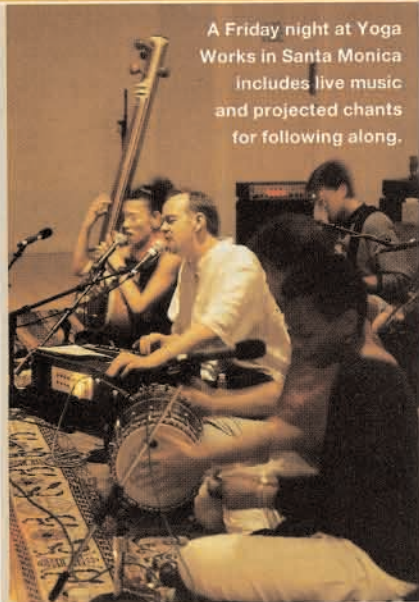


scene+heard

news to amuse: a star-studded review



He Shiva Shankara He Maheshwara
Sukha Kara Dylha Hara
Hara Hara Shankara
Om Namah Shivaya



A Friday night at Yoga Works in Santa Monica includes live music and projected chants for following along.

feeling stressed? try madonna's "om" remedy

Don't call it a fad; it's been a part of religious ceremonies for centuries. But now folks like Meg Ryan, Jeff Goldblum and Madonna are chanting to decompress, energize and clear their minds.

chanting: Phrases sung or spoken in repetition to effect a spiritual or meditative state. Hindu chants sung in Sanskrit are the most common for beginners.

mental benefits: David Stringer, of Yoga Works in Santa Monica, believes "chanting frees the mind and erases lingering anxieties."

physical benefits: "[It has] been known to lower blood pressure," says Dr. David Simon, of the Chopra (as in Deepak) Center for Well Being.

last-chance chant: Tina Turner, fearing then husband Ike's wrath, first chanted 30 years ago to relax. Today, she credits her youthful appearance to

daily chants, among other things.

tina's mantra: *Nam myoho renge kyo*, written by 13th-century Japanese Buddhist Nichiren Daishonin, has no literal translation.

madonna's mantra: On her *Ray of Light* CD, the diva chants *Sandarsita svatma sukhavabodhe* ("I worship the gurus' lotus feet, awakening the happiness of the self revealed").

sanskrit sage: Vyaas Houston of the American Sanskrit Institute (800-459-4176; home-study programs available) tutored Madonna. "[She] was a very good student," he says.

mantra vs. martini: "You may feel drunk after [chanting]," cautions Yogatopia's Steve Ross. "But you won't get a nasty hangover."

—Monica Corcoran



Meg Ryan



Jeff Goldblum

"om" at home: a brief guide to chanting

getting started: Choose a "holy spot" facing east. Light a candle, put some flowers in a vase, and burn some incense on a table. Assume the lotus position on a cushion or mat.

finding your mantra: A simple starting Sanskrit chant is *Om namah sivaya*, which means "Salutations to my true being." Chant for at least 20 minutes. Read *Mantras: Words of Power* by Swami Sivananda Radha (\$15; 509-838-6652) for other chants. For singing along, pick up Krishna Das's *One Track Heart* (\$13; Worldly Triloka Records).