STATETIMES

Your Companion for a Funday





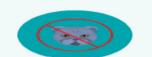












Power of OM and the benefits of chanting it

M, also written by some as 'AUM', is a sacred symbol, sound and mantra of the universe. In many ancient scriptures, OM is described as the first sound of the universe, the vibration of which brought everything into existence. The man, woman, animal, tree, is all a giving of the OM. The two (OM) or three (AUM) syllables represent the awake, the dream and the deep sleep. Together, they represent the cycle of creation, preservation and eventually dissolution with the cre-

The power of chanting

Chanting is a regular part of the day for many people. They sit in silence for as little as 5 minutes and take the name of God or recite a mantra. This simple act is chanting and is a part of spiritual practices across the world. Chanting has the ability to focus the mind, channel the breath and connect the individual to a higher power, something calm and divine. It is a holistic experience that brings together the entire body, mind and spirit. As we chant, we immerse ourselves in the rhythm creating a sacred space around us.

Power of OM

OM is considered to be the first sound from which the universe came into being. Chanting OM thus is said to align a person with the divine, the higher force. It is like a bridge between the finite and infinite, and promotes a sense of connection to the supreme. Further, the vibrations generated during the chant have a soothing effect on our nervous system. It is said that regularly chanting the beej mantra (OM) reduces stress, anxiety, restlessness and promotes being calm.

Chanting OM also leads to a heightened state of mindfulness. Regular chanting of OM can enhance self-awareness, self-acceptance and spiritual growth. Benefits of chanting OM

OM chanting requires a high level of concentration and presence of mind. As one



continues to practice chanting, they develop a greater capacity for mental clarity and focus which is beneficial in everyday life. It can help people make better decisions, solve problems more effectively and increase productivity. Chanting OM also silences the constant stream of thought we encounter in our daily lives.

Emotional balance

The soothing vibrations produced by chanting OM have a positive impact on our emotions and help reduce stress caused by the daily hustle. It calms the nerves, reduces the release of stress hormones and promotes relaxation. OM chanting empowers individuals to manage their emotions more effectively and allows them to respond to challenging situations with greater stability. Self-realization

OM is a powerful tool for spiritual growth and self-realization. The sound of OM is said to represent the unity of the individual soul (Atma) with the universal consciousness (Brahma). Chanting OM helps you connect with your inner self and recognize the interconnectedness of all beings. Over time, chanting OM leads to a deeper understanding of one's own spiritual path and purpose in life. Feeling a closer connection to the divine through regular OM chanting is common between many.

The right way to chant OM

There are few things to consider before you start chanting OM. Your ambience, for example, is very important. To chant OM peacefully, find a quiet space, indoors or outdoors and sit comfortably, preferably in Padmasana (cross-legged) on a mat or the floor and keep your posture straight. Then close your eyes, take a deep breath in and chant OM as you exhale, allowing vibrations to resonate from your abdomen to your throat. The correct way of pronouncing Om is: short A-long U- and medium M. It is important to immerse yourself in the chanting and soon you'll feel that your mind has become clear and centered.

5 reasons you should not raise a perfectionist child

all want our children to be perfect at whatever they do. We encourage them to learn new things and experience them with a winning attitude. The desire for our children to succeed is a common thread. However, there's a fine line between encouraging achievement and unknowingly nurturing perfectionism. Here is all you need to know about the world of perfectionism, and what are its implications on a child's well-being and development. What is perfectionism?

Perfectionism, in the context of child development, goes beyond a simple desire for excellence. It involves the relentless pursuit of flawlessness and the setting of excessively high standards, often accompanied by a fear of failure. While aiming for excellence is commendable and can drive success, pushing a child towards unrealistic expectations can have unintended and detrimental

Here are some reasons you should not raise and encourage a child to be a perfectionist.

Loss of creativity

The drive to perfection often acts as a creativity killer. Perfectionist children may avoid trying new things for fear of not excelling immediately. This fear can put an end to their creativity and hinder the development of crucial problem-solving skills. In the long run, this end to creativity may limit their ability to navigate the complexities of an ever-evolving world.

Unparalleled fear of failure The constant pursuit of perfection often leads to an intense fear of failure. Perfectionist children may build up a mindset that any misstep is a reflection of their inadequacy, leading to heightened levels of anxiety. This chronic anxiety can have long-last-

ing effects on their mental health and overall well-being, impacting their ability to cope with stressors later in life. Perfectionists tend to set high standards not only for themselves but also for others. This can make forming and maintaining

ent imperfections in themselves and others. S sequence of perfectionism, can impact a child's emotional development and their ability to connect with their peers on a deeper, Lack of resilience

Perfectionism often goes hand in hand with a lack of resilience. When children are accustomed to everything going perfectly, they may struggle to cope with setbacks, disappointments, and failures. Building resilience is crucial for navigating life's challenges, and perfectionism can hinder the development of this essential skill, leaving children ill-equipped to face the ups and

Parental pressure

Parents, with the best intentions, may contribute to the perfectionist mindset by placing too much emphasis on achievement. The pressure to meet high expectations can strain the parent-child relationship and create an environment where the child feels their worth is solely based on their accomplishments. It's crucial for parents to create an environment that values effort, progress, and the journey of learning rather than focusing only on the end result.



