



29 apr 2025 doch was genau ist ein mantra welche bedeutung hat es und wie trägt es in der meditation dazu bei dass wir in tiefe ruhe und entspannung eintauchen können in diesem beitrug

in der spirituellen praxis des yoga ist das mantra singen ein wichtiger bestandteil der körper geist und seele harmonisiert mantras sind heilige klänge die seit jahrtausenden in vielen kulturen

dann lausche dem folgenden mantra dem krishna krishna mahayogin mantra ein mantra der schutzenergie wenn du dieses mantra auf dich wirken lässt dann wird eine lichtkraft in dir wirken

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