

OM

Dr. K. Parvathi Kumar



Dhanishta

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1

OM is the Bow.

You are the arrow.

The Lord is the goal!

Reach at-one-ment.

Preside over your life with such atonement

2

OM

*The single syllable OM is the Lord Absolute,
The Parabrahman.*

*It exists as Sound and Light in Creation.
It exists as 'I AM CONSCIOUSNESS'.*

It expresses itself as Light, as Pulsation and as Peace.

*Identify with That in every expression
and reach the eternal OM!*

3

The Vedas unequivocally declare the goal as OM.

Every Tapas (penance) aims at OM.

OM is the state that every Saint cherishes to reach.

OM is the basis of Sound and Sound is the basis of all.

Contemplate upon OM continuously in all that you perceive.

4

*OM is beyond the three qualities.
OM details into the triple sound A U M.*

*A stands for the Will
U stands for Love and Wisdom
M stands for intelligent activity.*

*Continuously contemplate upon OM
which enables the realisation of
Oneself as OM.*

Therefore, Continue to contemplate upon OM.

5

*Sorrow is inevitable to the one who relies
on social status, riches and family.
Suffering is inescapable for the one who relies on the body.*

*The body, the riches, the status and the family
rely on you but not the other way.*

*You rely upon OM, the foundation of your being.
Verily, OM utters forth you as yourself.*

*It exists in you as I Am.
Rely on that OM which is the basis of your very being.
Any other reliance or alliance causes suffering.*

6

OM is the only indestructible one in Creation.

Every other expression emerges from OM.

Perceive that you are not different from OM.

In that state of perception all is fulfilled.

*For this reason, the Seers are emphatic upon the contemplation
of
OM.*

Do so without fail!

7

*As much as you associate with OM,
so much you remain immutable,
unaffected by the surroundings.*

*You become so stable that you perceive the changes
in your thought, emotions and the body.*

*You would even see with stability
your own departure from the body.*

In all that mutates you remain immutable and eternal.

Learn therefore to associate with OM.

8

OM is the expression of God.

That expression is called Atman.

*By continuous contemplation about
OM you realise to be OM.*

Only then you know your real splendour.

*Observe inner and outer purity and contemplate about OM
as the pulsating principle in you.*

9

*The one who realises himself to be OM
reaches distances without travel and
remains stable while travelling.*

*He knows himself to be immutable
amidst millions of mutations and also knows himself
to be the basis of all movement.*

He is the mover and the none-mover too.

10

Contemplation upon OM is the only single way to know OM.

*The contemplation has to be continuous,
as continuous as pulsation.*

*In truth OM is eternally pulsating in you.
Your observation of the happening of OM in you
is the practice.*

*Vocal utterance is the preliminary
to the observation of the OM in you.
Observe thus the OM in you until you become THAT.*

Then you know and see clearly that you are not your personality.

*Neither study of the Veda
nor the sharpness of your intelligence
or your knowledge of Scriptures
or your acts of goodwill
can give you the experience of OM.*

The aforesaid virtues help you to cleanse.

Only continuous contemplation leads you to OM.

*There is no other way. Remember the continuity of
contemplation.*

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*As you realise OM
through continuity of contemplation
you see the Creation as the play of Light and darkness.*

*You remain in that Light
which is beyond the pairs of "jñāna",
or pure knowledge.*

*As the Light
you are even not bound by time.
You preside over the buddhi,
hold the reins of the mind,
regulate the horses of the senses
and utilise the chariot of the body.
Therefore continue to contemplate upon OM.*

13

*Reach the Sacred Sound
through continuous contemplation.*

*From that state of being,
you can visualize
your own permeation as
Ego, Light, Love and Power of Ego
and its further permeation into the body
i.e., mind, senses and body.*

*You can remain to be an onlooker – Kasyapa, the All-seeing
Eye.*

Therefore, contemplate upon that Sound of Silence OM

The Vedas culminate in OM.

Contemplations culminate in OM.

Discipleship culminates in OM.

