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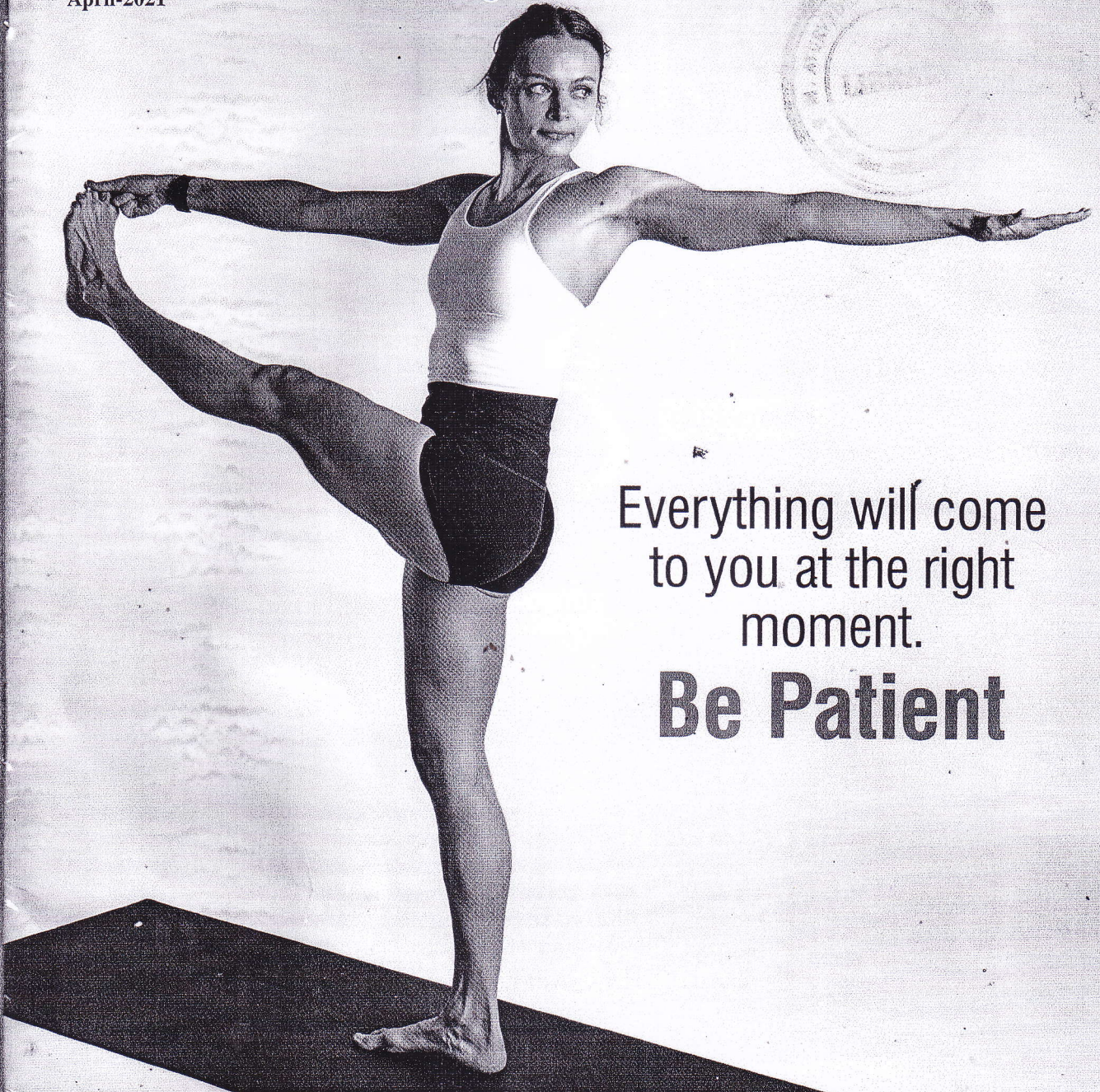


# EDUCATION OF YOGA

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# “SCIENTIFIC CHANTING OF “AUM” A UNIVERSAL SOUND”



By Dr. MAHADEVI H. MALI, MD (AYU), YIC (Prof and HOD)

Dr. Neela C. Sudi MD (AYU)

Shri Vijaya Mahantesh Ayurveda Medical College and Research Center

ILKAL -587 125. Dist : Bagalkot Tq : Hunagund.

