

Twitter Thread by ■■■■■■■■



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#Thread on decoding the ■/AUM/OM

AUM is made up of 3 syllables: A, U, & M, or, phonetically, “aaah,” “oooh,” & “mmm.” A is the first of the guttural sound, so it is the very first sound that human can utter, M is the last of the labial sounds and

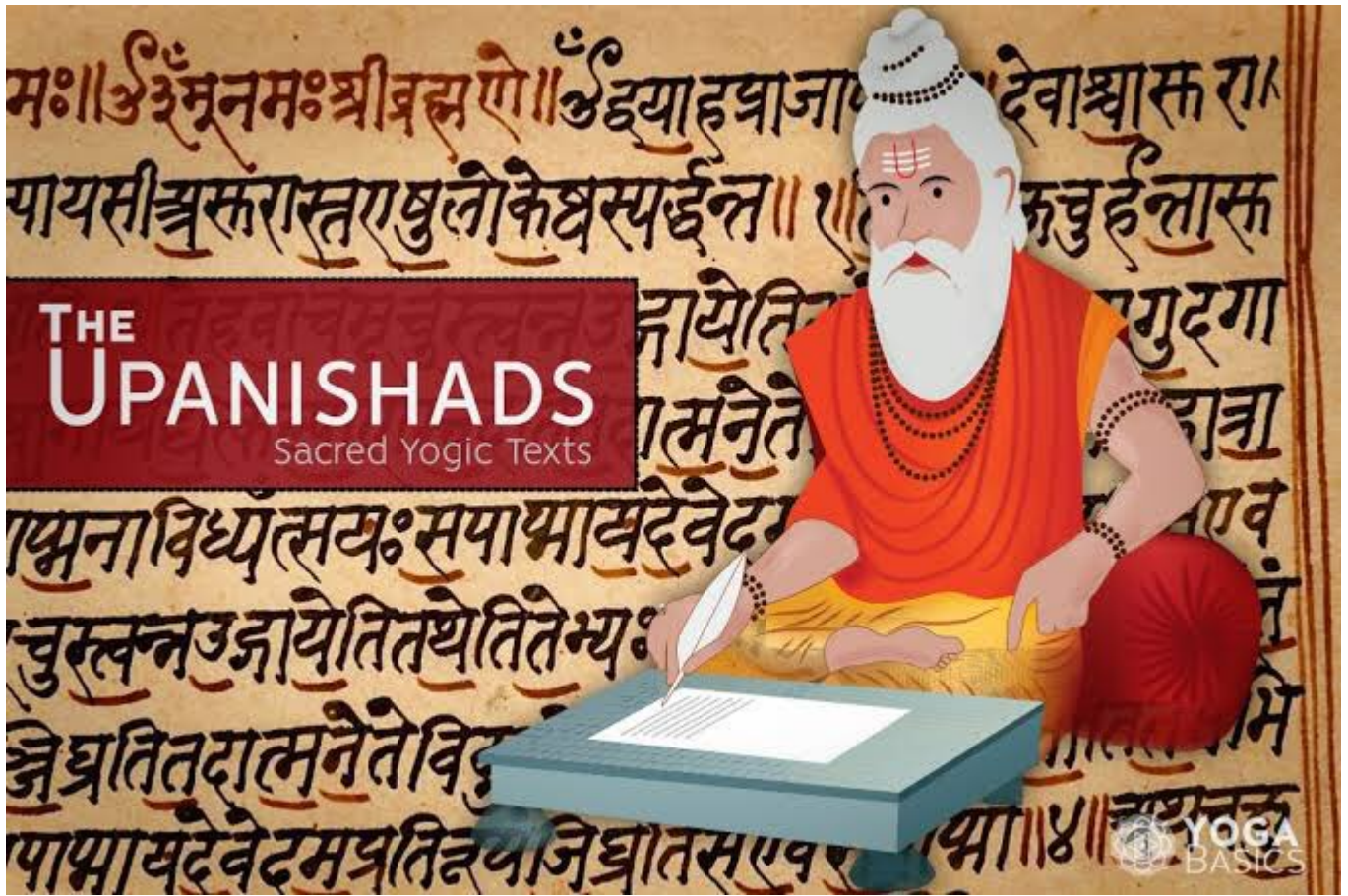


U is the sound produced by rolling the wind over the whole of the tongue. Hence the conjunction of these 3 primary sounds can be comprehended to contain the rudiment of all sounds that human can ever give utterance to and so it can be taken as the fittest sound symbol of Brahman.

According to Taittiriya Upanishad 1.8.1-

MnOm is Brahman. Om is everything here.

At a physical level, the Aum syllable addresses the whole of the human sound instrument: we open the mouth (a), move the lips closer to each other (u) & then close the mouth (m).



This activates the larynx fully. 'A' resonates in the stomach and chest, 'u' in the throat and chest and 'm' in the nasal cavity, skull and brain. By chanting Aum we move the energy from the abdomen up to the brain.

Moreover, the syllable AUM represents several important triads:



Worlds - Earth, Atmosphere, and Heaven; Major Hindu Gods - Brahma, Vishnu, and Shiva; Gunas: Tamas, Rajas and Sattva; Sacred Vedic scriptures - Rg, Yajur, and Sama; Actions: Creation, Preservation, and Destruction; Time: Past, Present, and Future;



Stages of survival: Birth, Life, and Death; Elemental Deity: Fire (Agni), Sun (Aditya), Wind (Vayu).

According to Maitrayaniya Upanishad 6.3-

He(God) came to have Om as his soul. He divided into three parts. So Om is the three units (a,u,m).