Let OM be a continuous contemplation in you.

OM is fulfilling.

OM is the Most High.

OM is indestructible.

OM is Brahman, the God absolute.

*Contemplate upon OM and realize
that you are no other than OM.*

OM is the foundation for Creation.

OM is the foundation for your Being.

OM is the Way, the Path of Eternity.

Contemplate upon OM and realize your Eternity.

Are you disturbed of your equilibrium and equi-poise?

Do you feel that you are not pure enough?

Do you feel short of the wisdom of Synthesis?

Invoke and contemplate upon the Sacred Word OM

You shall be accomplishing.

*The I AM of the beings is veiled.
 In spite of one's knowledge, I AM reveals not.
 Only the Seers are able to perceive I AM.
 The path to such perception is invocation of OM.
 Contemplate upon OM and perceive the truth of I AM.*

The visible world is the body of the Sacred Sound OM

The invisible world is the subtle body of OM

The past, the present and the future is OM

OM is beyond Time and beyond the world.

Contemplate upon OM and transcend.

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*The fire in the body is the third aspect of OM
The Soul in the body is the second aspect of OM
The Spirit in the Soul is the first aspect of OM
A U M are the 3 aspects of the Word OM*

*Contemplate upon OM and realize the One beyond the three
and the One in three as well!*

21

OM is the Knower of knowers.

OM is the Indweller of all that is.

OM is the Ruler.

OM is the Cause, Cosmic.

OM is Creative, preserving and destroying.

OM is the Master of all.

OM is the Lord of the Lords.

OM is the Source of Divinity.

Contemplate upon OM and align with it.

22

OM is the inside and outside at the same time.

OM is One and many at the same time.

OM is Visible and Invisible at the same time.

OM cannot be comprehended by Mind.

OM cannot be taught.

OM can be realized only through contemplation upon it.

There is no other way.

Contemplate upon OM.

23

AUM are the three parts of OM.

*The Trinity, the three qualities, the triplicity of time,
the three worlds, the three Vedas and
the three eyes are born out of OM*

OM is the fourth one in which the three emerge and merge.

*The fourth state is Parâ the Beyond!
Reach the Beyond through contemplation upon OM.*

OM is at the root of all Wisdom.

OM regulates and even absorbs mind into the Self.

OM cleanses and purifies in and out.

OM causes Immortality and Self realization.

Forget not to contemplate upon OM.

OM links up all the 7 planes to that which is beyond.

*Follow the path of OM with deepest intent
and reach the Pure Existence and the purity of Existence.*

OM is the straightest Path.



*Mind is superior to the senses,
 buddhi is superior to the mind,
 soul is superior to buddhi,
 soul is the embodiment of OM,
 hence OM is superior to the soul individual.
 Associate with OM and realize the essence of your being.
 Contemplate therefore upon OM
 continuously.*

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*Atman or "Self" is the center around every formation,
individual, universal.*

*Only the seers who attained at-one-ment and thus gained the
vision*

can experience the Atman.

*If you wish to gain the qualities and the virtues of the seers
take refuge in OM.*

*It leads you to the experience of the Self/Existence and
the related Grand Vision.*

*The word, thought, intelligence and egoism
are the beads that are held by the inner thread.*

The thread is OM.

*Associate with the thread but not with the beads,
for even the beads are associated with the thread
and are dependent upon the thread.*

*Through continues contemplation upon OM
be OM itself.*

*You remain eternally with or without the beads of
self existence, intelligence, thoughts, words and deeds.*

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In sleep, in awareness, and in dream

OM utters forth itself.

If you follow OM

through continues recollection

you would pass through, consciously,

the three states

and know for yourself

how you are beyond the three.

Hence learn to follow OM

as continuously as you can.

