

Om Namah Shivaya

Om as in **Home**

Namah as in Mama'

Shivaya

Shi as in **ship**

vaya as in **Maya**

Shivay'a

Om Namah Shiv**aya**

Bold type indicates accent. Think of each mantra as taking two steps. First step on "Om," second step on "vay." Call if you have questions.

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