

The Meaning of OM

OM, like Amen and Ahmeen means the Divine which manifests as all that is. OM is the "word" as in; "in the beginning was the word" which means primal sound or vibration from which all other names and forms arise and to which we all return. OM is the Alpha and the Omega.

Repetition of OM or AUM dissolves the mind in it's Divine Source. If you chant OM several times out loud it purifies the atmosphere: try it:-)) Chant at least 7 OM's in succession. Make each breath last as long as possible. Take a deep breath in and start the exhalation with Ahhhhhhhhhhhhh then Ohhhhhhhhhhhhhhhhh then Mmmmmmmmmmmmmmmmm.

Then take another deep breath in and do the same thing again for seven repetitions. Then sit for a moment of Silence. You will be amazed! Experience is better than all the words!

Also try repeating OM as a mantra for meditation. Repeat OM silently to yourself. When the mind wanders bring it gently back to OM again and again. Please see the Universal Meditation instructions on OM's Home Website for further meditation instructions .

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<http://www.rapunzelgifts.com/ominfo.html>