

## **Significance of Om**

Om is the sound of the creation. (When the Elements originated and Creation started, the sound Om was produced.) By chanting Om, we are awakening the God within us. The chanting generates spiritual vibrations that purify the atmosphere in the classroom and simultaneously lifts the child's mind to a higher level.



**A – stands for Brahma the creator, it also represents the waking state of consciousness (Jagrath)**

**U – stands for Vishnu the protector or sustainer, it also represents the dream state (Swapna)**

**M - stands for Maheshwara (or Shiva) the Destroyer and also represents the deep sleep state (Sushupti)**

**The creative, protective and destructive forces are found everywhere in the universe.**

**Aum also shows how conscious we are of who we are, As we are God it shows the stages of being aware of God. As a whole word when said together it shows that we are trying to go beyond the three stages of consciousness to Turiya – the highest state of consciousness where you are aware you are God.**

### **Correct way to pronounce OM:**

OM is the primeval sound; the sound caused by the vibrations of creation. It is a composite of the sounds of A, U and M. Just as G, O, and D pronounced God, not 'jee-oh-dee', so too the letters A, U and M are uttered as 'OM'. The letter 'A' emanates from the gullet, 'U' from the tongue within the mouth and 'M' from the lips. But when OM is uttered, the sound emanates from the region of the navel.

*OM must be recited slowly and with deliberation. The sound must be like an aircraft, first approaching from a distance to the spot where you are, and then flying*

*away again into the distance. It should start softly at first, but gradually become louder and louder, and then slowly relapsed into silence; this silence after the experience being as significant as the Pranava.*

**-Baba**

### **Activity One**

Pronouncing Aum properly and saying Aum 21 times. The teacher will explain to you the reasons for this.

### **Activity Two - Prayer**

Aumkaaram bindu sanyuktam  
Nityam dhyaayanti yoginah,  
Kaamadham mokshadam chaiva  
Aumkaaraaya namo namah.

The yogis always meditate upon the **Aumkaar** with the *bindu*. We bow down to the **Aumkaar** (Eternal One), who grants our desires and gives us liberation.

(**Aum** is the sound symbol of God. The *Bindu* represented by the individualised *Jiva Atma*, is united with the Universal *Paramatma* represented by the formless *Aum*. The yogis contemplate on this eternal relationship.)

### **Activity Three: Bhajan**

Aum Shakti Aum Shakti Aum Shakti Aum  
Brahma Shakti Vishnu Shakti Shiva Shakti Aum  
Aum Shakti Aum Shakti Aum Shakti Aum  
Shirdi Shakti Sai Shakti Satya Shakti Aum

To the power that is behind Aum  
The power of Brahma, Vishnu and Shiva  
The power that is Sai