



# The Sound of OM

The Bhagavad Gita  
“The Song of the Lord”



The three words that represent the Absolute  
[*Brahman*] are:

*OM TAT SAT*

Out of this arose the spiritual wisdom, the  
scriptures and self-sacrifice.

[*Brahmanas, Vedas, yajna*]

# Commentary

- *OM TAT SAT* is a mantram
- *OM* — the sound itself is the Truth
- *TAT* means *that*.
- *SAT* means *truth*.
- The first manifestation of the absolute truth takes form as the unspoken sound, *OM*.

- The true *OM* is the hum: “mmm.”
- When people repeat their mantras, they should stress the mmmm, the humming part of the mantram.
- That hum is the very first sound, or the first word, which is God.

- The Bible says: “In the beginning was the Word. The word was with God and the word was God.”
- And it still is God.
- Don’t worry about the grammar.
- The spirit of scriptural wisdom is more important than taking every letter literally.
- The word itself is God.

- The word and God are not two different things.
- Name and the one denoted by the name are not two different things at all.
- The name becomes the form.
- If you keep repeating the name, it becomes solidified and creates a form.

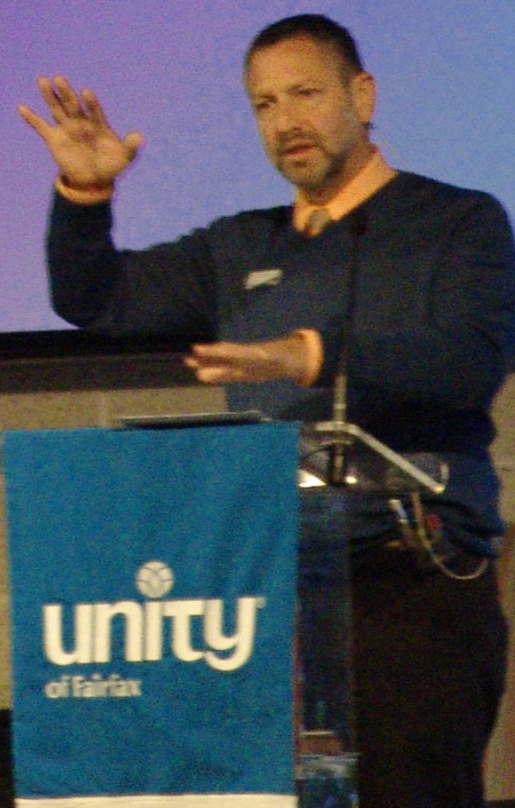
... Ohm Exercise ...

- Sprinkle a few sand particles on a thin piece of glass.
- Put a speaker below, then continually repeat a sound.
- Sound creates patterns.
- So it is with everything.
- All forms are created by names, by sound.

- If you look at a person and constantly call him a monkey,
- in one sense, he'll become one.
- You can make a monkey out of him.

- As we think and speak, so we become.
- We take on the qualities of what we talk about.
- That's why if we keep talking about others' problems,
- we will be filled with problems.

Do you tell God how big  
your problems are, or do  
you tell your problems how  
big your God is?



- Sometimes, we don't see the best in others.
- Instead, we constantly think terrible things about them.
- Too seldom do we praise people.
- But what happens?
- The more we think and talk of undesirable things, the more we become that.

- At least for our own safety,
- we should not constantly be speaking ill of others.
- Everybody has a little weakness.
- But if we keep talking about it,
- we become that ultimately.

... Ohm Exercise ...

- It all goes back to sound vibrations, which are all vibrations of the ultimate sound that creates everything.
- That hum is the truth behind everything.
- Modern science also is coming to a similar conclusion: everything is the sound.
- The atoms are actually humming.

- God named the first man Adam.
- That humming became Adam.
- The scientists are humming *atom*.
- And underneath the atom or Adam is the humming, the *OM*.
- Is it a coincidence that even our electricity is measured in ohms today?
- They use an ohm meter.

- Who lives in the hOMe? OM
- Who's around the OM? He
- And that's the truth.
- OM TAT SAT!

- All trinity's are products of that *OM*.
- The basic sound expresses itself as a trinity:
- “*OM Tat Sat*,” the three-fold designation of the Absolute,
- is saying that the truth, *OM*, takes expression
- so we can recognize it and know of it.

- The basic sound expresses itself as a trinity:
- *Sat-Chid-Ananda.*



**Om, Shanti**