

*Anandam - The Bliss
Sound Vibration Energy*

OMm OMm OMm

OMm NamO OMm	OMm Shakti Namaha OMm	Existence
OMm NamO OMm OMm NamO OMm OMm NamO OMm	OMm Maha Shakti Namaha OMm OMm Adi Shakti Namaha OMm OMm Para Shakti Namaha OMm	Greatest Oldest Pervading
OMm NamO OMm OMm NamO OMm OMm NamO OMm	OMm Akash Shakti Namaha OMm OMm Kailash Shakti Namaha OMm OMm Bumi Shakti Namaha OMm	Universal Space Universe Earth
OMm NamO OMm OMm NamO OMm OMm NamO OMm	OMm Prema Shakti Namaha OMm OMm Satya Shakti Namaha OMm OMm Dharma Shakti Namaha OMm	Love Truth Righteousness
OMm NamO OMm OMm NamO OMm OMm NamO OMm	OMm Surya Shakti Namaha OMm OMm Chandra Shakti Namaha OMm OMm Matrabumi Shakti Namaha OMm	Sun Moon Birth Place
OMm NamO OMm OMm NamO OMm OMm NamO OMm OMm NamO OMm OMm NamO OMm OMm NamO OMm OMm NamO OMm	OMm Mata Shakti Namaha OMm OMm Pita Shakti Namaha OMm OMm Guru Shakti Namaha OMm OMm Deva Shakti Namaha OMm OMm Atma Shakti Namaha OMm OMm Paramatma Shakti Namaha OMm	Mother Father Divine Teacher Deity Soul Divine
OMm NamO OMm OMm NamO OMm OMm NamO OMm OMm NamO OMm OMm NamO OMm	OMm Agni Shakti Namaha OMm OMm Jal Shakti Namaha OMm OMm Prakriti Shakti Namaha OMm OMm Akash Shakti Namaha OMm OMm Vayu Shakti Namaha OMm	Fire Water Nature Space Air/ Wind
OMm NamO OMm OMm NamO OMm OMm NamO OMm OMm NamO OMm OMm NamO OMm	OMm Shabd Shakti Namaha OMm OMm Sprash Shakti Namaha OMm OMm Roop Shakti Namaha OMm OMm Ras Shakti Namaha OMm OMm Granam Shakti Namaha OMm	Sound Touch Sight Taste Smell
OMm NamO OMm	OMm Buddhi Shakti Namaha OMm	Mind
OMm NamO OMm	OMm Shanti Shakti Namaha OMm	Peace
OMm NamO OMm	OMm Maha Adi Para Shanti Shakti Namaha OMm	

OMm OMm OMm

Explanation of the Anandam- Bliss- Sound Vibration Energy:

‘OMm, OMm, OMm’.

First ‘OMm’, clears the negative forces in the Physical Body.

Second ‘OMm’, clears the Mind.

Third ‘OMm’, clears the negative forces that surrounds the Physical Body.

‘OMm Shakti’ is the Divine First Sound; and that Divine Energy Light is Vibrational Energy.

‘Namo OMm’ means ‘I pay homage’.

‘Namaha’ means ‘I submit myself and surrender myself’.

‘OMm’ I pay homage to you ‘OMm’, you are ‘OMm Shakti’, the Divine First Sound of Creation and its Divine Energy Light, its Vibrational Energy, I submit myself and surrender myself to you ‘OMm’.

‘OMm’, I pay homage to you ‘OMm’, you are ‘Maha Shakti’, the Greatest All Powerful Energy, I submit myself and surrender to you ‘OMm’.

‘OMm’, I pay homage to you ‘OMm’, you are ‘Adi Shakti’, the Oldest Ancient Energy, I submit myself and surrender to you ‘OMm’.

‘OMm’, I pay homage to you ‘OMm’, you are ‘Para Shakti’, the All-Pervading Energy, I submit myself and surrender to you ‘OMm’.

‘OMm’, I pay homage to you ‘OMm’, you are ‘Akash Shakti’, the Universal Space Energy, I submit myself and surrender to you ‘OMm’.

‘OMm’, I pay homage to you ‘OMm’, you are ‘Kailash Shakti’, the ‘Energy of Kailash’ (which is a representation of the Universe), I submit myself and surrender to you ‘OMm’.

‘OMm’, I pay homage to you ‘OMm’, you are ‘Bumi Shakti’, the Energy of Planet Earth, I submit myself and surrender to you ‘OMm’.

