

Chapter XII

THE SACRED WORD

Part I

OM. This imperishable syllable is the whole world.

Its further explanation is:

The past, the present, the future — everything is just the word OM.

And whatsoever else that transcends threefold time — that, too, is just the word OM.

Mandukya Upanishad I¹

There are, assuredly, two forms of Brahma: the formed and the formless. Now, that which is formed is unreal; that which is the formless is real, is Brahma, is light.

Light, that is the sun, and even it has the syllable OM, as its SELF.²

The Word was in the beginning, and that very Word was with God, and God was that Word. All things were made by Him, and without Him was not anything made that was made. In Him was life, and the life was the light of man.³

The Sacred Word symbolizes the two worlds — the manifested one, the world of forms, and the formless world. It symbolizes also the bridge between these two worlds through which the formless passes to the world of phenomena, and the world of phenomena passes into the world of noumena, into the formless world, thus keeping the manifestation in cyclic continuity.

In meditation the goal of the student is to pass from the planes of form into formless levels of awareness, and there to come in contact with archetypes, ideas, and energies, expanding his awareness and beingness beyond the limitations of the mind. Thus he registers his elevated states of awareness in his higher mind and in his brain consciousness as far as possible.

¹Hume, Ernest Robert, tr., *Thirteen Principal Upanishads*, p. 391.

²*Maitri Upanishad* 6:3, *Philosophies of India*, Heinrich Zimmer, p. 361.

³John 1:1-3

In the *Upanishads* we are told,

Om is the bow. The atman is the arrow. Brahma is said to be the mark.

*By the undistracted man is the Brahma to be penetrated. One should come to be in Brahma, as the arrow in the mark.*⁴

In *The Rules of Manu* we read,

A devoted one at the beginning and end of a lesson on the Veda must always pronounce the syllable OM: for unless Om precedes, the learning will slip away from him, and unless it follows, nothing will be long retained.

In reality the target, or the mark, and the arrow are the same. They represent the two states of Self. The target, or the mark, is the unchangeable aspect of the Self; the arrow is the changeable aspect of the Self, or the reflection, the Prodigal Son who went away from his Father-consciousness and became a poor outcast until he went back to the Father and kissed Him (as an arrow goes back to the mark) and he became one with Him-Self.

The same idea is expressed in the mantram,

Om Mani Padme Hum

— which means “Om, the jewel in the Lotus” or “O God within me.” The jewel in the Lotus is the OM, which is the Self and the “arrow.”

Meditation is a technique of self-unfoldment. Great sages throughout the centuries have advised us to sound the OM as one of the most important aids of the self-unfoldment process. In this process the “reflection,” the manifested one, is released and the reality, the unmanifested, the formless one, is realized.

Hermes said, “As above, so below.” Man is the microcosm reflecting the macrocosm in his being.

In esoteric literature we are told that our Solar Logos sounded the Sacred Word to create this Solar System. He sounded it in seven great breaths, in seven notes, and all the seven planes came into existence. Such was the process of involution.

The same thing happened with the Monad. It sounded the sevenfold Word and its incarnation started, until it reached the densest plane. This was the note of creation and incarnation, the process of out-breathing.

⁴Hume, Ernest Robert, tr., *Thirteen Principal Upanishads*, Mundaka Upanishad-2, Knanda, Verse 4, p. 372.

When man starts the Path of conscious evolution, he will go back to his source, to the Monad, and be Himself, and this will be accomplished by finding out the real note of the Monad and in-breathing it. This is achieved by using the Sacred Word in two ways: first, to destroy and clear away the obstacles and hindrances; and second, to build bridges and fuse with the source, the Self, so that the Monad returns to its own state of beingness with all its experiences in the manifested world.

The student is advised to sound the Sacred Word and gradually to find his real note, then through the resonance flood the lower nature with the energy of the Self and sublimate it to its highest degree. This is a great adaptation process in which all the lives within the vehicles gradually learn to respond to the music of the Self. They adapt their movement and rotation to the rhythm of the music until they are able to express the music completely and perfectly through all their expressions and movements. This is the great process of adaptation to the inner note, and the great process of transmutation and transfiguration.

