

The significance of Aum.



Aum (om) is a syllable, an intonation made up of three letters: aa, au and ma, which combined together make the sound Aum. It is believed to be the basic sound of the universe, containing all other sounds. Considered to be sacred and full of spiritual energy, that it may only be pronounced with complete concentration.

Repeated with correct intonation, it can resonate throughout the whole body, the sound penetrating to the centre of ones being, the atman or soul. The momentary silence between each chant becomes palpable, mind moving between opposites of sound and silence, until at last there is no sound. In the silence, the single thought -OM- is quenched. There is no thought. This is when the mind and the intellect are transcended as the individual self merges with the infinite self in a moment of realisation. It is a moment when all worldly affairs are lost and one becomes universal.