

# OM NAMAH SHIVAYA

Guruji has given his Sangat the 3 most powerful words in the universe “**Om Namah Shivaya,**” These 3 simple words not only reflect the simplicity of Guruji but also clearly indicate who he actually is.

Guruji had ‘**Om Namah Shivaya**’ inscribed in the main hall of the Bade Mandir for all of us to realise its power, he never asked anyone to consider these as the beej mantra or a mantra, he simply had these put there waiting for us to discover its power.

These 3 words, unlike the many ‘**Shlokas**’ in Sanskrit, are in plain Hindi language which can be easily pronounced, memorized, having no specific time or place for recital, no rituals to be followed while reciting while meditating.

Herein we have made an effort to understand the meaning of this mantra:-

What are “**Mantras?**”

Mantras in general are sounds, syllables, words or a group of words that are capable of performing transformations. When pronounced correctly these mantras radiate powerful sound energy. Most of these mantras have originated in Vedas and they have a powerful and positive effect on the person who recites them and also on the surrounding environment.

Among the three deities, Shiva, though considered as destroyer, symbolizes the — ‘**The Inner Self**’ which remains intact even after everything ‘**Ends**’. Shiv is also the greatest ‘**Yogi**’ and is considered as the lord of meditation. Shiv is also the first ‘**Adi Guru**’ who trained the ‘**Saptarishis**’ to spread knowledge amongst the humans.

Om Namah Shivaya is the foremost mantra for Lord Shiva and is chanted by millions of devotees every day. The simplest meaning of this is “**I Bow to Shiva,**” who is the supreme reality, the inner Self. It is the name given to consciousness that dwells in all.

Everything in the universe, including our body is made up of five basic elements Earth, Water, Fire, Air, and Space. The sound of each of these 5 letters affects the respective constituents and so causes a positive vibration with purifying effect. Thus the mantra purifies the whole body and the surrounding.

Everyone – whoever they may be, whatever be the time or the situation, can chant the Five Holy Syllables. There are no restrictions of colour, creed, caste, gender or any other restrictions. All it requires is sincerity.

Let’s try to understand its complete meaning.

There are two ways in which this mantra can be understood :-

Om Namah Shivaya mantra has five syllables and is also called as the five-syllables mantra:-

### **“NA-MAH-SHI-VA-YA”**

This mantra can also be called as the six syllable mantra when ‘**Om**’ is included. Herein, in this mantra Om refers to none other than - God. The great yogis meditate on this mantra as the path to Eternal Bliss of the ‘**Formless, Nameless God!**’

#### **First:-**

The Six or Five lettered mantra consisting of the following letters

**‘Om’ - Na, Ma, Shi, Va, Ya.**

It is important to know that each of the letters of this mantra has got a special meaning and being pronounced correctly creates a specific vibration affecting the reciter and his surroundings.

#### **“Om”**

Om is the universal sound; it represents the Supreme Being – the Param Brahma – Shiva. Om is the most important of all Mantras and a complete mantra in itself. Om is used as the beginning of most of the mantras. Om itself consists of two syllables O and M both represents conscious, unconscious or dream, and subconscious or deep sleep states.

The remaining 5 letters represent the 5 primary elements which constitute the entire universe – *Earth, Water, Fire, Air, and Space.*

<b>Na</b>	is the sound of earth
<b>Ma</b>	effects water factor
<b>Shi</b>	energizes the fire factor
<b>Va</b>	energizes the air factor
<b>Ya</b>	energizes the space

Everything in the universe, including our body is made up of these five basic elements. The sound of each of these 5 letters affects the respective constituents thus causing a positive vibration with purifying effect. Thus the mantra purifies the whole body and the surrounding. ‘Namah Shivaya’ represents Transformation.

#### **The Second:-**

**- Na:**

represents the concealing aspect of the Lord Shiva. It is an aspect which is not evident and needs maturity of individuals.

**- Ma:**

represents the material world and our binding with the material existence. It is in three forms – ego out of ignorance, the cause and reward of karma (work) and illusion.

**- Shi:**

represents Shiva himself.

**- Va:**

represents the revealing aspect of Shiva; one that is achievable by concentration and maturity. It is the spiritual awakening.represents Shiva himself.

**- Ya:**

represents the soul. It signifies unification of the individual soul to the universal soul. It unifies the chanter with Shiva.

So what is the overall significance? Namah Shivaya is the mantra that causes transition from concealing (not knowing) and materialistic existence to knowing the Shiva, realizing him through spiritual awakening and finally attaining him.

Thus one who chants the mantra is sure to achieve Shiva. Shiva is the centre and the pivot of the transformation.

### **Namah Shivaya is Shiva**

Thus Guruji encrypted these 3 words in the form of Maha-Mantra “**OM NAMAH SHIVAYA,**” and leaving it for us to discover, understand and follow this ‘**Maha-Mantra**’, in its subtle form, representing -“**Transformation**” by negating our “**Ego**” of possession and moving to the state of *Being Possessed By The Supreme Being* which is the ultimate goal of the *SOUL* to be one with **GOD-SHIV-GURUJI**.

Guruji went further wherein he added “**Shivji Sada Sahay**”, completing it to –

By adding “**Shivji Sada Sahay**” Guruji further promises his sangat, that he being Shiv himself in the form of our “**GURU**” assures them that whenever they meditate through this mantra he will always come to their help in both his forms as a – “**GURU and SHIV**” all one has to do is remember him with complete conviction and total surrender.

It is for the Sangat to know that Guruji has inscribed only Om Namaha Shivaya on the wall of main hall of the Bade Mandir not changing the base verse, but for HIS Sangat he changed it to:-

### **‘Om Namaha Shivaya Shivji Sada Sahay’**

In the year 2006, on 28th January Guruji asked the Gurgaon Sangat to hold a satsang limiting it only to only those who resided in Gurgaon, herein a few Sangat members approached Guruji and requested HIM for his permission to allow them to add - ‘**Om Namaha Shivaya Guruji**

**Sada Sahay'**, offering their reverence to Guruji, this Guruji lovingly allowed, changing the verse to:

**“Om Namaha Shivaya Shivji Sada Sahay,  
Om Namaha Shivaya Guruji Sada Sahay”**

Keeping the sentiments of the Sangat of Revered Guruji the revised verse is now recited during the Sangat.