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*OM is in the breath,
OM is in the pulsation,
which is the basis of the breath.*

*OM is in the life vibration
which is the basis of pulsation.
OM vibrates in you as life, as pulsation,
and conducts itself as respiration.
The being exists and functions
on the basis of OM.*

*Therefore, continuously contemplate upon OM
and restore your Self.*

*The congregations of goodwill,
the rituals, the worship programs
and the works of goodwill
terminate in fruition,
if such activities commence and conclude
with OM.
OM is the key to fruition
in all walks of life.*

*The material, phenomenal and the noumenal worlds
are threaded together by the sound OM.*

*Utter OM and live in splendour
in all the three worlds.*

*Continuous contemplation upon OM as your breath
helps you to move in all the three worlds
and stand beyond.*

*From the children
who desire comforts
up to the monks
who desire immortality
the one friend is OM.
OM fulfils at all levels.
Continue to contemplate upon OM.*

*The life, the awareness and the joy of living
are all based upon Existence.*

Existence is OM.

*Link up to OM
and build the equilateral triangle of
Life, Light and Joy.*

*To the Creator,
to you and to the elements
Existence is the basis.
Such Existence is the humming sound of OM.
Link up to OM
and experience the Pure Existence.*

*OM when uttered
dispels and destroys the coarse materialism in you
and at the same time
attracts subtle spiritual energies.*

*Regular utterance of OM
causes transmutation of the body cells
and helps accomplishing alignment.*

*Utter OM
for alignment.*

*When you utter OM and concurrently listen to it,
the density of your body is reduced. You feel lightened.
When you utter OM in a focused manner it brings in the cells of
Light.*

*The utterance of OM regularly causes reconstruction
of physical, vital and mental layers of your body.
Let OM be intimately followed.*

The sincere utterer of OM not only restructures his body but also his energy system. Regular and sincere utterances invite the attention of Great Beings. It also opens doors to envision Beings of Light, "Masters" and paves the way to the Path of Truth.

Let OM be your Eternal Friend.

*The regular utterance of OM causes alignment
of external and internal implements of your system.
Your 8-fold nature is treaded to form a garland of lotuses.*

*It leads you to the states of Yoga, that is:
Integration of personality with the soul and
Integration of the soul with the Universal Soul.
Follow OM and find the Path of Integration.*

*Even the Masters of Wisdom utter OM
to charge the planetary ether with right vibrations.
Uttering OM regularly they remain linked up to the Plan and
work for it.*

OM as basis, the Teacher and the student are linked up.

*Uttering OM as per the regulations given
align with the Hierarchy and participate with the Plan.*

*The student that seeks the Presence of the Master
can use OM as a telephonic connection.
Remaining in silence he receives the Presence and the needed
guidance.*

*OM is the general key to link up to your Master.
Let the utterance of OM be the priority in your endeavour
for self-transformation and self-realization.*

*OM dissolves all personality problems and
releases you from personality conditioning.
If there are obstacles and obstructions in your
Path to discipleship and the related practices
Regular utterance of OM helps.
Therefore utter OM with a quiet and oriented
Mind regularly and wriggle out of your
Individuality and personality problems.*

*If your acts of goodwill are encountered by Obstructions
from within or from outside Get into regular practice of OM.*

*It would clear the inner and outer obstructions
And helps you to progress with the works of Goodwill.*

*For the one who realises OM within,
the Works of goodwill flow like a stream and
His life travel is as smooth as The run on the highway.
Therefore utter and listen to the OM Happening in you.*

*For the advanced student of OM the Life And the Light flow
unhindered.*

*His works and speech flow out with inspiration and would
even inspire the surroundings.*

The works happen in tune with the time and Space.

There manifestation is smooth.

Therefore utter and listen to the OM Happening in you.

*If you are working as a group, for group harmony
Collective utterance of OM As per given regulations helps.
If your group attempts to manifest and activity of Social good
OM helps.*

*For group harmony and group social action Group utterance
of OM as per regulations Is essential.
Even the groups working within the Hierarchy follow
The cardinal principle of collective utterance of OM
For every global action proposed.*

*If you wish to realize OM in you
suspend at once wasteful critical speeches.*

Be not judgmental.

Let not conflict be given birth.