‘OMm’, I pay homage to you ‘OMm’, you are ‘Prema Shakti’ , the ‘Energy of Love’, I submit myself and surrender to you ‘OMm’.

‘OMm’, I pay homage to you ‘OMm’, you are ‘Satya Shakti’, the ‘Energy of Truth’, I submit myself and surrender to you ‘OMm’.

‘OMm’, I pay homage to you ‘OMm’, you are Dharma Shakti, the ‘Energy of Righteousness’, I submit myself and surrender to you ‘OMm’.

‘OMm’, I pay homage to you ‘OMm’, you are ‘Surya Shakti’, the ‘Energy of the Sun’, I submit myself and surrender to ‘OMm’.

‘OMm’, I pay homage to you ‘OMm’, you are ‘Chandra Shakti’, the ‘Energy of the Moon’, I submit myself and surrender to you ‘OMm’.

‘OMm’, I pay homage to you ‘OMm’, you are ‘Matrabumi Shakti’, the ‘Energy of the Divine Mother Earth’, I submit myself and surrender to you ‘OMm’.

‘OMm’, I pay homage to you ‘OMm’, you are ‘Mata Shakti’, the ‘Energy of the Mother’, I submit myself and surrender to you ‘OMm’.

‘OMm’, I pay homage to you ‘OMm’, you are ‘Pita Shakti’, the ‘Energy of the Father’, I submit myself and surrender to you ‘OMm’.

‘OMm’, I pay homage to you ‘OMm’, you are ‘Guru Shakti’, the ‘Energy of the Guru’ (Divine Teacher), I submit myself and surrender to you ‘OMm’.

‘OMm’, I pay homage to you ‘OMm’, you are ‘Deva Shakti’, the ‘Energy of the Deities’, I submit myself and surrender to you ‘OMm’.

‘OMm’, I pay homage to you ‘OMm’, you are ‘Atma Shakti’, the ‘Energy of the Atma’ (Soul), I submit myself and surrender to you ‘OMm’.

‘OMm’ I pay homage to you ‘OMm’, you are ‘Paramatma Shakti’, the ‘Energy of the Divine’, I submit myself and surrender myself to you ‘OMm’.

'OMm' I pay homage to you 'OMm', you are 'Agni Shakti', the 'Energy of the Fire', I submit myself and surrender to you 'OMm'.

'OMm' I pay homage to you 'OMm', you are 'Jal Shakti', the 'Energy of the Water', I submit myself and surrender to you 'OMm'.

'OMm' I pay homage to you 'OMm', you are 'Prakriti Shakti', the 'Energy of the Nature' (Earth), I submit myself and surrender to you 'OMm'.

'OMm', I pay homage to you 'OMm', you are 'Akash Shakti', the 'Energy of the Space', I submit myself and surrender to you 'OMm'.

'OMm' I pay homage to you 'OMm', you are 'Vayu Shakti', the 'Energy of the Air' (Wind), I submit myself and surrender to you 'OMm'.

'OMm', I pay homage to you 'OMm', you are 'Shabd Shakti', the 'Energy of the Sound', I submit myself and surrender to you 'OMm'.

'OMm' I pay homage to you 'OMm', you are 'Sprash Shakti', the 'Energy of the Touch', I submit myself and surrender to you 'OMm'.

'OMm' I pay homage to you 'OMm', you are 'Roop Shakti', the 'Energy of the Sight' (Form), I submit myself and surrender to you 'OMm'.

'OMm', I pay homage to you OMm, you are 'Ras Shakti', the 'Energy of the Taste', I submit myself and surrender to you 'OMm'.

'OMm' I pay homage to you 'OMm', you are 'Granam Shakti', the 'Energy of the Smell', I submit myself and surrender to you 'OMm'.

'OMm', I pay homage to you 'OMm', you are 'Buddhi Shakti', the 'Energy of the Mind', I submit myself and surrender to you 'OMm'.

'OMm', I pay homage to you 'OMm', you are 'Shanti Shakti', the 'Energy of a Peace', I submit myself and surrender to you 'OMm'.

'OMm', I pay homage to you 'OMm', you are 'Maha Adi Para Shanti Shakti', the 'Greatest, All-Pervading, Peaceful Energy', I submit myself and surrender to you 'OMm'.

The three (3) 'OMm' said at the end was so that the negative forces which were pushed away by the first three (3) 'OMm', do not return again.

Notes: