

# OM / AUM



## **OM Mantra or AUM Mantra – Meaning, Benefits, Meditation**

Om mantra (or Pranava mantra, which literally means “that which is sounded out loudly”) is a Sanskrit sound representing the divine energy, the vibration of the Supreme, and the reflection of the absolute reality. More importantly, it symbolizes the manifestation of God in form and connects us to the High Consciousness of the Divine Source.

The mystical Sanskrit sound OM is sacred and important in various Dharmic religions such as Hinduism, Buddhism, and Jainism. The syllable is also referred to as Omkara, which literally means “om syllable.”

This sound for Buddhists and Tibetans starts or ends most mantras, representing the root of all mantras. It is considered that the “OM” sound

contains all other sounds in it. Furthermore, it is thought that later it turned into “AUM” – for Hindu, “Omni” – for Muslims, and “Amen” – for Christians.

## **Meaning of Mantra**

Often this mantra is not regarded as a word but as an essential manifestation of the reality of macrocosmic spiritual strength. It is, in fact, the embodiment of the Supreme Absolute in Maya (illusion in disguise).

Areas of manifestation regarding the physical, the psyche, and the unconscious are the three characteristic curves of the Sanskrit syllable Aum rendering; here, the Supreme Consciousness (the Divine) is symbolized by a point located outside and above, to light and shed its infinite splendor, thus revealing the other three fundamental areas or worlds.

Aum’s Sanskrit form of representation is the actual manifestation of the visible truth. Nothing in this universe, no concept, no phenomenon, no being is independent.

All this and more, still unknown, are only versions of the same unique consciousness, as they participate in its essence in different ways and to different degrees.

This fundamental reality (often unexpected) connects them all with each other in an inseparable way.

## **”Aum” Symbol Meaning**

The Sanskrit graphic symbol of the Aum mantra comprises three distinct curves, one semicircle, and an isolated dot. The three curves are connected to each other and are mutually generated. Only the dot and the semicircle are independent. The dot, however, dominates everything,

To the initiated, this graphic symbol of the Pranava mantra clearly signifies the three main states of consciousness: the waking state

(awakening), dream state, and deep sleep state; it also represents the supreme consciousness or the Eternal Self (Atman), who embraces, supervises and penetrates all phenomena, living beings, and things.

The semicircle placed near the dot signifies both the fundamental feminine principle (Shakti) and the infinite, indicating that finite thinking is rarely able to fully comprehend the mysteries, the depth or elevation of the Absolute Supreme (represented by the dot).

The material world of the waking consciousness, the level of the outer activity, is shown by the largest curve, which is below. The level of the consciousness' dream state, which is stimulated not only by external objects but almost exclusively by thinking concepts and inner aspirations, is symbolized by the second curve, the smallest, which is situated halfway between waking state and deep sleep.

The upper curve symbolizes the unconscious, which we often call deep sleep; therefore, it serves as a mediator because it is closest to Absolute Consciousness.

## **The Absolute Waking State**

The dot represents the Absolute Consciousness, which illuminates, transcends, and dominates the other three elements of the symbol.

This is actually Turya (a state of super-consciousness, a feature of the human being who has reached enlightenment). It is also called the "fourth state" of consciousness because it goes beyond the usual three states of consciousness.

Without the state of Turya, there couldn't be any thinking, intelligence, symbol, meaning, or universe. Therefore, the dot illuminates the three states of consciousness permanently.

TrendingIt shines through its own lights and endless powers, but it cannot be discovered except by those rare human beings, which have already exceeded the three curves and, by reaching this point, they have managed to merge intimately with it.

The focus point in this representation can be interpreted as the Absolute Consciousness or Witness Consciousness, which is located beyond body and mind, a sign of absolution from the world of phenomena.

The sacred word OM is not written alphabetically in any language of the East because it is not part of the language.

It is written as a symbol; hence the same symbol is used in Sanskrit, in Pali, in Prakrit, in Tibetan – everywhere the same symbol, because all the mystics of all the ages have reached the same experience, that it is not part of our mundane world; hence it should not be written in letters. It is beyond language. It means as much and as far as your spiritual growth imports. It is said to be the primordial sound that was present at the creation of the Universe and contains all other sounds, all words, all languages, and all mantras. OM represents the divine energy united in its three elementary aspects: A-creation, U-preservation, and M-creation and/or destruction.

## **Benefits of Chanting AUM Mantra**

Practicing this seed mantra purifies the mind, energy bodies, and chakras (energy centers), raising our vibrational state to the frequency of our Higher Self. AUM mantra produces a transformation in the practitioner's mind and is meant to bring spiritual fulfillment.

