

The mystic sound OM is one of the shortest Sanskrit words, and yet is the most discussed word in the Upanishad-s. OM is revered not only in Yoga, Tantra, Vaishnavism, Shaivism, and Shaktism, but also in Jainism, Buddhism, and Sikhism. This book explains 84 names of OM in 109 sections or beads: 108 chanting beads and one *sumeru* bead. It is a book and also a mala: The OM Mala.



Cover design by Sneha (StoryMirror),
Pranav & Sudhir (Three Dot Designs)

STORYMIRROR
Stories that reflect you



₹ 250 US \$8

THE OM MALA



NITYĀNANDA MIŚRA



ॐ OM माला

Meanings of the Mystic Sound



Nityānanda Miśra