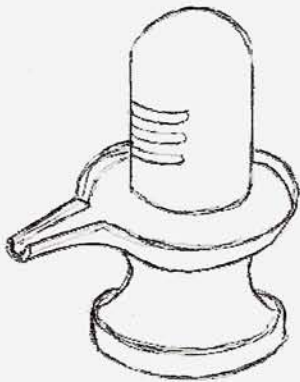


OM Namah Shivāya Svāhā

The most well-known chant for Shiva, the first and greatest yogi.

Shiva represents stability, evenness, concentration and limitlessness; his mantra helps us to realise these qualities in ourselves.



All forms of Shiva are an expression of the ultimate power of consciousness in the universe.

OM Shānti Shiva Shakti

This mantra pays homage to the balance between polarities, such as Shiva/Shakti, male/female, Sun/Moon, light/dark, hot/cold, active and passive.

May there be harmony between all opposites.