Among the schools of yoga, Mantra yoga is one - which neutralizes Raja (agitation) and Tama (inertia) and calms the mind, brings focus and is great for controlling the breath. Nowadays, common problem in day today life is Stress. So, Mind should be controlled only by relaxation techniques. Under this "OM chanting" is a simple practice, it needs less time as well as does not require expert or trainer while performing. Mantra yoga creates positive vibrations that benefit both the one who chants and the one who listens. Definitely we can prevent psychosomatic diseases and proper

practice it makes the person healthy and wellbeing. In daily practice it is practiced as "Pranava Dhyana". "Tasya Vachakaha Pranavaha!!" (P.Y.Su 1:27)<sup>4</sup>

### INTRODUCTION:

"OM" is basically a monosyllabic word, as compared to "AUM", which is tri-syllabic. It is a sound that has been realized by the ancient rishi's in the highest states of meditation. It is the cosmic mantra "AUM" that unites the limited existence with the unlimited. It is "AUM" that merges the microcosm with the macrocosm, the individual with the universal.

Microcosm	Macrocosm	State of experience
Syllable 'A' Individual physical body	Material universe	Wakeful state; perception only of the external world through the sense
Syllable 'U' Individual mind	Cosmic mind	Dream state; perception of mental impressions
Syllable 'M' Intuitive awareness at individual level	Consciousness substratum of universe	Deep sleep; experience of bliss and revolutionary knowledge
Syllable 'AUM' as a whole atman (self)	Brahman	Fourth state; beyond all conceptualization

A, U, and M symbolize respectively vak (speech), the mind (manas), and the breath of life (prana), while the entire symbol stands for living divine spirit. Entire symbol represents Divinity, which is beyond the limitations of shape and form. The three letters, A, U, AND M, symbolize the absence of desire, fear, and anger.

'AUM' is also called as the 'PRANAVA', a Sanskrit word which means both controller of life-force (Prana) and life-giver (infuser of Prana).

### METHOD OF CHANTING / PRONUNCIATION:

"AUM" can be chanted slowly or quickly. It is chanted slowly then it can be made to last for many seconds, depending on the capacity of the individual. There should be a definite pronunciation of each of the syllables 'A', 'U', 'M', with a gradual transition from one to the other.

Chant the tri - syllables as "AAAAAAAAAAA UUUUUUUUUU – MMMMMMMMMM". Verbal chanting is to be preferred. Mind must be concentrate on verbal "AUM" sound and remove the fluctuations of the mind, and bring it on one point. Chanting aaaaaaaaaa – one can feel the sensation and resonance of nervous system in the stomach and the chest reason, schanting uuuuuuuuuu – creates sensations in throat and chest reason, chanting mmmmmm – resonates with nasal cavity as well as skull/brain reason.<sup>2</sup>

First of all chant "AUM" verbally for some time and then change over to mental "AUM" chanting. This is a systematic method of withdrawing once awareness from the outside world and directing it inwards to explore the mind. "AUM" must be chanted as continuous flow of an oil stream and like the vibration of a bell.<sup>1</sup>

Varahopanishad (5.69) says "OM" chanted very smoothly and continuously (without interruption) like a resonance of a bell ("Deergha ghanta ninaadavat").<sup>3</sup>

