

## *View of bhagavadgītā*

### *Triple designation of Brahman*

*1.ōm 2.tat 3.sat*

*This has been declared to be the triple designation of Brahman. By that were created formerly, Knower of Brahman, the Vedas and the sacrifices.*

*ōm*

*With the utterance of Om are the acts of sacrifice, gift and auserity as enjoyed in the scriptures always begun by the students of Brahman*

*tat*

*Uttering tat, without aiming at the fruits, are the acts of sacrifice and austerity and the verious acts of gifts performed by the seekers of liberation.*

*sat*

*The word sat is used in the sense of reality and of goodness; and so also. The word sat is used in the sense of an auspicious act.*

## *2. This entire universe, perceived And imagined is Om*

### *Om is everything*

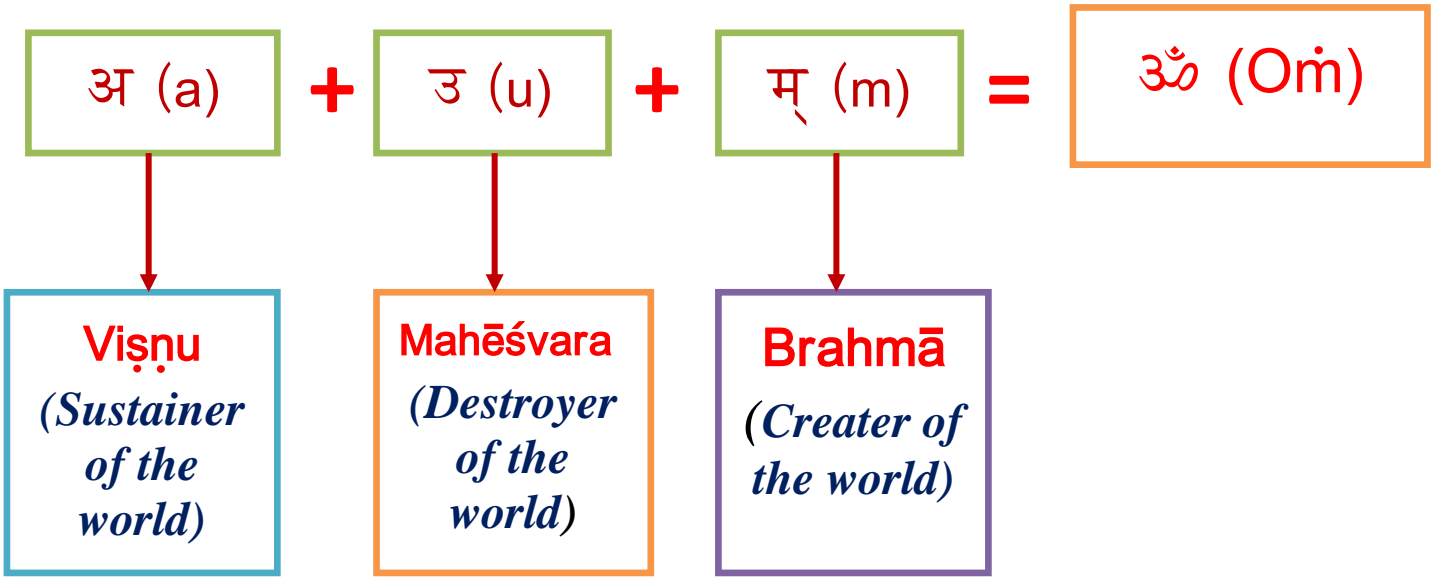
*Om the world, is all this. As all diversified objects that we see around us, indicated by names, are not different from their (corresponding names), and further as the different names are not different from Om, therefore all this is verily Om. As a thing is known through its name, so the highest Brahman is known through Om alone. Therefore the highest Brahman is verily Om.*

### *Om is the form of Trinity of Indian Gods*

*Entire world is enveloped by the super soul or the eternal Brahman. But in the view of devotion the same seems in three forms.*

*"three forms" or "trinity" is the triple deity of supreme divinity in Hinduism, in which the cosmic functions of creation, maintenance, and destruction are personified as a triad of deities, typically Brahma the creator, Vishnu the preserver, and Shiva the destroyer.*

