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by

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Topic

Mantras as a tool to heal, raise vibration and connect to other dimensions and states of consciousness. Presentation of the interdimensional meditation, "Journey of the Soul". This powerful meditation was created by Omnec Oneck, a woman from Venus.

Mantras are very special ancient words/sounds, which have been chosen by spiritually ascended masters of the physical or non-physical planes. Repeated by using a special breathing technique and concentrating on the spiritual self, these mantras have the power to generate energies which are relating to particular dimensions. Mantras can shift Soul into non-physical dimensions to gain inner experiences. They also have a beneficial effect on the physical, emotional, and mental self as they help to transcend the physical existence and can transform confusion into calmness, peace, and understanding. So if you sing or chant a mantra you are feeling better because these spiritual realms are the true home and the birth place of the Soul.

MANTRA FOR *PHYSICAL* DIMENSION - A-LA-YA

This mantra represents the physical dimension and is spiritually in harmony with the specific vibrations of the physical level. It should be repeated **three** times very slowly while visualizing the color **green** that symbolizes the physical. The predominating Sound is **THUNDER** and **DRUMS**. These represent the basic vibration of the physical. When involved in physically strenuous activities this mantra is beneficial in creating the balance of energy and strength needed to reinforce the physical self.

MANTRA FOR *ASTRAL* DIMENSION - KA-LA

This mantra represents the astral dimension, and when chanted loudly, it helps to make experiences on the astral dimension from this level. Pronounced "Kah-lah", it should be repeated at least **four** times very slowly while visualizing the color **pink**, which is the color of the astral. The sounds that predominate the astral are the sounds of the **OCEAN**. This mantra is beneficial for balancing and harmonizing the emotional body. When you are in very stressful emotional states or have difficulty controlling the emotions it affects everyone differently depending on one's feelings. It can make you cry or feel happy - both are beneficial in balancing feelings.

MANTRA FOR *CAUSAL* DIMENSION - MA-NA

Mana is the mantra for the Causal Plane on which the experiences of the Soul are recorded. It is therefore beneficial to bring past life remembrances in one's subconscious mind to the surface. It is pronounced "Mah-nah" and should be repeated slowly at least **five** times. The color of the causal is **golden orange** and the sound is **tingling BELLS**.

MANTRA FOR MENTAL DIMENSION - AUM

AUM is the mantra for the Mental plane, it is pronounced “A-oh-m”. It should be repeated at least **six** times slowly while visualizing its representing color of **blue**. The sound is of flowing or **trickling WATER**. This mantra is beneficial for stimulating the thinking process for those who use computers, do typing or are teaching science. It balances and harmonizes the thinking process. It can eliminate confusion and stress related to the mental process.

MANTRA FOR ETHERIC DIMENSION - BA-JU

BAJU is the mantra for the ETHERIC plane. This is the first shell or body that Soul takes on when after it is created it starts its downward spiraling journey to the lower dimensions and their divisions - the negative and positive planes or dimensions. This is beneficial for inspiring or creative work. It is the closest to Soul. It is pronounced “Bah-ju”. It should be repeated slowly **seven** times. The color **Violet** should be visualized as it represents the etheric. The sound of this dimension is a humming sound or the sound of **BEES**. It can be a deep humming. It stimulates the creative energy within oneself.

MANTRA FOR SOUL DIMENSION - SHANTI

SHANTI is the mantra for Soul dimension, and is pronounced “Shan-tee”. It should be repeated slowly at least **eight** times. The color of the Soul dimension is **pale yellow**. The sound is stark **WIND**. This mantra is beneficial in harmonizing all the before mentioned bodies and creating a very peaceful feeling of contentment. Also it is beneficial in healing physical injuries, emotional crises, mental illness or depression, or difficulty in any area of one’s functions.

MANTRA FOR Anami-Lok (GOD) DIMENSION - HU

Hu - is the mantra for the dimension called the void of creation where all energy that created all there is and all Souls flows from. It is the center of creation. It is pronounced “Hyoo”. It should be repeated at least **nine** times. The corresponding color is **white**, the sound is **music of UNIVERSE**, which cannot be described in words. It is beneficial for spiritual enlightenment, helps to raise the consciousness and changes the perspective view of an individual. It is where we began and shall seek to return to all knowledge.

Each of these mantras raises the Vibration of the Soul to the level of the dimension it represents and allows a learning process to be experienced there. The different dimensions differ from each other in the density of their vibrations of light and sound. In the spiritual worlds, the separation of time and space, as we experience it in the physical realm, does not exist. So far, all these levels exist within you or rather within your soul consciousness simultaneously. When singing a mantra to connect with one of the dimensions consciously, you address all other levels of consciousness at the same time. This counts especially for mantra HU, as it encompasses all dimensions. No matter if you sing the mantras inward or outward - by practicing your range of experience widens and your spiritual consciousness altogether grows.