Let the speech be limited,

Pleasant and positive

Let it carry the healing touch.

An acid but truthful tongue

And a sweet but untruthful tongue

Is unfit to utter OM.

*The wheel of Creation rotates with OM as its basis.
Let the wheel of your life also gain such basis of OM.*

The wheel of Creation moves unimpeded.

*The wheel of your life also moves likewise,
Unimpeded And gradually attunes to the wheel of Creation.*

OM is the song of the Divine.

The song of OM is the basis of Creation.

It is the Music of Creation.

The Creation muses in OM and ceases, as OM terminates.

*Listen to the ceaseless song of OM and muse into the Pure
Existence.*

*The thread that holds together the physical,
the subtle and the causal bodies is OM.*

Utter OM following the sound.

It would align the 3 bodies and lead you through, to hold them.

In ignorance you are held by them, in truth you hold them.

OM helps you to be the holder but not the held.

To hold is mastery, to be held is slavery.

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OM is the King.

Uttering OM regain your kingdom

Be a King and move in the King's Way.

The King's Way in you is the Path of Breath.

That is, from nostrils to the Brow Centre,

from the Brow Centre, to the windpipe, to the lungs.

Move consciously in the King's Way and regain the throne

which is located in your heart.

The movement in the King's Way is not possible unless the way

is clean and clear.

Keep therefore the respiratory organs clean, and walk through

the Path experiencing

OM. May you proceed to experience yourself as OM, the King.

Keep working with OM

Be regular,

be continuous,

be conscious and

be full of intent while working with OM.

It neutralizes all your personality desires.

It expands your personality angles

(narrow viewpoints)

and makes you an angel.

Submit yourself to OM

OM clears when uttered forth as per the regulations.

*Suffer not with varieties of Sadhanas to transcend the
conditioning of
the mind, the senses and the body
(the thought, the desire and the selfish action).*

*Resort to OM Work with it as per the regulations.
The 3 fall into an order and link-up to the fourth
the Buddhi, the Light of the Soul.
OM is the King's Way to the Truth.
Contemplate upon OM*

*OM can be listened to, not only when you utter
 but also from the busy sounds of movements
 by the cars in a city, in the humming sound of an aircraft,
 or in the humming sound of electrical appliances.
 To listen to OM as the cry of the ocean is one step.
 To listen to OM through the dance of the flames
 is the second step.*

*To listen to OM as the song of the breeze
 through the trees of the forest is the third and higher step.
 To listen to OM in the stillness of Silence is the final step.
 Prefer to listen to OM than to utter.*

*Even while uttering the preference is to listening.
 May OM lead you through lives and settle you in Itself.*

*Utterance of OM gives birth to fire.
It stimulates fire in matter,
links up to the fire in Buddhi and leads you to
the Electrical Fire in Atman.
OM bridges the 3 Fires. Therefore work with it incessantly.*

*Those who aspire for world peace
can be effective in their efforts if they utter OM in groups
regularly besides carrying out acts of goodwill in daily life.*

*This is the occult work for peace
which has a better impact in the subtler planes
than peace demonstrations.*

May the goodwill worker do so regularly in groups.

The one who works with OM eventually realises himself as OM.

He also realises that he himself utters forth himself as OM.

*He himself, thus uttering forth, enters into the buddhic,
mental, emotional and physical planes.*

He is himself the thread that holds the planes.

He is with the planes but not in the planes.

May OM realise this truth to the utterer.

*The best healing that can be done to the dying person
is to gather in group surrounding the person and utter OM
feebly.*

*It makes the departure effortless to the dying one.
This is the last and lasting help that one can do to the departing
one.*

*Learn the value of OM, which helps a good departure
and hence a good arrival too.*

OM is a triple sound consisting of AUM.

A stands for spirit,

U stands for force,

M stands for matter.

Uttering OM can be with emphasis

upon everyone of the 3 sounds

depending upon the need for invocation

of spirit, force, or matter.

Magicians use them accordingly.

