

The Sacred Word

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AUM is regarded as the sound of God, the basis of all other sounds. This Sacred Word symbolizes the vibration of the Supreme and Divine energy and is the basis of the universe and of everything that exists. The Word is also past, present, and future – a unifying force and the vastness of all creation contained in one Word.

The Sacred Word is composed of the three sounds A-U-M and the symbol's threefold nature is central to its meaning. There are many different ways of contemplating the triplicity of the Sacred Word, AUM. In the East, for instance, the Hindus refer to the trinity of the Word as Brahma, Vishnu and Siva, while in the West there is the Father, the Son and the Holy Ghost. In the Ageless Wisdom teachings, the AUM is an expression in sound of the third and lowest aspect of Deity, the form aspect or active intelligent substance expressed in divine manifestation. These teachings seem to differ from the Eastern teachings, which are of the understanding that the AUM is the highest aspect, that of Spirit.

Over and above the threefold nature of the Sacred Word, however, is another dimension that cannot be distinguished by our senses. This fourth dimension has been described by mystics, saints, and sages down the ages with various names such as Pranava, The Voice of the Silence, The Word and the Roar of Dharmata. That inner sound is a transcendental one heard by mystics and yogis, becoming a potent meditation vehicle that attracts the mind more powerfully than the material world. This attraction is so powerful that it is said to be the actual source of happiness: it heals and gives peace – both inwardly and outwardly. The yogic sages say that the restless “deer” of the mind is finally “trapped” by its attraction to Pranava, and thus samadhi is attained through the stilling of the mind.

All the world's great religions confirm that creation originated from the sounding of the Sacred Word. “In the beginning was the Word, and the Word was with God. All things were made by Him, and without Him was not anything made that was made.” Everything in creation, from the vastness of the Solar Systems down to the tiny atom is the effect of sound, and the great variety of forms we see are a result of the different keys and sub-tones of sound. The three Solar Systems were formed from the three great breaths of the Sacred Word. For each system, the note is different and pitched to a different key. In system one, the Solar Logos was polarized in the Cosmic physical plane; in system two, which is ours, the Solar Logos is polarized in the Cosmic Astral / Emotional plane. In the third solar system, the Solar Logos will be polarized in the plane of the Cosmic Mind. As in the macrocosm, so is the microcosm and so humanity is currently polarized in the emotional plane, while working on developing the mental body and the intuitional vehicle.

All the universe is the effect of sound – first there was Life or Spirit, then there was the formation of matter, and then the attraction of that matter to the Life in order for manifestation and expression of the Life. Therefore, sound can be considered as the agent of attraction and repulsion, the Akasha, or the linking factor in the process of manifestation. On the higher planes, sound is the Law of Gravitation; on the Lower Planes, it is astral light or the agent of time.

In esoteric teachings, a distinction is usually drawn between AUM and its later development, the OM. The Tibetan describes the AUM as the sound that imprisons the Spirit into form and anchors it on the physical plane. The prison is that of the sensed world, the sound is the source of glamour and enchantment. It is the note of the involutory arc, and in it lie the secrets of the use of form – first as a prison, then as a training ground, and finally as the expression for the manifestation of the Sons of Mind.

On the other hand, the Om is the sound of the second aspect, the Soul. It is the sound of the Christ, the Word made flesh. It is not a triple sound like the AUM, but a dual sound, and as such signifies the relation between Spirit and Soul, Life and Consciousness. It is the note of liberation, and when sounded correctly, the Om shatters the form and releases the Soul from its prison of maya. It has also been referred to as “The Lost Word” in the Masonic traditions. For many eons, the Word of the Soul has been lost, but today it is being found again, and with that finding, the little life of the personality is finally lost in the glory of the Soul.

Thus, we can see that the effect of the Sacred Word is that of both creation and destruction. The Monad sounds his note, and thereby attracts to Him the matter needed for manifestation. This is the outbreath of the involutory arc. The personality is linked to the Monad by the sounding of the Sacred Word on its own note and sub-tone and is the reflection of the Monad at its lowest or densest point. For millennia, the call of the Monad falls on deaf ears as the little evolved man carries on regardless, able to hear only the voice of his own wishes and desires. After many lives have been lived, learning right from wrong and slowly fine tuning and purifying the three bodies, he finds the note of the personality and sounds it out, resulting in a life of harmony and order. He then finds the dominant note of the Ego, and sounds it out together with the personality note, creating a vacuum that connects him to the Monad. The Soul escapes the domination of matter, hence coming the liberation of Spirit. This is the destructive effect of inbreathing, and thus is seen the Law of Attraction through sound – those of the same color, sound and vibration eventually reunited.

During meditation this creative and destructive work also occurs. By sounding the Sacred Word during meditation, one attracts matter of a higher quality whilst casting out the courser particles. One thereby raises his vibrational level higher with each meditation, and becomes better able to transmit the light and love of the Soul.

For many students, the sounding of the Word during meditation has an incredible clearing and purifying effect – it appears as if time could stand still and all distractions and concerns of the outer world could cease. For those few moments, a direct channel is opened up to the Divine. In the beginning when we sound the Sacred Word, it is just a sound, but eventually we become aware of the vibration of the sound that goes through the physical-etheric body and the mind. This vibration has a calming effect on the mind, and helps to keep the lower mind focused during meditation.

Other effects of the Word on mental levels are the contacting of the Head Centre and the linking up to the Ego through the permanent atom. On emotional levels, there is a stabilization of the emotional body through the permanent atom and the setting in motion of the Heart Centre. It also makes the astral body colorless so that it can become a more accurate reflection of the Soul. On physical levels, The Sacred Word stimulates the divine flow of the etheric body and creates a protective shell during the meditation. It also has a purifying and stabilizing effect on the physical bodies.

The great Hindu sage Patanjali once said: “He who knows Om knows God.” By sounding the Sacred Word, we are affirming our connection to the Divine, and our aspiration to transcend our physical nature so that we can become an effective channel through which light and love can flow.

By studying and experiencing with the Sacred Word we are reminded of how powerful thoughts and words are, and how affirmations have incredible power to change our world. We are the macrocosm to the tiny cells that make up our bodies, and our words have the power to affect them directly. It is therefore crucial that we choose our words with care, choosing those that uplift, unite and spread love in our surroundings.