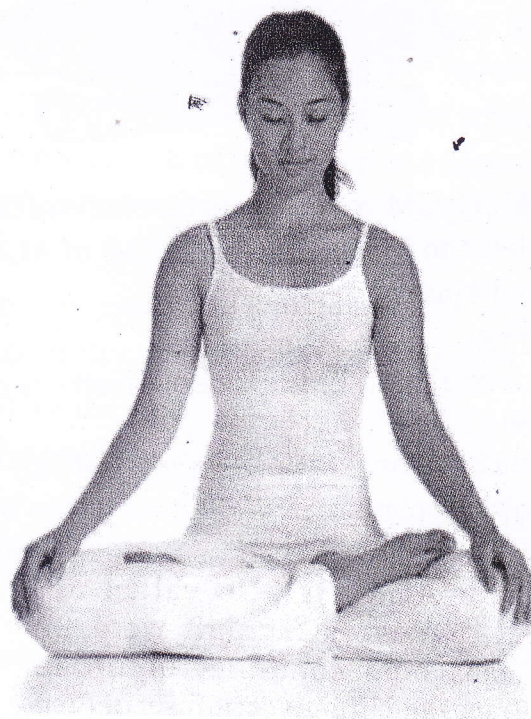
**PROCEDURE :**

1. Sit in a comfortable meditative posture.
2. Close the eyes.
3. Inhale deeply & while exhalation start chanting with the word AAAAAAAAAA – continue the stretch by bringing the lips together to say the next syllable with the word UUUUUUUUUU – finally press the lips and front teeth gently together, bringing the vibration of next with the syllable word M M M M M M M M M M .

4. Try to be aware completely of the sound of "AUM".
5. Be totally aware of "AUM".
6. Continue in this manner for as long as possible. At least 15 minutes.
7. Slowly stop the practice and synchronize it with the mental sound of "AUM".
8. Be aware of the internal sound of "AUM" at the eyebrow center, vibrating in harmony with the pulse.
9. Continue in this manner for as long as once time and their capacity.
10. End the practice by chanting "AUM" loudly 3 times.<sup>2</sup>

**AWARENESS:** On sound.

**POSTURE:**



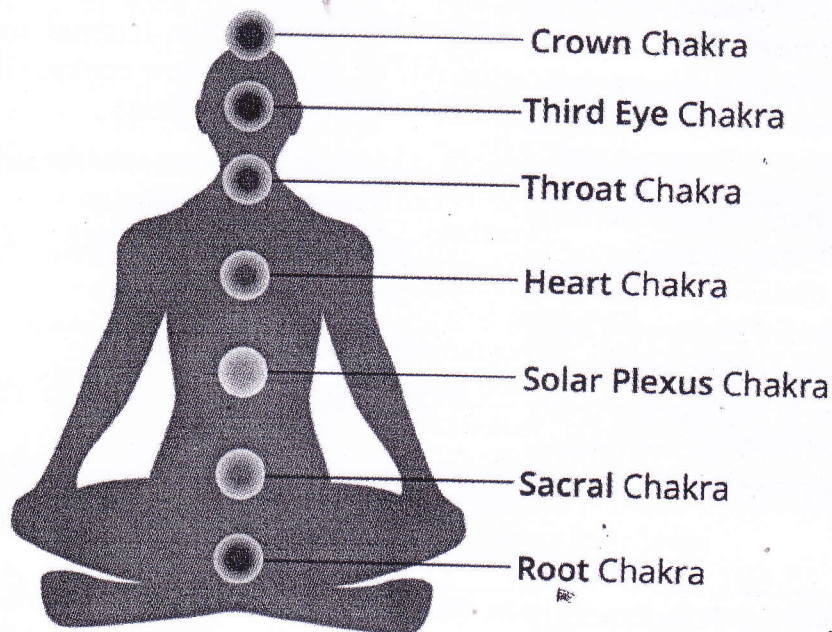
### TIME AND DURATION:

15 to 30 time (Early in the morning before starting the daily routines).

Perfect times for practice are 108 times. (108 considered as a sacred numbers in Hinduism and Yoga. Earth is 108 times their respective diameters).

Always chant "AUM" 3 times / day (reason is – it symbolizes 3 words of the Soul, Past, Present and Future.<sup>2</sup>

**CHAKRAS: 7<sup>th</sup> – Chakra (Sahasrara or Crown chakra).**



'A' of AUM connected to Mooladhara Chakra and Swadhisthana Chakra. 'U' of AUM related to Manipura Chakra. 'M' of AUM affects Anahata Chakra, Vishuddhi Chakra and Ajnaa Chakra.<sup>3</sup>

### BENEFITS:

1. It is one of the most powerful methods of rapidly relaxing the entire mind and body.
2. Quickly brings mental peace and can help very much to prevent so many psychosomatic disorders.
3. It can lead to high states of meditation and realizations of higher truths.
4. Reduces stress and anxiety.
5. Makes emotionally stable.
6. Detoxifies body.
7. Improves concentration.
8. Ensures sound sleep.

