

## Om (AUM) Explained

(ओ३म्) Om has been referred to as the primary name of God in many eastern cultures. In this article we will discuss a parallel between qualities of Om and God and find a justification for using Om as the primary name for God.

Human throat can produce a wide range of sounds. However, similar to the seven basic colors of the rainbow that can produce innumerable color shades, human throat produces three basic sounds:

‘A’ अ – sound produced with mouth fully open

‘U’ उ – sound produced with mouth half closed

‘M’ म् – sound produced by bringing the lips together or closing the mouth

All other sounds produced by human throat fall within the range defined by these three sounds and hence these three sounds are termed as the basis or source of all sounds.

In all cultures God is identified as the source or basis of all creation in this universe. It is hence appropriate to call the basis of creation with sounds representing the basis of all sounds. These three sounds pronounced together produce the sound ‘Om’. This is the reason for ‘Om’ being the primary name of God.