Actually, the “fallen” self is searching for the *Lost Note, Itself, the OM*, the target. The arrow is going back to the target and becoming one with itself.

The Tibetan Master says, “The one threefold Word has seven keys, and these seven keys have their own subtones.”⁵

Throughout centuries the aspirant is searching for this Lost Word, using various keys and subtones, until eventually on the Path of discipleship and initiation he learns to sound the word correctly, according to his place and purpose and the level of his beingness.

The Tibetan Master divides the Word into three parts:

AUM
OM
Sound

Each of these has its own seven keys and subtones.

The AUM is used in Christian churches as *Amen*. Some authorities think that it is a protracted form of the Sanskrit *evam* which means “thus” or “so it be.” The AUM is the word of involution, or materialization and objectification. It is a sevenfold word and as it passes through substance it creates the seven states of consciousness, or seven planes, and the forms of life.

⁵Bailey, Alice A., *Letters on Occult Meditation*, p. 52.

In *Mandukya Upanishad* we read: “AUM, the Word, is all this. All that is past, present, and future, is indeed AUM.”⁶

It is the Word made flesh. This refers to the Self who is fallen in maya, in glamor, in illusion — as the Prodigal Son — and is enchanted there in the lowest state of consciousness and materialization. In the same way, it is the manifested Universe in its totality, the Cosmic Physical Plane.⁷

OM is the note of liberation, of release from the prison of forms, from the maya, glamors, and illusions. It is only in the human kingdom that the word OM is sensed and eventually heard. The personality and the Soul start to fuse with each other, and man works under the conscious guidance of the Soul.

The *Sound* is the direct communication of the Self and of the Greater Self with the transfigured pilgrim. We are told that only Third Degree Initiates can hear it, understand it, and respond to it. The Sound is called also the “Voice of the Silence” or “The Voice in the Spiritual Sound.” The Sound is the will, the purpose, and the life aspect of the Solar Logos.

In the life of a disciple it is the AUM which makes his consciousness spread into all the levels of personality and reach each atom with the electricity of life and light, to establish there tiny centers of sensitivity.

When the work of the AUM is done, then through sounding the OM, the soul in the three worlds of personality is focused on the higher mental plane and released from the enchantment of the three lower worlds. Through the Sound, the soul is freed from the mental plane and focused in the intuitional levels. Eventually, the “Temple of Solomon,” the Causal Body, is destroyed and the Solar Angel is set free.

Actually, the O is the spirit and the M is the reflection, the *jiva*, or the human soul. The student is advised to sound the word OM solemnly, in great ecstasy and concentration. Through sounding it and touching the life behind it, the release is achieved. The *jiva* is raised to higher levels of awareness and enters the sphere of the Spiritual Triad as the student sounds the OM. In this use of the Word, three processes are observed:

- a) The three vehicles of the personality are entering into a deep peace.
- b) The physical, emotional, and mental vehicles are washed of many outworn thoughtforms, glamors, and congestions of energies.
- c) The human soul is awakened and polarized toward its source via the Solar Angel.

⁶Mandukya Upanishad II, 1:1, Swami Nikhilananda, tr.

⁷See Ch. XIV in *The Science of Becoming Oneself* by Torkom Saraydarian.

AUM is used when the pilgrim wants to create, to build, to construct in mental matter, and to condense energies and make them objective. For example, if he wants to build an actual temple he must visualize it in the way he wants to build it and in his visualization sound the AUM. Or if he wants to form a group he meditates, he visualizes, and he sounds the AUM. In this way he brings objectivity out of subjectivity.

But the OM is used for release, for detachment, for upliftment, and for spiritualization. It carries you to the formless world, expands your consciousness, and focuses it progressively on higher planes.

