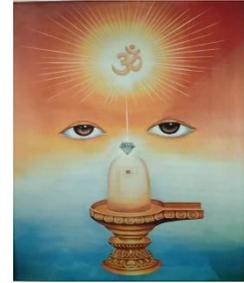


SIGNIFICANCE, BENEFITS OF OM (AUM) & GODLY MESSAGE



OM is the sum and source of all powers, the silent pulse of the universe. It is the seed mantra of entire creation. Every mantra (ॐ) starts with OM. Therefore, OM is not just a sacred sound, but a symbol of infinite power. The sound of OM is regarded as a Brahma's weapon. No worship takes place in a home without OM. It is said that without OM, creation cannot be imagined. It is believed that the subtle sound of OM always comes out of the entire universe. OM is not a word; words have meaning - it is beyond meaning. OM is Anahat i.e. sound born without collision. Neither it can be considered to be vocal. It is also called Anhad Naad – a sound which has no limit or boundary and which continues uninterruptedly throughout the universe, both inside and outside the body, by listening to which the soul experiences peace. When the chanting of OM begins to reverberate automatically from within, then external chanting becomes insignificant.

OM is not from any religion or language. OM is the universal symbol for people of all faiths, religions and cultures. The words 'AUM' (Hinduism), 'SHALOM' (Judaism), 'AMIN' (Islam) and 'AMEN' (Christianity) mean the same, except they are linguistically different.

Om is referred as Ekakshari (One Word) Mantra. The word OM is composed of 3 sounds A, U, and M, which represent BrahmA, VishnU and Mahesh; and Bhooloka, Bhuvanloka and Swargaloka. These are the basic or fundamental sounds. All sounds are just the manifestation of these three.

A → Symbol of appearance or origin. This causes the lower abdomen to vibrate.

U → Symbol of rising, flying, growth or sustenance. This causes vibrations in the central part of the body (parts of the heart and chest).

M → Silence, dissolution, or symbol of destruction. This causes vibration in the upper part of the body (brain, nose and throat).

Another meaning is :

A → Action **U** → Utterance **M** → Mind

Which imply that when our thoughts within the mind, our words, and our actions are in unison then we attain peace of mind.

The sound emanating from OM impinges on the glands that affect all the chakras and hormones of the body; and the functions of these glands can be modulated to shoo away diseases. When we pronounce OM, these three sounds have the ability to influence 72000 nadis. Its pronunciation enhances the working capacity of the body, regulates the heartbeat and blood circulation, and also improves mental concentration thus leading to the elimination of any mental disturbances. Both the pronouncer and the hearer benefit from it. Positive energy develops around the person who pronounces OM. One who chants it experiences a positive change within oneself easily. Anyone who hears this sound starts connecting directly to the Divine. While chanting OM, pay full attention only to the sound; this will cause stillness within the brain and silence within the mind. The whole body will become calm and relaxed.

Our body contains 72% water element, 12% earth element, 6% air element, 4% fire element, 6% sky element. If these five elements are balanced, then there will be balance in life. The five elements of our body and Tridosha (Vata, Pitta, Kapha) are balanced with the pronunciation of OM.

Physical, mental and spiritual benefits are achieved through the pronunciation of OM.

1) By uttering "OM" just after sunrise with a long deep breath, after drinking water on an empty stomach, 50 percent of the diseases will be cured. Many stomach problems will end, as all diseases emanate from here. The intellect and body will get good amount of oxygen, which is pure, because when we make "OM" sound, pure oxygen will go in and displace the impure air. Various types of diseases of the body get cured, and mental stress, tensions and depressions are relieved by the regular chanting of OM. Also, the mind becomes relaxed and gets easily connected to the Almighty, thereby filling the soul with all powers and making life peaceful and happy.

2) OM chanting brings radiance to the face, and a unique glow in the eyes. It removes fatigue and fills you with fresh energy.

3) OM chanting makes you move towards the purpose and attainment of the goal of your life, and a smile remains on your face.

4) Chanting of OM brings positivity within us; it removes all the toxic elements inside us.

5) Meditation on this sacred syllable 'OM' is said to satisfy every need, and leads to Liberation.

6) OM is the representation of the Supreme. The past, present and the future are all encompassed in this ONE sound of OM.

Through the powerful chanting of OM we can do the service of giving sakash (spiritual healing vibrations) to the whole world. From O (God, the Supreme) all the powers come to M (Me, the soul). If you maintain your self-respect simultaneously, double power will come and sins will also be destroyed.

By chanting OM, I am calling my beloved God Father – 'O God, come to my soul and fill me with all the powers so that I become like You and make the whole world like You'. I, the soul, with all the powers from my beloved God-Father, am illuminating the whole world.

The Tree of souls in Paramdham (Soul World) is also in the shape of OM (ॐ), which has been compared to an inverted tree in the Gita. By turning the A (ॐ) portion downward, it looks like an inverted trident (trishula).



By chanting OM for about 5-10 minutes, every day in the morning and evening, **positive energy is spread** at home, at the workplace, and in nature.

Om is the Basis of Divine Love, Positive Energy, and Meeting the Almighty - which means the union of Supreme Soul & Soul; OM is the foundation of increasing Morale & Concentration, and Welfare of this world; the sound of OM gives relief from Physical & Mental Stress, and brings solutions to all problems.

So, keeping these benefits of OM in mind, let us all inhale and exhale deeply by maintaining a peaceful stage, and utter **OM sound** with a focused mind and compassionate heart and spread the vibrations of **peace and power** within ourselves and all around in the atmosphere of the whole world.

**Message of Incorporeal God:
A Call to All Religions**

My very sweet children, I have descended on this earth now. At present, by changing this world of sorrow and unrest, I have come to give you the blessings of happiness, peace, liberation & liberation in life.

*Forget all bodily religions and relations. Realise yourself as a **soul**, and remember the point of light form of the **Supreme soul**, the supreme source of **spiritual energy**, to destroy your sins, and to energise and purify your soul, thus attaining **Mukti** (Liberation) & **Jeevan mukti** (Liberation in life - heaven). Now is the time to **return** to the original Home – the soul world.*

**WE ALL ARE ONE & WE BELONG TO ONE. REALISE SPIRITUAL GOD-FATHER AND CLAIM YOUR GOD FATHERLY BIRTH-RIGHT BEFORE THE DRASTIC WORLD CHANGE - NOW OR NEVER!
AVOID REPENTENCE FOREVER.**

Om Mandali Shiv Shakti Avtar Seva Sansthan
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