So, 'AUM' is the only one mantra that is fit for peoples belonging to all age groups.

## **FREQUENCY OF AUM:**

'AUM' vibrates at 432Hz, which is quite low within our hearing range. The sound wave is longer and its frequency of vibration slower than a high pitch sound at, let's say 15 KHz.

Healthy human body during day time is 62 to 72 Hz. When frequency drops, immune system is compromised. Natural humming energy of 'OM' exists all around us. It vibrates at the frequency of 432Hz.<sup>4</sup>

## **SCIENTIFIC BENEFITS OF OM CHANTING –**

Vibration of sound felt through vocal cord that clears and opens up the sinuses. "A" sound creates vibrations that affect the chest, sternum and neck. "U" sound creates vibrations that stimulate the thyroid glands. "M" sound creates a vibration that increases the efficiency and reaction time of the brain.

Vibration in sternum stimulates the 'THYMUS GLAND' in the chest which controls the production of defense cells called 'T- LYMPHOCYTES'. Vibration in throat stimulates the 'THYROID GLAND'. This gland produces 'THYROXINE' which regulates metabolism and strengthens the heart functioning. The 'THYMUS GLAND', located behind the 'THYROID GLAND' also gets stimulated which increases the amount of calcium in the blood when required. OM chant stimulate 'HYPOTHALAMUS', located in the brain which further activate the master gland – 'PITUITORY' to govern the secretion of chemicals and hormone that balances the body and generate healing effects on emotional mental and physical well being.

'PINEAL GLAND' present between our eyebrows gets resonated which secretes happy hormone 'SEROTONIN' during the day, and 'MELATONIN' at night.

Increases flow of oxygen and blood in the body stimulates pituitary and hormonal glands thus the body to react more dynamically and vigorously.

Vibrations produced by chanting 'AUM' penetrate each atom, molecule, tissues, and cells of all body organs thereby resulting in a complete natural message on the body. It also clears impurities in the body.

Chanting of 'AUM' drives away the negative thoughts and instills vigor and energy in the body.<sup>4</sup>

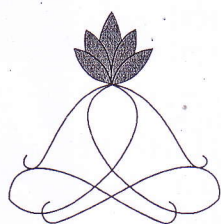
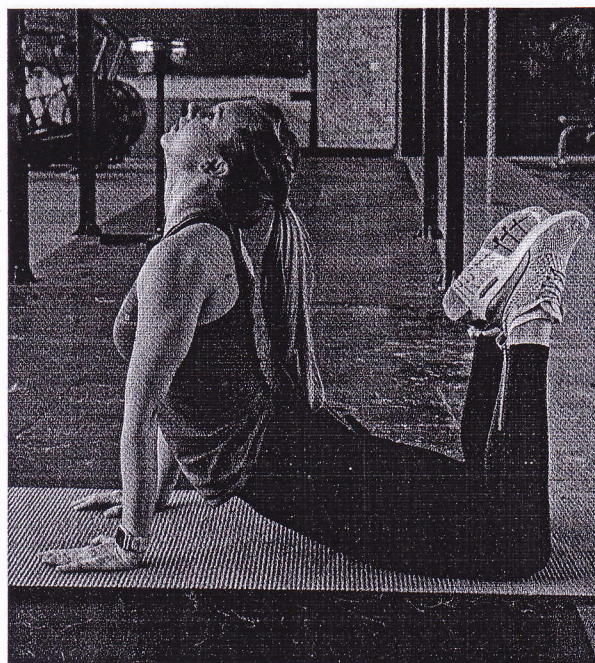
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**YOGA EDUCATION AND RESEARCH INSTITUTE**

1st Floor, 2nd Cross, Vishweshwar Nagar, Towards Nrupatunga Betta Road,  
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