In addition, by chanting this mantra, the practitioner is actually entering the vibration that the Creator uses in the act of creation.

It is important to know that the AUM Mantra is very often used in conjunction with other mantras, usually with the OM being the first or last sound in the whole mantra. For example, it is an essential part of the most important mantra in Tibetan Buddhism – [Om Mani Padme Hum](#). Often these other mantras refer to a specific deity or name of God.

Some practitioners consider the OM to literally refer to only one such name of God or deity. Still, other practitioners believe the OM refers to some different God or deity. For those born into such religious cultures, this diversity of use of OM is well known and does not cause confusion

while also being aware that there may be discourses or debates supporting one view or another.

“The goal, which all Vedas declare, which all austerities aim at, and which humans desire when they live a life of conscience, I will tell you briefly it is OM. The one syllable is indeed Brahman. This one syllable is the highest. Whosoever knows this one syllable obtains all that he desires. This is the best support; this is the highest support. Whosoever knows this support is adored in the world of Brahma.”, from Katha Upanishad, explaining the meaning of the Aum mantra.

## **Practice**

While this mantra has various meanings, one of its most significant uses is for meditation and contemplation in Yoga and Vedanta. The Aum Mantra is recommended in the Yoga Sutras and the Mandukya Upanishad, as well as in many other teachings.

AUM Mantra meditation refers to the traditional way of chanting the word OM, which can be pronounced as “OM” or “AUM.” OM mantra breathing technique: there are two main breathing techniques. First: when you exhale: “OMmmmm...” - inhale: “OMmmmm...”. Second method: when you exhale: “OMmmmm...” – inhale: “silence.” The sound of the OM mantra should be repeated 108 times for optimal benefits.

## **Mantra Meditation Benefits**

Mantra vibrations that it creates give a sense of positivity to your life. It helps in calming the brain and revitalizes the mind, body, and soul.

Also, OM mantra chants as therapy during pregnancy have plentiful positive benefits for the mother and the developing fetus.

Everything in the universe is pulsating and vibrating – nothing is really standing still! The sound OM mantra, when chanted, vibrates at the frequency of 432 Hz, which is the same vibrational frequency found throughout everything in nature.



## The 12 Universal Laws & How To Practice Them

### 12 Universal Laws

Divine oneness

Vibration

Correspondence

Attraction

Inspired action

Perpetual transmutation of energy

Cause and effect

Compensation

Relativity

Polarity

Rhythm

Gender

What are the 12 universal laws, and where do they come from?

The 12 universal laws are thought to be intrinsic, unchanging laws of our universe that ancient cultures have always intuitively known.

The laws are often associated with Ho'oponopono, a meditation for freedom originating in ancient Hawaiian culture. Some of the laws,

however, are also attributed to [hermetic philosophy](#) going back to ancient Egypt.

The list of ancient laws has withstood the test of time. All of the laws are about mastering your life with love and joy,

#### Law of Divine Oneness

The first and most foundational law of the universe is the Law of Divine Oneness, which highlights the interconnectedness of all things. It says that beyond our senses, every thought, action, and event is in some way connected to anything and everything else.

How to apply it:

This one can come off a bit heady, but applying it in real life entails being compassionate with others, and recognizing that we are all one. It is recommended to work this law by asking questions like, How can I show more compassion and acceptance toward those I don't understand?

#### Law of Vibration

At a microscopic level, everything is in constant motion, [vibrating at a specific frequency](#). This applies to matter but also one's personal frequency as well. This law says that our vibrational frequency can inform our lived experience.

For example, You may be able to receive money but perhaps you can't hold on to it, because vibrationally, you could be operating on a lower level.

How to apply it:

If you feel the need to [elevate your frequency](#) (good vibes, anyone?), there are lots of great practices to do so, including sound bathing, and [chakra work](#).

#### Law of Correspondence

This law states that patterns repeat throughout the universe, and on a personal level, our reality is a mirror of what's happening inside us at that moment. Think, "As above, so below. As within, so without."

How to apply it:

The mantra for this law? *It's happening for you, not to you.* If our life is chaotic and fearful, "it's because there is chaos and fear within. If our life seems calm and grounded, it is because we feel peace within.

In any troubling situation, ask what the situation can show you about yourself, and what requires healing within.

### Law of Attraction

Undoubtedly the most talked about universal law, the [law of attraction is often used for manifestation](#). It says that like attracts like, and you get what you focus on. Not only that, but you have to *believe* what you're seeking is possible to obtain.

