

OHM Symbol



The Absolute

AUM (OM, OHM) within Hinduism symbolizes the unborn non-dualistic, omnispresent, impersonal Absolute, which incorporates all forms of life; which is life. The sacred AUM symbol above represents both the unmanifest, *nirguna*, and manifest, *saguna*, aspects of the Absolute. By sound and form, AUM symbolizes the infinite Brahman* (ultimate reality).

- A stands for Creation
- U stands for Preservation
- M stands for Destruction or dissolution

This is representative of the Trinity of God in Hindu dharma ([Brahma](#), [Vishnu](#) and [Shiva](#))

SOME INTERRELIGIOUS BACKGROUNDS

AUM, the 'Sound of Light'

In Hindu scriptures, in the Vedas, AUM is the 'Sound of the Sun', the 'Sound of Light'. Muslims call it *Saut-I-Sarmadi*, the *Unstruck Melody*, or *Kalma*, meaning 'Word' like mentioned in St. John 1:1-4. Sikhs call it *Shabd*. Tibetan Buddhists call it *bden tshig*. Every religion has equivalents for OM.

AUM (Om, Ohm) manifests via light and sound when one converts the scattered outer attention and focus single minded at the eye centre. The dot, the third eye, between the eye brows on both Hindu and Buddhist statues is referring to this door of inner perception which can be entered direct or via meditation. Hearing the inner sound (*bhajan*) and seeing the inner light (*dhyana*) is a common theme in mystic literature of all religions. (Compare [St. Matthew 6:22](#)).

Buddha on the 'Sound of Light'

In Buddhism the inner light is considered a manifestation of the intrinsic Buddha nature of all men. Also the Buddha taught listening to the Sound of Light. In the *Mahasakuludayi Sutta* (77:32 [[Nanamoli & Bodhi translation](#) p. 644]) Buddha says:

"Again, Udayin, I have proclaimed to my disciples the way whereby with the divine ear element [dibbasota], which is purified and surpasses the human, they hear both kind of sounds, the divine and the human, those that are far as well as near (...) And thereby many disciples of mine abide having reached the consummation and perfection of direct knowledge." (See also [St. Matthew 13:13-17](#).)

In the *Surangama Sutra* ([PDF-version](#) p. 203-212) listening to sound is considered the most beneficial method of meditation "for men of various kind" (On an individual bases another method could be more suitable).

*To hear your very Self, why not turn backward
That faculty employed to hear Buddha's words
Hearing is not of itself,
But owes its name to sound.
Freed from sound by turning hearing backwards,
What do you call that which is disengaged
When one sense organ has to its source returned,
All the six senses thereby are liberated.
(...)
Ananda and all you who listen here
Should inward turn your faculty
Of hearing to hear your own nature
Which alone achieves Supreme Bodhi.
That is how enlightenment is won.
Buddhas as many as the Ganges' sand
Entered this one gateway to Nirvana.
All past Tathagatas
Have achieved this method.
All Bodhisattvas now
Enter this perfection.
All who practise in the future
On this Dharma should rely."*

Practise

According to both Hindu and Buddhist scriptures before starting any spiritual practise above all one first need to find a spiritual friend, an accomplished guru of a lineage of gurus of good reputation, with whom one has a (karmic) connection and who is alive; 'in the flesh'. See for instance the Buddhist [Words of My Perfect Teacher](#), or and the Hindu [The Spiritual Master and the Disciple](#). ...->Continued at www.muktinath.org

* With 'n' (Brahma, without 'n', is, as mentioned, part of the Hindu trinity, Brahma, Vishnu en Shiva.)