

THERE IS NO PLACE LIKE 'OM'



OM and the sound of OM is said to mean many different things with no definition being wrong. It is pronounced with four sounds- AH, OOOO, EM, silence/pause.

The OM symbol is commonplace in Hindu culture representing its philosophy and theology. Hindus, as well as other peoples and cultures believe that the sound of OM was the first vibration of sound into which all creation came to be. It represents beginning and end, the all-encompassing GOD, divine energy, the core of all existence, and perfect healing. It runs through all things and all beings. The sounds of OM brings us each into a place of completeness.

Sound, as ever other facet of our being, will bring our body's vibration up or down. There are specific pitches that work with each aspect of our physical, emotional, mental and intellectual being.

In your personal practice of OM notice the vibration from start to finish, how your body vibrates from a high to a low, from up to down. The vibrations radiate with all organs, nerves and cells of your body to clear out impurities of the mind of body.

As you are balances your body and release lower energies, your thoughts can included:

I lack in nothing.

I am totally and completely whole and healed.

In this space there is nothing and everything.

In this cleared space, there is full awareness.

Information provided by: Bella Donna, www.BHealthyBHappy.com