Usually our consciousness is identified with the physical drives and urges, with the glamors of our emotional nature, and with the illusions of our mental nature; we are lost in our lower nature. Meditation is the time when we must recollect ourselves and focus our consciousness on our object upon the higher mental planes. This is facilitated by sounding the OM.

In sounding the OM, the grasp of maya, glamors, and illusions is loosened and the human soul is released for the time being.

Students are advised to sound the OM three times as follows: Open your lips, shaping the O, and sound it for fifteen seconds. Then close your lips and continue with the M for another fifteen seconds. The sound must be directed up through the palate and out of your head along an imaginary thread which starts in the center of your brain and rises toward space.

To do this properly you must inhale enough air and use it in such a way that both O and M are sounded for fifteen seconds each, making thirty seconds.

At the beginning you can use any pitch until you discover the one that fits you best.

The first OM will be sounded in a very soft but steady voice. The second a little louder. The third one louder yet.

The first OM hits the mental unit and then extends to the mental permanent atom. First the lower mind calms down, and as the sound reaches the mental permanent atom, it creates a radiation from both the mental permanent atom and the mental unit; then the lights of the two points extend in circles, interpenetrating each other and forming a web of light. This light, or energy, cleans the undesirable thoughtforms, melting or burning them, and builds a sphere of communication between the lower and the higher mind. The sphere of light then becomes charged with the light of the Solar Angel, or Ego. This stimulates the etheric head center and drives away elements of inertia from the mental body.

Between the first and second OM we must have ten to fifteen seconds of silence during which we will visualize how the vibration of the OM is creating waves in the surrounding space, there cleaning and burning the

many, many unwanted thoughtforms created by us, by our guests, by television and radio, and so on. This is a wonderful purification process and a great service to our fellowman because the influence of an OM *never ends* if it is sounded in deep concentration and with love and joy. Its influence spreads in space, and gradually it carries on its purifying and liberating task.

When you are doing meditation and are sounding the OM, you must have in your mind the thought that you are really cleaning and purifying your mental atmosphere, the mental atmosphere of your room and your environment. In this way you will have cleaner space where you can retreat and lift your consciousness to higher planes.

Sounding the first OM not only cleans your mental atmosphere but also makes it magnetic and invocative to the Intuitional Plane. For example, the earth often becomes so thirsty that when you put a little drop of water on it, it absorbs it immediately. Such a magnetic thirst is created in the lower mental plane through the sounding of the first OM, and when it extends to the mental permanent atom, the energy of the Soul then starts to circulate from the higher mental permanent atom to the mental unit. Thus not only is the lower mind purified, but it is also magnetized and energized by the higher stream of energy circulating between these two points.

When you sound the first OM, the effect will be in proportion to your knowledge, technique, and beingness.

If the lower mental levels are crowded with thick layers of illusions and concrete thoughtforms, it will take a long time to melt them. You cannot move them with one OM, or with two hundred OMs. These illusions need cracking. It will take a long time to crack the mental crystallizations and melt them into the general pool of mental substance. Then the circulation of the divine flow can be completed.

If your lower mental levels are relatively free from crystallization and the higher mind is full of intuitive energy, then the effect of the OM will be immediate and strong. In such a great achievement, no unwanted thoughtforms can infuse themselves upon your mind, and your mind clearly reflects not only the visions of your Soul but also the light of the Atmic Plane.

The second OM, which is sounded a little louder, reaches toward and hits the astral permanent atom. The astral permanent atom then becomes radioactive and cleanses all the unrefined matter and glamors that were floating in the emotional pool. The emotional plane is mostly built of our glamors and negative emotions. When the emotional body is purified, it can reflect the light of Intuition, and the heart center slowly opens and becomes active, radiating magnetic love and peace.

The second OM actually is very important because in a way it builds a passage from the brain consciousness into the sphere of mind, and the aspirant bypasses the emotional plane, thereby being spared getting caught in the many colored glamors. Devotional type aspirants, who are psychically inclined, fall into the astral plane and there they experience many psychic phenomena. They think that they are having successful meditation because they are seeing colors, forms, or hearing many voices of different kinds. This leads them into deeper glamor.