Do you wait for the weekend to workout? This article is for you

eekend warriors are those who lead a relatively sedentary lifestyle during the week but enthusiastically engage in vigorous physical activities over the weekends. Whether it's participating in sports, outdoor adventures, or tackling home improvement projects, this burst of physical activity can be a great way to make the most of your free time. However, it's vital to take precautions to prevent injuries and ensure that you stay safe and healthy. In this article, we'll provide some essential tips for weekend warriors to make the most of their recreational activities while minimizing the risk of injury.

Tips for weekend warriors

Warm up: Before diving into any strenuous activity, it's crucial to prepare your body with a proper warm-up. This involves 5-10 minutes of light cardio, followed by dynamic stretches. Warming up helps to increase blood flow to your muscles and

Start slowly: Gradually increase the intensity and duration of your activities. This gradual progression allows your body to adapt to the increased demands of exercise, reducing the risk of overuse injuries

Listen to your body: Pay close attention to how your body is responding to the activity and don't hesitate to take breaks when needed. Avoid pushing yourself too hard, especially if you're not accustomed to regular physical activity. Use proper technique: If you're engaging in sports or activities that require specif-

ic skills, it's crucial to learn and use proper technique. This can significantly reduce the risk of acute injuries Eat a balanced diet: Weekend warriors need to make sure they are eating a vari-

ety of foods from all food groups, including fruits, vegetables, whole grains, lean protein, and healthy fats. This will help them get the nutrients they need to fuel their workouts and recover properly.

Stay hydrated: It is important to stay hydrated before, during, and after workouts. Weekend warriors should drink plenty of water throughout the day, and they may also want to consider drinking a sports drink or electrolyte replacement drink dur-

Potential injuries for weekend warriors

Ligament tears: Engaging in strenuous physical activities without proper warmup or technique can increase the risk of ligament tears. Ligaments are the tough, fibrous tissues that connect bones to other bones and stabilize joints. A tear in a lig-



ament, such as the anterior cruciate ligament (ACL) in the knee, can be a painful injury, often requiring surgery and extensive rehabilitation to recover full function.

Muscle tears: Overexertion or sudden, intense physical activity can lead to muscle tears or strains. These injuries can range from mild to severe and may result in pain, swelling, and reduced mobility. Proper warm-up and gradual progression of activity

can help prevent muscle tears Fractures: Accidents and falls during weekend activities can sometimes result in fractures or broken bones. The risk of fractures can be reduced by using appropriate safety equipment and being cautious in uneven or challenging terrains.

10 best shoulder workouts for stamina and stability

Sprains and strains: Sprains involve the stretching or tearing of ligaments, while strains involve the stretching or tearing of muscles or tendons. Weekend warriors are susceptible to these injuries, particularly if they push their bodies too hard or engage in activities with quick, abrupt movements.

Overuse injuries: These are common among weekend warriors who engage in repetitive activities without proper conditioning. Overuse injuries can include conditions like tendinitis, stress fractures, and carpal tunnel syndrome. They often develop gradually and can be very painful.

Dislocations: Participating in sports or high-impact activities can occasionally lead to joint dislocations, where the ends of two connected bones are forced out of their normal positions. These injuries can be extremely painful and may require immediate medical attention.

Contusions and bruises: Sudden impacts, collisions, or falls can result in contusions, which are essentially bruises. While not usually serious, they can be painful and cause swelling.

Injury prevention

Be aware of surroundings: When exercising outdoors, avoid uneven surfaces or areas with potential hazards that could lead to slips or falls.

Lifting heavy objects: If your weekend activities involve heavy lifting, use proper lifting techniques to avoid straining your back or other muscles. Avoid lifting objects that are too heavy for you.

Don't push when tired or sick: If you're feeling fatigued or unwell, it's best to skip strenuous activities for the day.

Listen to pain and discomfort: If you experience persistent pain or discomfort, it's a signal from your body that something is wrong. Don't ignore it; take breaks and

seek medical attention if needed. By following these tips, weekend warriors can continue to enjoy their favorite activities while minimizing the risk of injuries. It's essential to balance physical activity with safety and health measures to ensure long-term well-being and enjoyment of these activities. Remember, staying safe and healthy is key to being a successful and happy weekend warrior.