The synthesis of the 3,

when realised through utterance,

man knows himself.

Utter OM, listen to it and synthesise the 3 in you

to experience the beauty of your soul.

*The one who lives in OM
knows himself.*

*The one who is established in OM
recognises his brother.*

*If one transforms as OM
nothing remains unknown.*

*The Lord therefore recommends
continuous recollection of OM.*

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*As you learn to work with OM
you learn the movement of Prana in you.*

*You also know the Path of Prana
of the surroundings into you
and the Path of Prana out of your body.*

*Linking with the Prana
you know to depart from the body
and enter again into the body.*

OM is the key to immortality.

*Utter therefore OM
and continue to exist consciously.*

Utter forth OM softly and subtly.

Listen to it with much alert.

Inculcate the habit of listening the subtle OM.

This leads you to listening

Anahata Sound (the voice of silence).

Let it be heard as much as you can in the Heart.

In stillness of Nature sound exists.

You perceive it as Silence.

In truth silence is real sound.

*What the ear generally listens
is the disturbance to that Sound.*

Impart to the ear to listen to the sound of the silence.

*You can listen to the voice of silence
through the heart of the ear, OM.*

The song of the Soul is OM.

*The creator sings the song of the OM
and the result is creation.*

*The Soul that sings the song of OM
is a creator in creation.*

Sing OM and be a Creator, a Master.

In silence one can listen to the sky.

*The voice of the sky is subtler
than the voice of water,
of the fire and of the air.*

It is subtle as intimate.

*Learn to listen to this most intimate sound
in silence.*

It is OM.

It is you.

The wheel of creation is moved by OM.

*OM generates vibrations of Silence
through sound.*

OM moves the matter in its 8 gradations.

It helps formations of systemic existences.

*OM generates through its vibration force and matter
and stays as the background consciousness of all.*

*OM is the handmaid of God to create,
develop and dissolve a Universe.*

*OM leads you, guides you and enables you
to preside over life.*

Stay in OM. Live skillfully presiding over life.

Association with OM at all times is the way.

Man's culture is known by his speech.

The speech has its basis in words and letters.

The letters have their basis in OM.

If you are with OM, the letters, words and speech

gain electromagnetic effect.

You become effective.

Be with OM and be effective.

In the beginning was OM.

OM was with God.

OM was God.

God expressed as OM

and shines forth

as light of creation.

Utter OM and experience

the light and sound of the creation.

It is experiencing God.

*The sound OM is the thread
that connects all the 7 planes.*

*Listen while uttering OM, it enables you to link up
and experience the awareness of the 7 planes.*

Such link-up enables experiencing the Bliss.

Utter OM thus.

Live in Bliss.

Therefore utter OM and listen.

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*The language and the thought
are the envelops around OM.*

*Visualize the OM that exists beyond the envelops
of sound and meaning.*

Such visualization is real occultism.

*Link up to OM and transcend
the world of sound and meaning.*

Utter OM and gain transcendence.

*Attune the mind to OM
as you utter OM.*

*It awakens the tissues of your body
and transforms them to be transparent.*

*This transparency helps transformed thoughts.
The thoughts transformed enable better flow of life.*

*Thus life and Light are stimulated for the better.
Therefore utter and listen OM.*

*When persons with excessive desires utter OM,
it sounds THAUM. The humanity's utterance of OM
is listened in higher circles as THAUM.*

THAUM is the mother aspect of OM.

Mother fulfills desires and settles in OM.

*Therefore utter OM transcend desires through fulfillment
and settles in fulfillment.*

*OM thus is the solution
for 'here' and 'there'.*

Therefore utter OM and listen.

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*If you wish to be a student of OM
Listen while uttering OM.
Muse with the song of OM that leads you to the Soul.
Speak and act only when required.
Other times be with OM.
OM is the music of the Soul.
Join the music and experience the dance of the Soul.
Therefore utter OM and listen.*

Let your utterance of OM be musical.

Music is the means of musing.