The third OM is sounded still louder. It goes to the physical permanent atom, stimulates it, and a flow of life energy spreads throughout the etheric body, making it more magnetic and radioactive, especially around the head. This makes the registration by the brain of incoming ideas and higher visions easier. Also, it pushes away many unwanted etheric forms and impressions from the left-hand path.

Our physical brain is the shadow of our etheric brain. It is through the etheric brain that our physical brain receives impressions from the astral and the mental bodies and passes them to the physical brain through etheric nerve channels which are called nadis.⁸

When the third OM is sounded properly, it creates a magnetic field in three head centers, namely head, ajna, and alta major centers, which are directly linked with the pineal, pituitary, and carotid glands.

With these three OMs the whole network of etheric centers is aligned with its physical counterparts, and the brain is ready to register all experiences achieved on the higher mental and still higher subtle planes.

After these three OMs are sounded solemnly, you will have a short period of deep silence, in which you will feel that the Solar Fire of the Angel starts to circulate throughout your three bodies, creating a magnetic expansion toward Infinity.

In sounding the three OMs you must try to visualize the effects of each OM; then enter into a short interlude of silence.

Students sometimes ask whether they can use the OM to solve their immediate emotional and mental problems. The answer is that OM should never be sounded if you are angry, excited, irritated, depressed, and worried or if you have any other negative emotions. That is why we have relaxation, kneeling, and alignment exercises. Say you were angry at 6 a.m. and wanted to start your meditation. It would be better to wait more than half an hour and read a relaxing, uplifting, or inspiring book and then start your meditation.

⁸See Ch. XI in *The Hidden Glory of the Inner Man*, by Torkom Saraydarian. Also see Ch. XII, "The Chalice and the Seeds," in *The Science of Becoming Oneself* by Torkom Saraydarian.

OM can be sounded on different levels with different effects. You can sound it on the physical level with your physical note. You can sound it on the emotional level with your emotional note. You can sound it on the mental level with your mental note. Or, you can sound it as the personality or as a soul.

You have also the note of the Solar Angel, with which you will try to synchronize your notes. Actually, the Lost Word is the human soul. Man must try to find his true note and sound the OM on that note. Once he finds his true note, he will be able to sound it toward his physical, emotional, and mental worlds, causing in them a great purification, refinement, and transfiguration.

It is not easy to find your Solar Angel's note; we are told that this is one of the secrets of the initiations. When the time is ripe and when your three bodies are aligned and have entered into a high level of purification, then your Solar Angel gives you the key. This may happen in one of your meditations or in one of your higher contacts on subtle levels.

We are told that our Solar Angel is in deep meditation from our birth to death, and even after. Meditation for the Solar Angel means to absorb the Divine Plan, digest it, and radiate it to the three worlds of human experience, as far as the human soul can register and work it out.

The Solar Angel is a part of the Spiritual Hierarchy. It has its own path of development and service in the Divine Plan and in the Divine Purpose. Apart from its duties toward the human soul, it has its own evolution on its own plane of existence.

Meditation is very important for a human being because through meditation he *collects himself* and enters into the field of radiation of the Solar Angel. This uplifts him more, awakens him more, and helps him to disidentify himself from the enchantments of the three lower worlds.

As the process of disidentification of the human soul goes on, the influence of the Solar Angel increases upon the personality, or, better to say, upon the three lower vehicles. The time comes when the three vehicles radiate the light of the Solar Angel in its full power and beauty. This stage is called Soul-infusion, and we have now a Soul-infused personality.

But there is a deeper story. In Egyptian mythology there is a very significant legend in which we are told that Osiris, the king, was mutilated. His head was cut, his body was broken into pieces, his internal organs were removed, and all the parts of his body were scattered over the land, sea, and air. But Horus, the son of Osiris, with his four children, collected the parts of the body of Osiris, reconstructed his body and restored the life in it; then Osiris began to talk. Later, when Osiris decided to go to heaven, Horus and

another king presented him with a ladder on which he stepped into heaven and entered into the company of the shining and living gods.

