

Join
Deva Premal
and Miten
for our
inaugural
ceremony on
June 21, 2022

7am for 7 minutes

the AUM Movement

Invoke inner peace, outer peace, and universal peace.

*Please join us every morning at 7am eastern time for 7 minutes
for
an invocation of peace*

BENEFITS OF AUM CHANTING



Stimulates the
vagus nerve

Calms the hypothalamus
& pain receptors

Alters consciousness
to create a new reality

Stimulates the
cerebral cortex

Allows brainwaves to produce
more alpha & theta waves

Stimulates higher cortical functions
of pineal & pituitary glands

Zoom Link : <https://tinyurl.com/AUMChanting>

Meeting ID: 842 6754 1410: Passcode: Moksha

Facebook: <https://tinyurl.com/AUM-Chanting>

Facilitators: Vinny Garg/Moksha and Naren Budhakar

