



Vishwa Jagriti Mission
Hong Kong

- Power of Prayer
- Guru Vandana
- Guru Chalisa
- Performing Aarti
- Gems of Wisdom
- Pravachans-Talks
- Divine Bliss

Om

as pdf

PRAVACHANS - TALKS

OM



The most sacred single syllable in the entire literature of Hinduism is Aum. The force behind the creation of this vast and beautiful universe is symbolized by AUM. The entire creation is pervaded by 'AUM' that is evolved out of a blend between scientific theory and Spiritual knowledge. AUM symbolizes the lord himself. Every single moment you can feel a resonance in Nature. If you strike a hammer on a piece of iron, it produces sound that lingers for quite sometime before dying out. The sound keeps echoing for a prolonged period of time. This sound that echoes in the atmosphere is the sound of 'AUM'

Like the movement of the pendulum makes the clock work, or the back and forth movement of the piston of an engine makes the machine work, similarly the sound of 'AUM' is responsible for the entire creation to evolve and multiply. The vibration and force that exists in an atom is also due to this Divine Sound.

AUM is not a word but rather an intonation. It is made up of three Sanskrit letters, aa, au and ma which, when combined together, make the sound Aum or Om. It is believed to be the basic sound of the world and to contain all other sounds. It is a mantra or prayer in itself. If repeated with the correct intonation, it can resonate throughout the body so that the sound penetrates to the center of soul. There is harmony, peace and bliss in this simple but deeply philosophical sound.

"Aum" is also known as "Pranav Mantra", not only because it is considered to be the primal sound but also because most mantras begin with it.

This is representative of the Trinity of God in Hindu Dharma (Brahma, Vishnu & Shiva)

"A" - stands for Creation, i.e , Brahma

Pravachans - Talks

- Om
- God's Grace
- Thought Power
- Company We Keep
- Stress Management
- Spirituality
- Spirituality Made Simple
- The Power of Words
- Illuminate Your Inner Self

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[Satsang Videos](#)



Videos

Activities

Satsang

1st Monday of Month
6:45 to 8:45 pm

Monthly Seva

2nd Monday of Month

Maha Mrityun Jayn Mantra Jaap

3rd Monday of Month
11:30 to 12:30 pm

[contact](#) us for more info

“U” - stands for Preservation, i.e. Vishnu

“M” - stands for Dissolution, i.e., Shiva

The force behind the creation of this vast and beautiful universe is “Brahma” symbolized by AUM. The entire creation is pervaded by ‘AUM’ that is evoked out of a blend between scientific theory and Spiritual knowledge.

AUM reveals all and contains all and like the Vedas, AUM is revolution that comes through Shruti (hearing). According to the Mandukya Upnishad, AUM is both Atman and Brahman. It is the past, the present and the future as well as all that transcends time.

AUM is considered to be the most efficacious vehicle or tool for reaching the ultimate reality. The sound AUM is considered to be the most potent mantra and the source of all the “70 million” mantras of Hinduism. Used in meditation, AUM is thought to lead the yogis to the ultimate experience of the absolute consciousness.

While reciting ‘AUM’ one should feel that the sound is emerging from the naval and rising right up to the crown of the head. This exercise wonders within the human mind and body. It is the most ideal method for enhancing concentration. Experience it yourself....

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