This legend has the whole story of the descent of the Spirit into matter, into the threefold personality, where the Spark was mutilated, diffused, and scattered in the physical, emotional, and mental worlds — earth, sea, and air — and was lost as the *Lost Word*.

Horus is the Solar Angel who is the real magnet in man. He is gathering this diffused and scattered spirit into a human soul who, through the process of initiations, is becoming whole and entering within the compass of the Kingdom of God. He is becoming a liberated soul, and then, through building the Antahkarana⁹ with the help of the Solar Angel, he is rising to himself, to his kingship.

Actually, the great disciple, Paul, knew about this mystery when he was writing to the Galatians: “My little children, of whom I travail in birth again until Christ be formed in you.”¹⁰

Esoterically, the great labor of the Apostle and the great labor of the faithful is to gradually form the Christ consciousness, the Christ center in man, which is the man himself, the human soul. After the Christ is formed, the next mystery will be the formation of the Father in Christ and the changing of the human soul into the Monad.

This is the true resurrection to which all religions testify: resurrection from the tomb of matter, emotions, and mind and entrance into the light of Intuition or still higher levels of existence in full awareness.

On each step the Sacred Word is used to create a path of return for the “Lost Word.” OM is the symbol of the *Monad* and its *reflection*, or its lost image in the substance. In sounding the OM the walls of matter crack. Then the human soul collects himself on the higher mental plane and becomes a living center there, a liberated soul.

The OM not only unifies and aligns you with your Higher Self, but it creates a symphony of colors which attracts the attention of the devas in the spheres. These beings transfer more blessings and peace to you and cause expansion of consciousness. Also, as your note stabilizes and finds its own true key, your Master turns His eye upon you and you are gradually permitted to enter into His holy classes in the subjective levels.

We are told that OM may also be sounded silently, in the mind. The silent OM is more powerful than the voiced OM.

To do this, first we must try to visualize listening to one who is sounding the OM. We must try to hear his voice and tune in to it. Then, gradually, we

⁹See *The Science of Becoming Oneself* by Torkom Saraydarian, p. 125.

¹⁰Galatians 4:19

learn to sound it in silence, hitting the note we want on mental levels. As some people are able to imagine or visualize colors, others are able to imagine or visualize notes clearly.

It is not a mystery that our whole mechanism — the body, the emotional, and the mental vehicles — emanates some kind of sound. Because each of these vehicles has different levels and different chords, the sound sometimes resembles a symphony and sometimes noise.

Some people emanate noise; others, music. If a man's three bodies are healthy, he makes music according to his level, and if he is highly aligned and a Soul-infused personality, he emanates a symphony of great beauty.

In the future, great scientists will create a mechanical ear to listen to the sounds of the physical, emotional, and mental bodies and will make their diagnosis of the health or sickness on this basis. They will have the most accurate diagnosis when this "ear" is built and the technique of deciphering the notes is carried to a high level of perfection. The scientists will be able also to listen to the note of the Soul and to determine the age or the development of the soul.

In sounding the OM we are actually releasing the true notes of each atom on the three planes and synchronizing them with the note of the Soul.

We should not forget that it is the real man who gathered the substance of the bodies around him through sounding certain notes, and again, when that man achieves freedom, he will be able to create better vehicles through sounding certain notes, or he will destroy his vehicles and release the little lives of the vehicles by sounding other notes.

After you sound your three OMs in great aspiration and concentration, you are ready to start your meditation on the highest level of consciousness upon which you have focused because of your previous steps of alignment, invocation, and sounding the OM. Thus you are free from the glamors of the astral level, from the illusions of the lower mind, free from the attacks of some unpleasant thoughts or forces, and are ready to open your sails to the infinite sea of ideas, energies, and divine impressions.