

A piano keyboard diagram showing the first five octaves of a C major scale. The notes C, D, E, F, G, A, B are labeled below the keys. The notes C, D, E, F, G, A, B of the fifth octave are highlighted with red numbers 1, 2, 3, 1, 2, 3, 1 respectively, indicating the fingerings for the 'O-O-OM' sequence.

O-O-OM

A piano keyboard diagram showing the first five octaves of a C major scale. The notes C, D, E, F, G, A, B are labeled below the keys. The notes C, D, E, F, G, A, B of the fifth octave are highlighted with red numbers 6, 4, 5, 6, 4, 5, 6 respectively, indicating the fingerings for the 'Na-a-mah' sequence.

Na-a-mah

A piano keyboard diagram showing the first five octaves of a C major scale. The notes C, D, E, F, G, A, B are labeled below the keys. The notes C, D, E, F, G, A, B of the fifth octave are highlighted with red numbers 9, 7, 8, 9, 7, 8, 9 respectively, indicating the fingerings for the 'Shiva-a-' sequence.

Shiva-a-

A piano keyboard diagram showing the first five octaves of a C major scale. The notes C, D, E, F, G, A, B are labeled below the keys. The notes C, D, E, F, G, A, B of the fifth octave are highlighted with red numbers 12, 10, 11, 12, 10, 11, 12 respectively, indicating the fingerings for the 'a-a-a-' sequence.

a-a-a-

A piano keyboard diagram showing the first five octaves of a C major scale. The notes C, D, E, F, G, A, B are labeled below the keys. The note C of the fifth octave is highlighted with a red number 13, indicating the fingering for the '-ya' sequence.

-ya

C D E F G A B C D E F G A B C D E F G A B

**O-O-OM**

Detailed description: A piano keyboard diagram showing the first octave (C4 to B4). The notes G, A, and B are highlighted with red numbers 3, 2, and 1 respectively, indicating the fingerings for the 'O-O-OM' sequence.

C D E F G A B C D E F G A B C D E F G A B

**Na-a-mah**

Detailed description: A piano keyboard diagram showing the first octave (C4 to B4). The notes A, B, and C are highlighted with red numbers 4, 5, and 6 respectively, indicating the fingerings for the 'Na-a-mah' sequence.

C D E F G A B C D E F G A B C D E F G A B

**Shiva-a-**

Detailed description: A piano keyboard diagram showing the first octave (C4 to B4). The notes C, D, and E are highlighted with red numbers 7, 8, and 9 respectively, indicating the fingerings for the 'Shiva-a-' sequence.

C D E F G A B C D E F G A B C D E F G A B

**a-a-a-**

Detailed description: A piano keyboard diagram showing the first octave (C4 to B4). The notes C, B, and A are highlighted with red numbers 12, 11, and 10 respectively, indicating the fingerings for the 'a-a-a-' sequence.

C D E F G A B C D E F G A B C D E F G A B

**-ya**

Detailed description: A piano keyboard diagram showing the first octave (C4 to B4). The note G is highlighted with a red number 13, indicating the fingering for the '-ya' sequence.

Grundton: D  
Bordun: D+A

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Komposition: Stephan Hilchenbach, [www.chanten-mantrasingen.de](http://www.chanten-mantrasingen.de)