

AUM or OM

AUM is traditionally chanted at the beginning and end of a yoga class or anytime you want to create a transition from one activity to another.

To a yogi, no symbol is more powerful than the syllable AUM, as witnessed by these words from the Mandukya Up-anishad: “AUM: this eternal word is all; what was, what is, and what shall be”. Aum is believed to be the first sound from which everything else was created. It is also said to be the sound or name of God. Aum represents all the sounds in the universe combined. In the beginning there was nothing and then there was the Word (sound), the word was Aum and all of creation emanates from it.

Sounds, like talking, are used by all life forms as a way of communicating or bonding with one another. The sounding of “Aum” is a non-judgmental way to unite with one another. Aum is the original mantra, the root of all sounds and letters, and thus of all language and thought.

The Aum is chanted by connecting all the sounds together on an exhalation and followed by silence. Begin with "aahh" like in father, moving right into "ooo" like in dew, followed by "mng". As the sound fades, stay with the silence and feel the effects of the vibration. Try it yourself and you can feel it.

The vibration of “A” stimulates the energy in the heart. The vibration of "U" stimulates the energy in the lower abdomen. The vibration of "M" resonates through the entire head.

Repeating Aum for twenty minutes relaxes every atom in your body. Research on healing and sound vibration has shown that the “Aum” stimulates the thymus gland, thereby regulating the immune system. By chanting the “Aum” we can bond universally at a vibrational level. By chanting the sound, you express your individual vocal vibration, unique to only you. This individually expressed sound vibration blends or harmonizes with all other universal sound vibrations. The “AUM” unifies your perceptions so you can sense yourself as an integral part of the universe. It is said that the “a” represents the self in the material world, the “u” represents the psychic realm and the “m” represents indwelling spiritual light.

AUM is also soothing. It sounds or vibrates like the words “mom” or “home”, or the sounds associated with pleasure or good food (“mmmmmmmm”).



In the Sanskrit letter the long lower curve represents the waking state, the upper curve stands for the dreamless state and the curve issuing from the center symbolizes dreaming. The crescent shape stands for “maya”, the veil of illusion and the dot for the transcendental state. When the individual spirit in man passes through the veil and rest in the transcendental he is liberated from the three states and their qualities.