The untold secrets of life
Dr. Shri Balaji Tambe

Purusha Suktam
The conscious program of creation

AUM - Password to THAT

Since the advent of Man, sound has been of profound importance. It is the easiest medium with which to communicate not only between ourselves, but also with the Universal Concept and Program. The first sound that reflects the expression of the conscious program is Aum. Every description of Aum includes the dot, or bindu. We say Aumkaaram bindu-sanyuktam i.e. Aum accompanied by the bindu. Just like you need a separator like '.' before 'com' (xyz.com) to take you into the correct domain, to get access to that Universal Program, I say that you need to connect via '.aum'. Like the dot in '.com' separates domains or addresses, the dot or bindu in Aum separates the three levels of our manifest brahmaand from the Purusha. In AUM 'A' is pronounced as 'u' in 'cut' (graphic), 'U' as 'oo' in 'cook' and 'M' as 'm' in 'mother'. 'A' corresponds to the long wave with low energy. 'U' corresponds to the medium wave. 'M' corresponds to the short wave with high energy. The crescent on top is part of the letter 'M' and pronounced nasally. This Aum is the doorway to the 'un-manifest' Purusha. Any mantra is incomplete without Aum. It is said that all the rucha, chhanda and mantras of the Vedas originated in Aum.
What is the practice of Aum? What happens when you chant Aum? What is the correct way to produce the sound Aum?

Aum is the sound produced by the spinning of the whole universe. The bindu or dot has the potential to increase or decrease infinitely. If we imagine space to be folded into the form of a cone, one end of the cone expands to infinity and the other end of the cone converges to a dot. In a more accurate visual model, the universe has a spiral, helical structure.

The practice of Aum is commended in all the four Vedas, the Upanishads (the essence of the Vedas) and the Shrimad Bhagawad Geeta. Aum helps not only to attain the ultimate aim of all existence, but helps also at all intermediate levels of growth of all kinds. Indian texts abound in mantra and tantra. Mantra is a specific sound composition, which acts like a program for the brain, while tantra refers to a mechanism to achieve a desired goal. Aum is prefix to any mantra.

The chanting of Aum, just by itself, can help one achieve better results in anything that one chooses to focus on. Even small day-to-day things like passing an examination, or something over time like making a success out of your business, and something personal like improving on a relationship, can all be helped with the regular chanting of Aum.

Aum has a very large scope. It is the ultimate mantra. But even the practice of a lower level mantra for success in a chosen endeavour will only produce results if you have prefixed the mantra with Aum.

When we sing or chant Aum, the sound helps the spine become even straighter as the sound travels from the base of the spine to the top of the head - the highest point in the body - from where one can reach out and connect with the Supreme Conscious Concept and Program. It is Aum that can carry our energies to that point and beyond. Therefore the bindu-sanyukta Aum becomes the password to reach that Super Computer or Parama Aatma.
**Bring AUM into your life**

Practice the communication with the Supreme Consciousness every day. **Shreeguru Balaji Tambe** has designed *Santulan OM Meditation (SOM)*.

<table>
<thead>
<tr>
<th>Santulan Om Meditation (CD)</th>
<th>Learn to Meditate (CD)</th>
</tr>
</thead>
<tbody>
<tr>
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</tbody>
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