

# The Significance of AUM, the Cosmic Syllable - Part 2\*

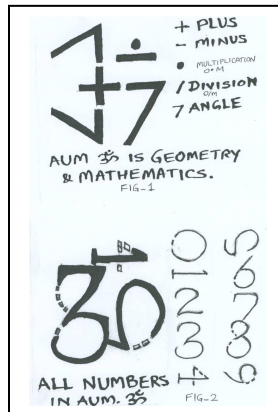
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**AUM – OM is the AKSHARA or imperishable syllable. AUM is the Universe. The past, the present and the future – all that was, all that is and all that will be, is AUM. Likewise, all that may exist beyond the bounds of time, that too is AUM.**

- *Mandukya Upanishad*

AUM is the most abstract and yet most concrete symbol of divinity. It is an instrument of self-realization. It is yours to keep. It is easy to pronounce. AUM is very delicate and sweet to the ear. It is realized in your heart by the breath of God. Neither mechanical nor musical instrument, neither supercomputer nor the might of civilization can equal the AUM. Only you can invoke the AUM, because you have a spark of divinity – you are God in manifestation. Out of this one eternal syllable – all that exists comes forth. All that comes forth returns back to the AUM.

The “A”, first vowel the creator, the of all alphabets. The cradling U – you, the the English language. mother), the conclusion languages of the world, with the letter “M” – Matru, Mater, Madri the return of the the identity of their love



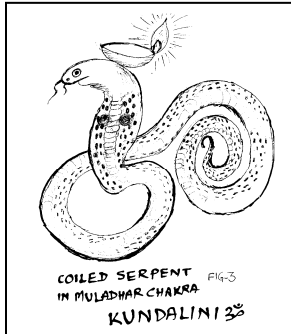
sound is an Alpha (our father) beginning of being, beginning “U” is the cup of creation, real self. It is the last vowel in The “M” stands for Omega (our – the end. Almost in all the the word for mother starts such as Mata, Ma, Mutter, etc. From the trust of father to mother, you are embraced as – AUM.

Mathematics is the science of all sciences and AUM is the final essence of all mathematics. If you meditate and look closely at Figure 1 and Figure 2, you will find all basic mathematical symbols, the plus, minus, multiplication, division, point, zero, straight line, angles and all the numbers from 0 to 9. A decimal system is a gift of AUM and our Indian sages to the whole world. 0 and 1 in AUM help us with all computer programming. Without the help of the AUM-born decimal system, the whole world would still have been in the Stone Age.

The universal and potent mantra – AUM – has 3½ letters or syllables. The Akar, Ukar, Mkar and Ardh Chandra. The basic A – U – M sound includes all the sounds of the universe. In terms of phonetics, “A” plus “U” makes “O”

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sound. So, AUM can be written as OM for simplification. The sound “O” is made with an open mouth and it helps physical body, bones, joints, organs and glands. The sound “M” is made by closing the lips gently. This helps the brain, nerves, mind and Chakras for opening Kundalini.



It is interesting to note that the Kundalini – the biological evolutionary energy in human beings - is also coiled 3½ times in Muladhar Chakra – root center (Figure 3). In this figure 3½ times coiled serpent – Kundalini energy very much resembles AUM. At Muladhar Chakra, Shakti – Bhairavi sleeps in latent form. Chanting AUM, doing Hatha Yoga postures and the grace of a realized Guru may awaken this powerful energy in you and me. Recite and contemplate “A” in the navel, “U” in the heart and “M” in the mouth.

The first words uttered by Guru Nanakji after a long Samadhi were “Ek Omkar Satnam”. Simple meaning of this is – Omkar – AUM alone is God’s name. Omkar is the only name that is not given to Him by man. Any japa you do eventually becomes OM. Thus, the chant of Ram-Ram-Ram-Ram will become Om-Om-Om-Om. As a matter of fact each of our breath will become ham-sah (inhale – ham, exhale – sah) - Om-Om-Om-Om, as we meditate on AUM; so we chant AUM 21,600 times in 24 hours.

The object of eight steps of Yoga is to reach the Absolute Reality and to understand that beyond which no mind can go. With this ideal in our own mind if we repeat the word AUM and understand the different sounds that are included in the universal sound or word AUM, then we realize that the gross will merge into the subtle and the subtle into the causal and that causal again into the transcending Absolute. A Yogi or Yogini, who has accomplished this realization, is happy, peaceful and restful and beyond the conditions of suffering, disease and death. Having realized the state of eternal bliss, a Yogi becomes one with the source of “AUM” and becomes “AUM – OM”.

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