

ॐ नमः शिवाय

Om Namah Shivaya — The Five-Syllable Mantra

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How to chant · जप कसा करावा

Sit facing east or north, in a steady posture. Chant in counts of 11, 21 or 108 — a mala of 108 beads is traditional, but the counter below works just as well. Keep the pace slow and even; the mantra is not a race. Monday, the pradosh hours at dusk, and the month of Shravan are considered especially favourable, but no permission or initiation is required — this is among the few mantras traditionally held to be open to everyone.

Source · मूल

The mantra appears in the Shri Rudram (Taittiriya Samhita 4.5) of the Krishna Yajurveda, at the centre of the Namakam section — which is why it is called the heart of the Vedas by the Shaiva tradition.