

OM

Meaning: "Om" is a sacred sound and spiritual symbol in Hinduism and Buddhism, often chanted during meditation to represent the essence of the universe.

1. In moments of meditation, many practitioners find peace by chanting "Om."
2. The sound of "Om" resonates deeply, symbolizing the essence of the universe.
3. During yoga sessions, participants often begin and end with the chanting of "Om."
4. She felt a sense of calm wash over her as she repeated the sacred syllable "Om."
5. In various spiritual traditions, "Om" is considered a powerful mantra for inner harmony.

Source: sentences.whatistheurl.com

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