According to Mandukya Upanishad 9-11-

Waking state is the 1st unit (A)

Dream state is the 2nd unit (U)

Sleeping state is the 3rd unit (M)

The symbol of AUM contains 3 curves, one arc/semicircle & a dot. Each aspect of its appearance is said to symbolize something deeper.-



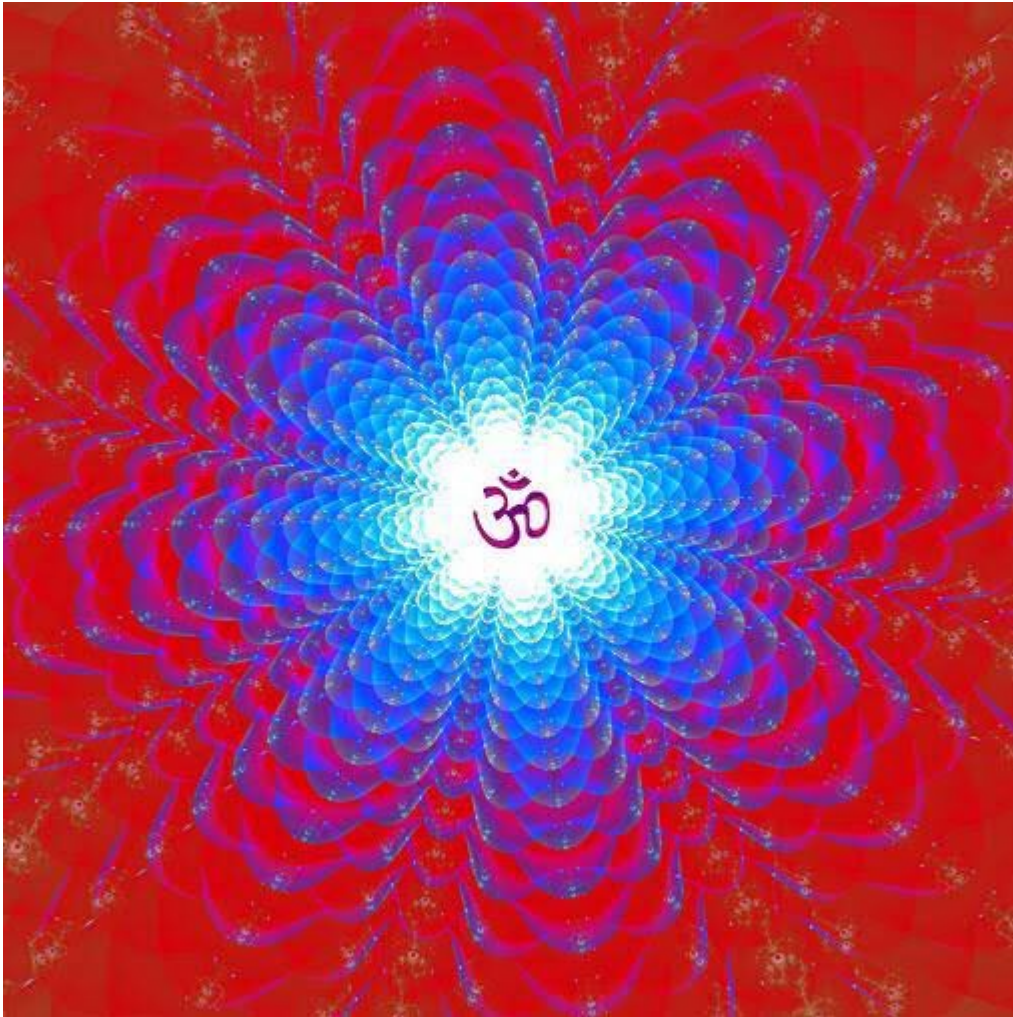
- A. The lower curve represents the Gross realm of the universe, Conscious processing level of the mind, Waking state of consciousness, Vaishvanara aspect of the soul (A sound of AUM Mantra).
- B. The center curve represents the Subtle realm of the universe, Unconscious processing level of the mind, and Dreaming state of consciousness, Tajjasa aspect of the soul (U sound of AUM Mantra).
- C. The upper curve represents the Causal realm of the universe, Subconscious processing level of the mind, and Deep Sleep state of consciousness, Prajna aspect of the soul (M sound of AUM Mantra).
- D. The dot, point, or bindu represents the fourth state of absolute consciousness, which includes and infuses the other three levels and is called Turiya. (Silence of AUM Mantra)



E. The arc/semicircle below the dot symbolizes Maya and detached the bindu from the other three curves. The arc is open from the top, which means that the absolute is infinite and is not influenced by Maya. Maya only influence the manifested phenomenon.

In this way the form of 'AUM' symbolizes the Ultimate Reality Brahman and the entire cosmos.

According to Bhagavad-Gita, there is a harmony, tranquility and bliss in this simple but deeply philosophical sound and while chanting it, if one thinks of the Ultimate Reality and



relinquish his body, he will certainly reach the highest state of "stateless" eternity.

A scientific research-

According to 'art of living' society-

'somewhere in Boston during Guru Purnima in 2010, a lady from the Boston-Connecticut area had done a research where

they recorded the sound Om, put it in the computer and found that the frequency of Om is exactly the same as the frequency of earth's rotation around its own axis. So, in some sense, earth is saying Om. It is very interesting.'

How to meditate on Aum chant-



We should sit cross-legged with an upright posture, with our spine, head and neck aligned. Close our eyes and inhale deeply and release our breath while executing the chant. Repeating this three times will allow us to feel the vibration of the AUM sound.