

Om

Hermann Hesse

This text has been taken from a novel *Siddhartha* (1922) by a German writer Hermann Hesse who was interested in the studies of eastern religions.

Siddhartha is an allegorical novel which deals with the spiritual journey of a boy known as Siddhartha. The word Siddhartha is made up of two words in Sanskrit language: siddha (achieved) + artha(meaning)= he who has achieved meaning/ wealth/ he who has attained his goals.

Siddhartha leaves his home in search of enlightenment. He goes through a series of changes and realizations. Experience is the best way to approach understanding of reality and attain enlightenment. Individual events are meaningless. The totality of all the experiences is enlightenment.

Siddhartha achieves long lasting peace by learning from a river; learning from the whole, the oneness; that is Om: perfection.

Very personal life; desire

Observation of the life of other people; empathy

Pondering/ meditation

Listening/ sharing

Guidance from teacher doing things together

Feeling of oneness/ wholeness/ perfection; Om;
realization, achievement of goal, wisdom, knowledge