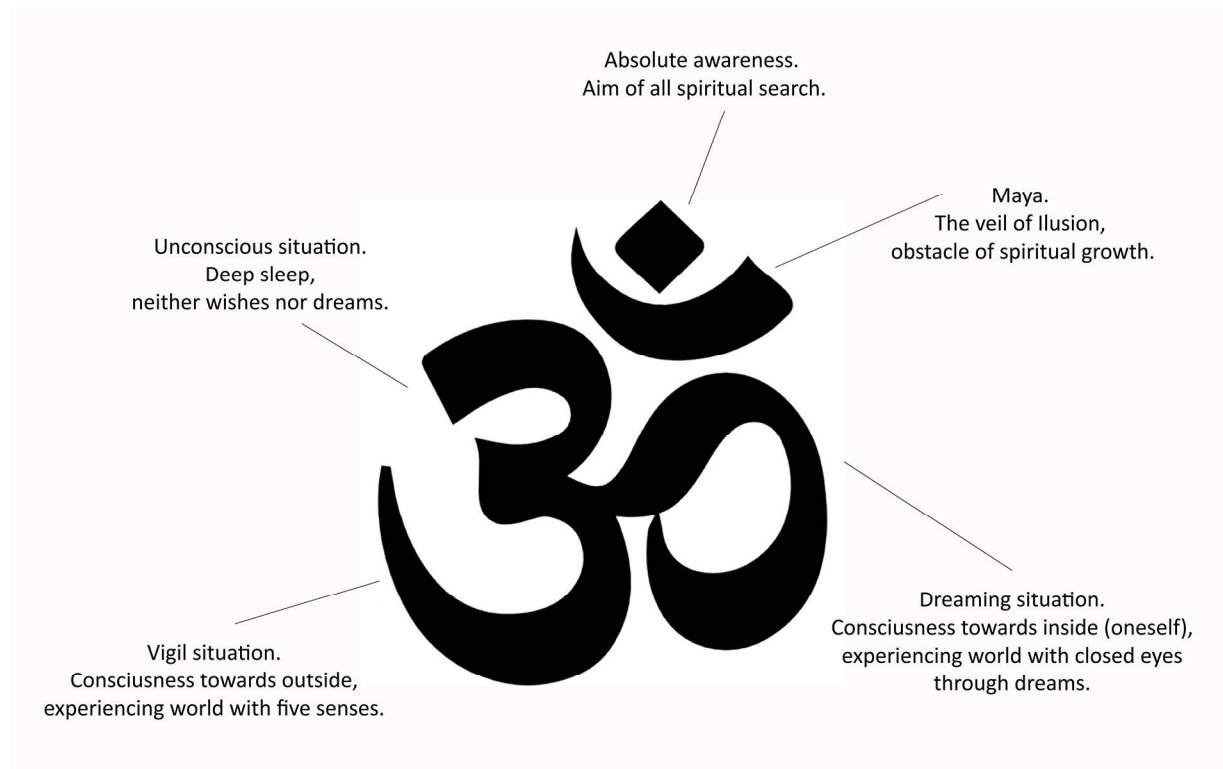
Likewise, chanting OM gives rise to a vibrant, deep and continuous sound, which is considered "the original sound", the first sound of the Universe from which the remaining sounds in the cosmos emerge.

There are different explanations of OM sound and although there are divergent opinions, we like the one that divides OM sound into four elements:

- A first sound that would be an A.
- A second sound that would be an elongated U.
- A third element that would be a M pronounced in a maintained way with closed lips and making resonate the vibration.
- The fourth element would be the profound Silence of Infinity and the one that helps us to look inward, temporarily leaving the outer world away from us.

Symbolically, the three letters mean the divine energy (Shakti) and its 3 elemental aspects: creation (Brahma Shakti), preservation (Vishnu Shakti) and liberation (Shiva Shakti).

For these said reasons, OM is the most used mantra for praying and meditating, both in Eastern and Western cultures, where it's also known its sacred symbol that has its origin in written spelling of the ancient Sanskrit language. But do you know what each of the elements that make up the OM symbol really mean?



Now, within the consultation, in a safe environment in a therapeutic relationship, how does OM influence in the treatment of the patient? Certain studies have proved the OM's benefits, in human body:

- 1. Inhibition of the limbic system.** After studies with volunteers it was possible to verify how the song of the OM syllable inhibited certain areas of the brain corresponding to the limbic system: the system that regulates emotions, memory, hunger and sexual instincts. This fact is of great importance in offering an option to calm and harmonize the altered emotions.
- 2. Activation of the parasympathetic system.** The parasympathetic nervous system is responsible for the regulation of the internal organs of the human body, rest times, digestion and, in general, all those actions and activities that happen in the body during the sleep time, involuntary movements ... It was proved that OM has the ability to slow down the heart rate and therefore favor relaxation, by positively influencing the parasympathetic system.
- 3. Improvement of lung function.** In tests done, it was appreciated how, with the daily practice of OM singing, improved lung capacity. In fact, it has a simple explanation: by consciously and voluntarily prolonging the exhalation during the OM chant, the respiratory muscles stretch, which allows the entire respiratory system to function at full capacity optimizing its functions.
- 4. Help to uncover the sinuses or paranasal sinuses.** Other studies with volunteers suggested that the vibrations produced in the head when pronouncing OM in a low voice (with closed lips) help keep the sinuses open. It happens that the vibrations promote the circulation of air between the membranes of the sinuses and the nasal passages and this movement gets the opening of nose's holes increasing the oxygenation.

OM is present in the word ARMONIOM, because Om is present in the consultation of the therapist Pascale Pech as a valuable tool to offer patients who wish to make use of it.

Sources: Pascale Pech y 3heures48minutes.com (<http://3heures48minutes.com/om-effets/>)

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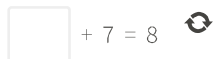
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