

## **Aumway**

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AUM is root of all mantras. Mantra is atypical combination of words which affects the surroundings and human beings through vibrations. If these mantras are chanted for enormous no. of times one gets miraculous results. Each and every mantra starts with AUM and mostly ends with AUM / OM.

OM can be seen through the eyes, listened to via ears and chanted via tongue. It is somewhat simpler to concentrate on the above 3 sense organs, so it is easy to concentrate the mind directly on the object. This is achieved by fixing OM as a target for meditation on which 3 sense organs are focused. In addition to this the chanting of AUM has tranquilizing effect on the mind, which helps to concentrate easily.



Keep a picture of , and then see , visualize and concentrate on the structure of AUM. Sit in the posture with closed eyes. Take a deep breath, and while releasing the breath taken say the OMKAR. The A ,U, M all 3 are to be recited in continuation. There should not be 3 separate parts .

One Omkar can be said in 10 secs. The proportion is 2 sec. for A, 3 sec. for U, and 5 sec. for M. Omkaar is an exercise for vocal cords, which give them strength. Omkar is the basic form of sound. It consists of A {akaar}, U {ukaar}, and M {makaar}

A- Separate the lips gently open the mouth and say A. Vibrations are created near the Umbilicus i.e. Manipur chakra.

U- Bring the lips closer and say U. Vibrations are near neck i.e. Vishuddha chakra

M- Close the mouth completely and say M. The vibrations can be felt all over / inside the Cranial cavity i.e. Sahasrar chakra.

### **Advantages**

- AUM chanting is the real way to total tranquility.
- AUM chanting helps in cleansing the mind, and also to have control over emotions.
- AUM recitation improves the concentration, memory, and understanding capacity so it is an essential supplement for growing children to cope up with the competition.
- AUMKAR relaxes one physically, mentally, and emotionally and so is again an essential supplement for adults and elderly persons.

### **Effects**

- Omkaar recitation is an important yogic practice. The vibrations due to Omkaar recitation increase the efficiency of cells and the concerned organs.
- Generally any mantra starts with AUM. So we find it easier to chant it in a continuous manner and concentrate our mind. In the Omkar recitation, the first pronunciation A creates the vibrations, which affect on the spinal cord to increase its efficiency. Second pronunciation U creates the vibrations in the throat and affects the Thyroid Glands, while the last pronunciation M, brings the vibrations to

the brain, thereby activating the brain centres, as a result of which, the efficiency of a brain increases. Therefore the effect of Omkar chanting increases the concentration, memory, receiving power of brain and ultimately decreases the level of fatigue.

Concentration is a measure of accuracy of work and receiving power is a measure of understanding while memory is a measure of ability to reproduce the knowledge / known things.

### **Ideal place**

One particular place should be fixed, which is without any type of disturbance, for OM practice. There should be cleanliness and fresh atmosphere. All type of care should be taken for purity and serenity of the place, ambiance, Sadhaka's body and mind. One can burn agarbatti/ dhup. One can keep fresh flowers.



### **Ideal time and posture**

Before sunrise one should take bath and sit for practicing omkaar.



Padmasana is the most appropriate posture. If it is not possible then Vajrasana or Swastik aasana can be ideal choices for chanting OM

Position of fingers-Thumb and index finger are touching each other and rest fingers are slightly raised.

### **HOW TO CONCENTRATE**

The purpose of generating vibrations through the recitation of OM is to concentrate at mind as well as at body level.

When we achieve this stage, stop recitation and THEN TRY TO HEAR THE OMKAR SOUND AND RECOLLECT THE IMAGE OF AUM.

Finally try to minimize the image .This is "Sookshma dhyana.