It is similar to the law of vibration in this way; it's important to learn how to vibrate at a level that attracts what you're seeking.

How to apply it:

When we focus on what we want versus what we don't want, it will show up in our life.

### Law of Inspired Action

Closely related to the law of attraction, the law of inspired action is all about taking those real, actionable steps to invite what we want into our lives.

Often the inspiration comes from within. An inspired action is that internal nudge. It's not always a *plan* of action.

How to apply it:

Practicing this law is all about slowing down, getting quiet, and creating space for internal guidance. When we let go of our need to arrange and control how things will work out and are instead open to all possibilities, it makes room for new ways of achieving the goals that we might not have considered otherwise.

### Law of Perpetual Transmutation of Energy

This law states that on an energetic level, everything in the universe is constantly evolving or fluctuating. Every action is preceded by a thought, with thoughts themselves having the power to eventually manifest in our physical reality. Ever been around a negative person and [felt your own positivity depleting](#)? That's one example—but it can also work the other way around: Higher frequencies transmute lower ones when applied with intention.

How to apply it:

Knowing this, we can actively seek to uplift negative energy around us by maintaining positive thoughts and actions.

### Law of Cause and Effect

Relatively straightforward, this law highlights the direct relation between actions and events. What's important to note here is we often can't see the effects right away, but they will come back around.

How to apply it:

Trust that every action will have a reaction—good or bad. What you put out there may not come back to you at that moment, but that vibration, that energy you put out there, has a ripple effect. If you're coming from a place of anger or resentment, if you put that energy out there, you'll eventually be affected as a result.

### Law of Compensation

The law of compensation relates closely to the law of attraction and the law of correspondence. "You reap what you sow" is the main takeaway, with the law stating your efforts will always come back to you positively. If you are seeking something, you must contribute in some way toward your goal.

How to apply it:

To work with this law in a manner that attracts support. Ask yourself, "Where am I being called to serve and support others today?"

### Law of Relativity

This law suggests that we are inclined to compare things in our world, but in reality, everything is neutral. Relativism exists in all things, and in the end, meaning comes down to our perspective and perception.

How to apply it:

Applying this law can help us understand the tougher parts of our lives with greater compassion. For example, if we're feeling ungrateful for our living situation, it could be because we're comparing our arrangements with someone else's. Instead, we'd be better off appreciating what we have without needing to compare it to something else.

### Law of Polarity

This law says that everything in life has an opposite; good and evil, love and fear, warmth and cold. The key is understanding these are all two sides of the same coin.

How to apply it:

This law through the mantra *All contrast brings more clarity*. If you're facing a difficult situation like a [breakup](#) or a health challenge, for example, tune into what the opposite looks like, which can reveal a new perspective or lesson.

### Law of Rhythm

Cycles are a natural part of the universe. Physically, you can think about the seasons on Earth. In our own lives, we can remember that integration is just as important as growth. We expect ourselves to be one way all the

time, whether we're thinking about our health or even productivity, but this is not sustainable.

How to apply it:

Take note of your inner rhythms and try to work with them. Feeling run down? Maybe it's better to give yourself some rest instead of powering through.

Law of Gender:

The law of gender has to do with the masculine “can-do” and feminine “nurturing” energy that exists in all things. Our society historically operates from a "can-do" mentality.

How to apply it:

Achieve a balance between “can-do” and “nurturing” energies.



## UNIVERSAL LAWS

## THE LAW OF DIVINE ONENESS

Everything in the universe is connected and everything is one.

## THE LAW OF VIBRATION

Everything in the universe vibrates, and everything has its own unique frequency.

## THE LAW OF CORRESPONDENCE

As above, so below; as within, so without.

## THE LAW OF ATTRACTION

Like attracts like; your thoughts and emotions create your reality.

## THE LAW OF INSPIRED ACTION

Taking action towards your goals and dreams is essential for manifesting them.

## THE LAW OF CAUSE &amp; EFFECT

Everything happens for a reason; every action has a reaction.

## THE LAW OF COMPENSATION

You will be rewarded for your efforts, either in this life or the next.

## THE LAW OF PERPETUAL TRANSMUTATION OF ENERGY

You can transform negative energy into positive energy.

## THE LAW OF RELATIVITY

Everything is relative and has no meaning except in relation to something else.

## THE LAW OF POLARITY

Everything has two poles, such as hot and cold, light and dark, and positive and negative.

## THE LAW OF RHYTHM

Everything in the universe has a natural rhythm and cycle.

## THE LAW OF GENDER

Everything in the universe has both masculine and feminine energy.