

Om / Aum

- Mantra: 'man' – to think / 'tra' – to protect, to liberate, tool for
- A bija mantra: seed sound - powerful energetic sounds, no translation

“It is believed that, just as a tiny seed contains a majestic tree, each bija contains vast amounts of spiritual wisdom and creative force. One of the oldest and most widely known of these seeds is om”

-Richard Rosen-

- Om: said to be the sound from which the universe manifested, the mantra of creation.

Om / Aum – Yoga Sutras 1.27 – 1.29

1.27:

Repeating the sacred sound manifests Divine Consciousness

1.28:

When expressed with great devotion, the sacred sound reveals our Divine nature

1.29

By faithful repetition, the inner light luminously shines

Interpretation of the sutras by Nischala Joy Devi

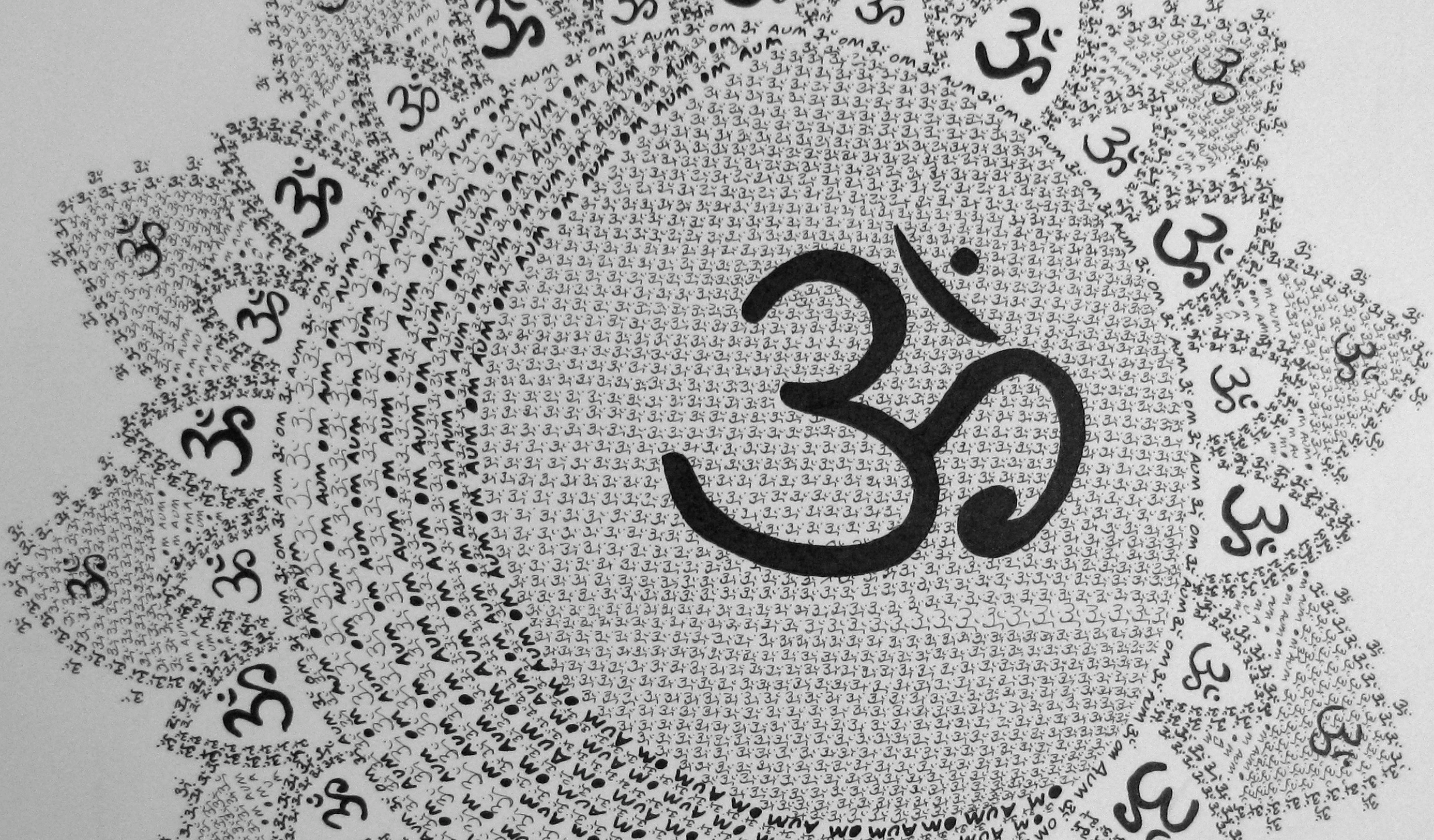
M Deep sleep state
“mmm”
Formless
No perception of internal
or external objects
Unconscious mind



(Silence)
Pure consciousness
Oneness
Beyond words
Samadhi

A: Waking state
“Ahhh”
Conscious mind
External / Material
Physical world

U: Dream state
“ooooh”
Senses directed inwards
Subconscious level of mind
Subtle World



Reference: example of likhita japa (written repetition of mantra):

<https://jggaines.wordpress.com/2010/05/28/om-likhita-japa-2/>