

Heart Chakra Peace Mantra Practice: Om Shante Shante Sarvarishta Nashini Svaha

This sacred mantra practice is designed to help you transform fear into peace, realign your heart chakra, and call in divine calm. The mantra means: 'Om, peace, peace; the destroyer of all troubles-may this offering be accepted.'

Mantra Breakdown

- Om - the primordial sound of the universe
- Shante, Shante - invoking peace in body and mind
- Sarvarishta Nashini - the destroyer of all troubles (divine feminine aspect)
- Svaha - sacred closure, an offering to spirit

Heart Chakra Meditation Steps

- Sit comfortably with a straight spine, hand over your heart.
- Breathe deeply into your chest, releasing tension on each exhale.
- Visualize a glowing green light in your heart center expanding with each inhale.
- Chant slowly: Om Shante, Shante (inhale), Sarvarishta Nashini, Svaha (exhale).
- Repeat for 5-11 minutes, letting the vibration resonate through your body.
- Feel fear dissolving and peace flowing through your heart space.

Closing Intention

After your mantra practice, sit quietly. Notice any shifts in your heart space. Affirm: 'May this peace within me ripple out to all beings.'