*As much as you muse into OM, so much the Soul energy
expresses and externalises.*

May you be ?lled with the splendour of OM.

*May the musical vibrations quieten you
and the surroundings.*

Therefore utter OM and listen.


All yogic powers are products of OM.

*The music that flows
from the Krishna's flute and Apollo's lyre
was but OM in 7 fold manifestation.
It casts a spell of bliss in all the surroundings.*

*It also tranquilizes
the 5 elements in you
and leads you to yoga.
Therefore utter OM and listen.*

*If your utterance of OM leads you to listening it,
 all mantras get fulfilled in you.
 It fulfills and aligns the 3 qualities
 and the 5 senses.
 It settles you in yoga.
 The 7 tissues of the body get rejuvenated.
 Therefore utter OM and listen.*

*Depending upon your devotion, dedication and veneration
to utterance OM, the Solar Angel in you rises
to preside over your mind, senses and body.
Therefore utter OM and listen.*



*The trinity, the 3 Vedas, the 3 qualities are
uttered forth through the triple sound OM.
You too are a triple- Atma, Buddhi and Manasa.
Utter OM to realize yourself and creation.
Therefore utter OM and listen.*

*OM uttered forth, before prayers, after prayers
and during prayers eliminates impediments
on the path to self-realization.*

*OM helps unimpeded flow of energies
and bestows the related joy.*

*OM is the key to progress 'here' and 'there'
Therefore utter OM and listen.*

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A in OM is the 7th sky.

A U in OM is the 6th sky.

A U M form the 5th sky.

*Through utterance of OM
you ascend into the 5th sky.*

*The 5th sky, Akasha
has neither heights nor depths.
It has neither birth nor death.*

It bestows eternity.

It is eternity.

Therefore utter OM and listen.

OM is triple energy.

It is creative, reproductive and preserving.

*Utter the sacred word with intent
and express the triple energy as a disciple does.*

OM is thus fulfilling.

Utter OM.

*As the sacred word OM is uttered
the trinity manifests.
They are the Lords of the triangular manifestation.
Utter OM and synthesise the spirit, matter and consciousness.
Their synthesis in you is Samadhi.
Stay in natural Samadhi and live your daily life.
Utter therefore the sacred word.*

A, U, Ma of OM

are capable of rectifying the sickness in the 7 tissues of the body.

Intelligently utilise OM

and cause necessary adjustments to the tissue.

Live with ease in the body, a sevenfold tree.

*The Solar God is initiated into the Sound OM.
Consequently by uttering OM the Solar God
is building the system with his seven rays
and is shining forth as the Regent of the Solar system.
You too utter OM; unfold the seven centres of the body
and be a king of your life.
Therefore utter OM with intent.*

Be-ness at all times is called God.

The eternal Be-ness of God is the sacred word OM.

As much as you remain with OM, so much you remain to Be.

Utter OM and experience

Be-ness insistently.

Man's creation itself is through Gods' utterance of OM.

The secret of the sacred word is unfathomable.

Dive deep into it and realize the Cosmos and the man.

Utter OM and unfold the secrets of creation.



OM is the thread.

*The planes of creation
are the fowers arranged as a garland
with OM as basis.*

OM is life; OM is awareness.

*The thread of awareness and the thread of life
are but the two threads emerging from
the one thread of sacred OM.*

*Utter OM effectively;
fulfil love and light in you and around.*

*Trace the sacred word OM to its source.
 Reach the existence, the unity of existence.
 You are verily existence projected, as OM.
 Existence is your be-ness.
 OM is becoming.
 OM is the path that leads to be-ness again.
 Utter OM regularly.*

OM is Truth.

OM is That.

OM is God.

OM in manifestation, is Avatar.

OM TAT SAT is the mantra.

