



OM - Its significance

OM or ॐ is the highest and most abstract mantra of all. Om is the Shabdabraham or the sound by which the universe was created, the ancient name for the “bing bang” theory of modern Scientist.

Om is all sounds, all vibrations, and all mantras together. All aspects of creation and existence are contained in OM.

The Mandukya Upanishad, which is entirely dedicated to OM begins *“The syllable OM, which is the imperishable Brahman, is the universe. Whatsoever has existed, whatsoever exists, whatsoever shall exist hereafter, is OM. And whatsoever transcends past, present, and future, that is also OM.”*. This same Upanishad carries on describing that OM, although indivisible consist of 3 letters and represents 4 states of consciousness: A, U, M and the aftersound - anagata, represented by the dot placed above the letter M in Sanskrit.

- A sounded “Ah” is the beginning of every language, sounded from the throat. *Vaiswanara, the Self as the universal person in his physical being. Whosoever knows Vaiswanara obtains what he desires, and becomes the first among men.*
- U sounded “Oo” from the palate. It corresponds to Taijasa, the Self as the universal person in his mental being. *Taijasa and the letter U both stand in dream, between waking and sleeping. Whosoever knows Taijasa grows in wisdom, and is highly honoured.*
- M sounded “Mng” sounded through closed lips and teeth. The third letter M corresponds to *Prajna, the Self as the universal person in dreamless sleep. He is the origin and the end of all. Whosoever knows Prajna knows all things.*
- After the audible sound ends there is still a vibration. It is the unspoken anagata that is always there before the beginning and after the end. *The Self is OM, the indivisible syllable. This syllable is unutterable, and beyond mind. In it the manifold universe disappears. It is the supreme good – One without a second. Whosoever knows OM, the Self, becomes the Self.*

The three letters as described above can also be compared to all aspects of the Trinities found in different philosophy or religions, for example:

- The 3 aspects existence: birth, life and death
- The 3 aspects of time: past, present, future
- The 3 gunas: tamas (inertia, darkness and ignorance), rajas (activity and passion) and sattva (light and love)
- The 3 state of consciousness: conscious, subconscious and unconscious or dreamless sleep.

Although OM doesn't belong to any religion, any seeker who really wants to see God, will ultimately see Him as OM. Because it belongs to the all universe, it transcends all geographical, political or theological limitations. Christians use Amen to invoke God at the end of their prayers, likewise the Moslems use Amin to seek Allah.

Furthermore, at physical level, OM is said to have considerable value producing electromagnetic waves within the body, increasing energy and a sense of well being. When use as a Mantra, it massages glands and vital organs in the chest cavity and abdomen, stimulates deeper breathing and tones the nervous system.