

Experiencing Om

Om is the principal Divine Sound. It is Supreme source of music. All the musical notes of Nature are interwoven in it. The chirping of birds sitting on the trees, the peaceful atmosphere of high mountain peaks, the melodious sound of waterfalls, the whistling sound of winds blowing past the trees, the roaring sound of ocean waves, the thundering sound of clouds – the essence of all these is hidden in Om.

Om is the seed of alphabets / words / syllables. All the words emerge from it and all of them get merged into it. Not only Vedas but also the Bible and other scriptures are the manifestations of Om. Gita and Gayatri too have emerged out of it. That is why Vedas say "One who has realized the essence of Om, nothing remains to be realized by him." Bible too repeats the same truth when it says: "In the beginning was the word; and the word was with God; and the word was God". Everything in this universe has been created by that primordial Sound.

Om is the seed of this wonderful creation. It is the Supreme source of all kinds of energies. All the currents of energies responsible for sustaining and maintaining this vast universe originate from Om. That is why Upanishads say that everything in this world has emerged out of Om and everything will merge back in Om. All the mysteries from the subtlest to the most gigantic are hidden in this Om.

Om is the Supreme symbol for meditation. All the mysteries are unraveled by meditating on Om and the imprisoned splendors within ourselves get released. Om is hidden within everyone but it is veiled by our ego-centered ignorance. As soon as imprisoned splendor of Om is liberated, all suffering gets transformed into bliss. This liberation is possible through meditation. It is through meditation and Gayatri Sadhana that the seed of Om is nurtured, sprouts up and grows into the tree of self-awakening. Then it no longer remains the subject of scriptural discussion but a concrete undeniable experience.

(Om) –The Primordial Sound, The Eternal Syllable

In the introduction to 'Light On Yoga', B.K.S. Iyengar devotes nearly two pages to the various meanings of "Om". In his views, the letter 'a' symbolizes the conscious or waking state, 'u' the dream state, and the letter 'm' the dreamless deep sleep (trance like) state of the mind and spirit. The entire symbol, Iyengar says, stands for the "realization of man's [divinity](#) within himself." An analogous decipheration is also applied to the geometric shape of Omkara. Spectral analysis of the gross sound of [Om](#) and its decompositions and simultaneous analysis of the brain-impulses and bio-energy waves while meditating upon this sacred sound would give new dimensions to modern scientific research, thus unfolding the annals of secret knowledge of the Vedas.

Swastika - A Symbol of Auspicious Knowledge

**Om Swasti N~indro Vradhashravaha, Swasti Naha Pusha
Vishvavedaha |
Swasti Nastakshryo~aristanemihi, Swasti No Brihaspatirdadhatu ||**

This sacred hymn of the Yajur-veda is a swastivachana - a prayer, an ardent aspiration, for the highest good and well-being of all beings, of everything, of the whole universe.... Heart-felt chanting of this hymn is an integral part of initiating every religious sacrament or important familial ceremony in the vedic cultural rituals. It conveys the core meaning hidden in the vedic symbol of swastika. The term [swastika](#) emanates from the Sanskrit word swasti = su (good) + asti (being).

As a symbol, [swastika](#) is a line-design invented by the vedic sages. Its specific geometry is believed to have some relation with certain natural energy fields. It is drawn as a cross with equal arms when all the arms are continued as far again at right angles clockwise. The sublime effects, in terms of the cosmic energy currents superimposed in the unique pattern of swastika, correspond to what the [swastika](#) symbolizes -- auspiciousness, well-being. The clockwise (dakshinavarta) direction is of significant importance, as it also happens to be the direction of movement (as we see it on the earth) of the sun, which rises in the east and sets in the west. The four sides of the [swastika](#) thus represent the four principal directions.

The symbol of [swastika](#) is being used as a holy sign in India since the time of yore. Scriptural descriptions define it as a divine symbol that encompasses (in coded form) several important meanings and mysterious formulae or signs representing specific energy cycles in the universe. The "Halayudh Kosha" regards it as prominent among the twenty-four symbols of significance in the Indian [Culture](#) and states -- Chaturvinshanti Chintahantargata Chinha Vishesha. The same scripture also refers to it as chatuspatha - four paths emerging symmetrically in four directions from a common origin. The seed-syllable (sounding like "gam" in the Vedic script) of the Ganapati [Mantra](#) resembles the swastika. This seed syllable together with the four segments (chatushtaya) of the [mantra](#) seems to be encapsulated in the [swastika](#) symbol.

In some scriptures, four divine powers governing the physical system of Nature are said to be subtly present around its four sides: Vradhdashrava Indra in the east, Brahaspati Indra in the south, Pusha-Vishwaveda Indra in the west and Arishtanemi Indra in the north. Scholars of vedic literature also interpret the [swastika](#) symbol as the coded design of the electromagnetic / magnetic energy fields around the solar system's nucleus.