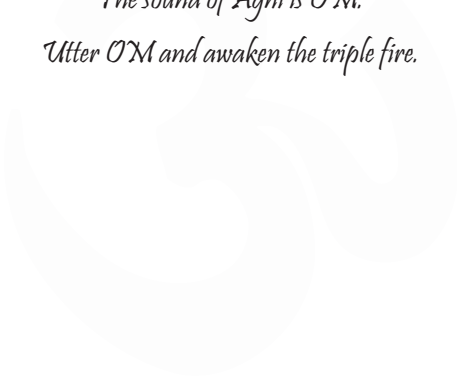
*Chant it, sing it,
muse into it and become OM.*

The creation is the work of Cosmic fire, Agni.

Agni is the foremost of Devas in creation.

The sound of Agni is OM.

Utter OM and awaken the triple fire.



OM is Brahman.

Fire (Agni) is its light.

The four-faced creator is the teacher.

The 8 fold nature is its venue.

The beings are its forms.

The creation thus is naught but OM.

Envision OM within and around you

by uttering OM.

Man cannot afford to be mechanical.

He is essentially creative.

To awaken the creative centre in him,

he is well advised to utter OM.

Utter OM and remain creative.

Ensure the triple in contemplation of OM.

Utter forth OM, Listen OM

and visualise OM as the basis of all formations.

Through such triple contemplation one grows proximate to OM

and realises himself as OM.

Let the practice of OM take to the triple path to realise OM.

Continue contemplating OM and stabilise yourself in the bliss of

OM.

OM exists in you as song of life, Sama veda.

OM exists in you as will of God, Rig veda.

OM exists in you as Plan of work, Yajurveda.

*The work that manifests through you is your contribution to
the Kingdom of God upon Earth, Adharva veda.*

Verily you are OM.

Contemplate upon OM as I am.

Attune to the swan song of the heart.

The swan sounds SOHAM.

Enter into the heart of the swan that sings OM.

*Join the song of OM and enjoy the travel
to source of OM, THAT.*

*Use the song of life
to realize that you are THAT.*

*The elephant head, the flute, the seven stringed lyre, and the
conch*

are the special symbols of OM.

Learn to respect them.

All forms in creation are verily the forms of OM.

Recollect OM as you see a form. It leads you to attune to OM.

*Attune to the song of OM in the heart and attune to
the forms of OM around you.*

*If you do not sing but look to the form around you,
you fall into the illusion of the form.*

*Inner recollection of OM and outer visualization of OM
be the practice to realize OM.*

HOMSA, HAMSA, HSOUH, SOHAM

*are but four variations of OM
in their evolutionary order.*

*The first is mundane,
the second is human,
the third is planetary,
and the fourth is solar.*

*These are the four states of consciousness
of the cosmic sound OM.*

*Contemplate upon OM
and ascend the cosmic consciousness.*

*The life pulsation is but a transformation of OM
to conduct the pulsation of the heart
and further to express as respiration.*

*In the path of return, link up to respiration,
reach pulsation of Prana and realize OM.*

*Respiratory activity is the door that opens the way to OM.
Enter the path of OM and realize yourself as OM.*

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OM is light, OM is life, and OM is action.

This is the triple aspect of OM.

One becomes three.

Again for 3 to become 1,

lead yourself from action to thought,

associate the thought to life pulsation

and reach the unity of OM.

This is the way of OM -

1 becoming 3,

3 becoming 1.

OM is essentially perfect.
From this perfection emerge two-
Cosmic Person and Cosmic Nature.
Cosmic Nature becomes three,
Will, Knowledge and Activity.
Cosmic Person once again enters through the three
and becomes the fourth one;
the creation and the beings of the creation.
Thus OM becomes 2, becomes 3 and 4.
1+2+3+4 is 10. 10 is again perfect number.
OM is essentially perfect and is perfect as creation too.
Realize the perfection
through continuous contemplation upon OM.

*Recollect OM visualizing every petal of every lotus
from Muladhara to Ajna.*

*Further visualize your own miniature form of light
uttering OM.*

*Finally visualize that with the sound OM
you are traveling out of Ajna into the surrounding space.*

*Such visualization, uttering OM enables you
to experience release from the body.*

103

The



104

The



105

The



106

The



107

The



108

The