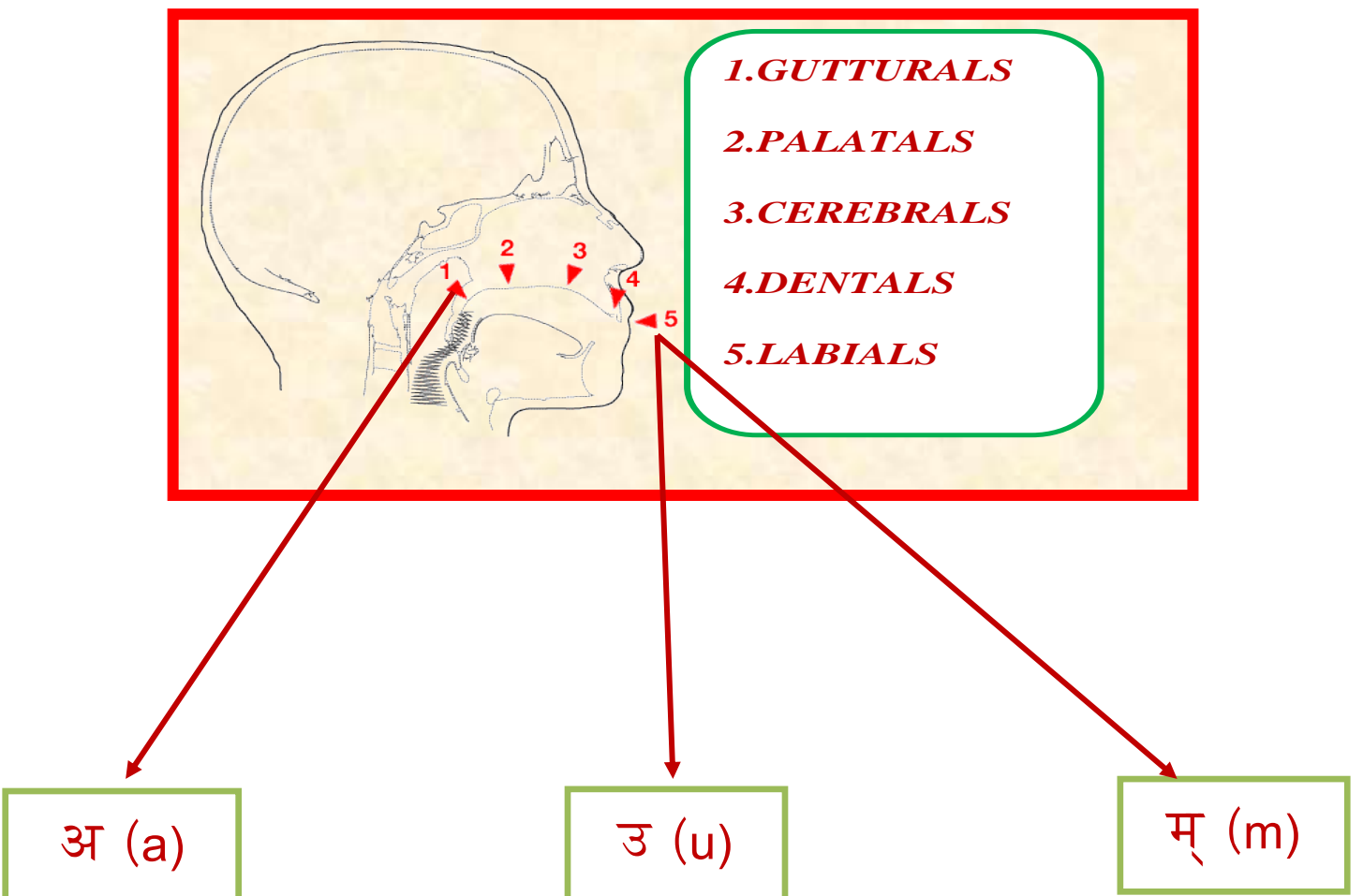
*Om in Sanskrit is the combination of three letters. They represent the trinity of Gods.*



### *Om sound covers all mouth places of pronunciation*

*In Sanskrit, all the sounds are articulated through five distinct places of articulation located in the mouth: throat, palate, cerebrum, root of the upper teeth, and lips. On the basis of this the sounds are either guttural or palatal or cerebral or dental or labial.*

*Om is the only sound in Sanskrit which covers all the places of mouth. So chanting Om gives complete exercise to the body and mind*



## **Om is the Consciousness and the states of Consciousness**

Works of Vedānta based primarily on the teachings of the Upaniṣads, recognize three states of consciousness which are:

**1. Jāgrat - waking state** - In the waking state both the sense-organs and the mind are active.

**2. Svapna - Dream state** – in this only mind, impelled by the latent impression of the waking experience and the latent impressions of past lives are active.

**3. Suṣupti - Deep-sleep state** - In this state, even the mind is at rest.

In all these three states there is always a ‘witness,’ who is ever present as an observer and experiences the effects of these states. He is the ātman or the Self.

Since he is, apparently, the ‘fourth’ (as opposed to the three states) he is called the ‘**turiya**’ (the fourth). It is not considered as a state of consciousness but counted as consciousness itself.

ॐ (a)	The first quarter is the waking state. Here consciousness relates to the things external. One who knows this attains to the fulfilment of all desires and becomes the first of all.
उ (u)	The second quarter is the dream state. Here consciousness is internal. He, who knows this attains to a superior knowledge, is treated equally by all alike and finds no one in his line who is not a knower of Brahman.
म् (m)	The third quarter is the deep sleep state consciousness is full of bliss. One who knows this is able to measure all (realize the real nature of the world) and also comprehends all within himself.
without an element	The fourth has no parts (soundless). Incomprehensible (with the aid of the senses, the cessation of all phenomena, all bliss and non dual om. This is verily same as om. He who knows this merges his self in the self.

Deep sleep state,  
Prajna,  
“M” of AUM

Pure  
Consciousness,  
Turya,  
“ ” of AUM

Waking State,  
Jagrat,  
“A”, of AUM

Dreaming State,  
Svapna,  
“U” of AUM