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Apiritha, or Abisambidana Piritha as it is called in Sinhalese language, is a chant. The chanting of this mantra has been found to reduce stress and anxiety levels. In Buddhism where this chant originates from, the mantra has been used for 1000 years as a way of purifying one's mind and soul spiritually. Today many people across the world use it for everyday life to calm their minds and bring clarity to their thoughts. In the Vajrayana Buddhism tradition, this mantra is chanted daily to gain wisdom and merit. In Tantric Buddhism, this mantra is used for meditation and self-cultivation (see Mahayoga). In Tantric Buddhism, Abisambudhna piritha is a mantra from the Buddhist practice of Vajrayana. It contains two Sanskrit words: "abhi-" and "sambu-". The first word means "above" and the second word means "water" or "like water". The mantra has the effect of creating a state of blissful retention. It is chanted morning and night in order to maintain mental stability. It also alleviates fears and concerns. The mantra is associated with the visualization of water. "Abi-sambudhana, abi-sambudhana, abi-sambudhana."

Psalms 91:1 Those who dwell in the shelter of the Most High will find rest in the shadow of the Almighty.

This prayer was used by Jesus to conquer death and sin. It can be used to ask for protection from evil forces or to cure illness. It is written in Aramaic language; therefore, it is not exactly translatable. It is used by Christians of many denominations. "Ateh Tehilati Adonai Eloheinu Melekh HaOlam, shelo heiteiv li veitesha al nafshi venoshavo"

This prayer was recited by Jesus when he was being crucified. He used it to receive strength from God to endure the pain and suffering. It is written in Aramaic language; therefore, it is not exactly translatable. It is used by Christians of many denominations. "Egvarey haemei Vaadei haelehi veehei Yisrael"

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