

Wednesday (2026-2-4)

Unlocking Inner Calm: *Bija Mantras* + Vagus Nerve Science

What Are *Bija Mantras*?

Bija mantras are ancient Sanskrit "seed sounds" linked to the body's chakras (energy centers).

They create vibrations that support balance and healing.

The Core *Bija* Sequence

LAM – Muladhara (Root Chakra) – grounding and safety.[1]

WAM – Swadhisthana (Sacral Chakra) – creativity and emotions.

RAM – Manipura (Solar Plexus Chakra) – confidence and power.

YAM – Anahata (Heart Chakra) – love and compassion.

HAM – Vishuddha (Throat Chakra) – communication and truth.

OM – Ajna (Third Eye) and Sahasrara (Crown) – intuition and connection.[2]

The Practice Routine

Begin with 11 long OM chants on deep breaths.

Do 5 minutes of *Anulom Vilom Pranayama*, including breath holds in and out.

Chant each *bija mantra* slowly 4 times (longest possible), focusing on its chakra.

Finish with 5 fast chants per *mantra*.

This method, inspired by instructor Mohan Kalburgi, prepares the body for chakra healing and calm.

Vagus Nerve: Your Body's Calm Switch

The vagus nerve controls the "rest and digest" state.

Long chanting vibrates to stimulate it, lowering stress hormones like cortisol.[3]

This helps shift from chaos to relaxation.

Science of OM Chanting

OM chanting boosts heart rate variability (HRV), a key marker of vagus nerve strength and parasympathetic activity.[2]

A 5-minute session increases parasympathetic tone for quick calm, even in beginners.[2]

Anulom Vilom's Powerful Prep

Alternate nostril breathing with holds enhances parasympathetic dominance.[4]

It improves HRV, balances the autonomic system, and reduces sympathetic stress responses.[5]

Brain Benefits from Chanting

fMRI scans during OM chanting show deactivation in the amygdala and limbic areas linked to fear and stress.[1]

This pattern is similar to vagus nerve stimulation therapies for anxiety.[1]

Proven Stress and Chaos Reduction

Mantra chanting synchronizes heart, breath, and blood pressure rhythms.[3]

It promotes autonomic balance and resilience, as seen in comparative studies with prayer.[3]

Long-Term Gains

Regular practice lowers blood pressure, anxiety, and enhances vagal tone.[6]

It supports better sleep, mood, and recovery from daily overwhelm.[6]

How to Begin Today

Sit comfortably and follow the full sequence daily.

Start shorter if needed; consistency builds stronger effects.

Why It Works for Modern Chaos

This blends ancient wisdom with neuroscience evidence.

Daily use turns stress into calm via proven vagus activation.[2][3]

Visit and download my health-tip-Blogs here: [Science blog page of Explore Ikigai](#). and watch videos, follow and share my YouTube channel Explore Ikigai (<https://www.youtube.com/@Explore-Ikigai>).

References

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2. Inbaraj G, et al. (2022). Immediate Effects of OM Chanting on Heart Rate Variability Measures Compared Between Experienced and Inexperienced Yoga Practitioners. Int J Yoga.[2]
3. Bernardi L, et al. (2001). Effect of rosary prayer and yoga mantras on autonomic cardiovascular rhythms: comparative study. BMJ.[3]
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5. Upadhyay Dhungel K, et al. (various studies cited in reviews). Influence of alternate nostril breathing on heart rate variability. (Summarized from PMC sources on ANB/HRV).[5]
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