



OM

M.G. Prasad

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- OM is name (sound) and form of God
- OM is not a word or a letter
- OM is represented as a union of sounds of three Sanskrit alphabets
- A + U + M
- OM has five parts A+U+M+half moon+bindu



- OM chanting is also practiced in Buddhism, Jainism, and Sikhism
- OM is very important in Sanatana Dharma (Hinduism). It is recited along with prayers, Vedic chants, rituals, spiritual and philosophical gatherings.....
- OM is heard by a baby in the womb in the eighth month.
- OM is produced in the inhale and exhale pairs of breathing.



- The three main parts of OM represents the following:
- wakeful Dream Deepsleep
- RigVeda YajurVeda SamaVeda
- Knowledge Service Devotion
- Earth Atmosphere Space



- Fire
- Speech
- Gross
- Morning

Wind
Mind
Subtle
Afternoon

Sun
Vital Force
Causal
Evening



- Mother Father Children
- Past Present Future
- Student Householder Contemplative
- Food Water Light
- ...Still there are many more.....







