

The Teachings

A Partial Teaching on the Correct Way to Pronounce OMNMNKAAR

Discourse

Introduction

GOD says: "When you need me you remember me by my name OMNMNKAAR."

PARAMATMA has told us HIS own true Name in [Article 3 of the COVENANT of The Last Few Words](#).

This knowledge is also known as **Brahm Gyaan**.

There are three methods of remembering GOD through OMNMNKAAR:

1. First is through Jaap.
2. Second is through JAPP.
3. Third is through Dhyaan.

This partial Teaching covers the method for doing Jaap and the correct phonetic pronunciation of the different elements of HIS Name.

There is a separate Teaching which lays down the procedure and Rules governing Dhyaan, which has to be obeyed in every detail.

To learn, practice, and get the full benefits from Dhyaan, you should [become a 'Shishya'](#) and start living in The Way of Life as laid down in [The Teachings](#).

To start, [you have to apply to become a Candidate Shishya](#).

The Phonetic Pronunciation

OMNMNKAAR is to be spoken, recited, repeated, or sung PHONETICALLY.

OMNMNKAAR is parsed into the following elements, which are discussed

individually.

OMNMNKAAAR

‘O’ ; ‘MNMN’ ; ‘K’ ; ‘AAA’ ; ‘R’

‘ O ’ is a single letter with its own short single sound.

‘ MNMN ’ is a single block of 4 letters, where you are to make the musical and soothing sounds of humming, like a bee does: mnmnmnmnmnmnmnmnmnmnm

‘ K ’ is again a single hard letter with its own short single sound.

‘ AAA ’ is a single block which you are to stretch: aaaaaaaaa

‘ R ’ is the short soft ending letter of the whole Name.

JAAP

JAAP is a [Duty](#) to be performed by every female, male, young, old, sick and healthy, in every condition of life including pregnancy and while nursing a child.

OMNMNKAAAR is to be spoken, recited, or sung, as a continuous word, the sounds of the letters which form OMNMNKAAAR .

When you recite HIS Name in the short version continuously, it is known as JAAP.

“OMNMNKAAAR OMNMNKAAAR OMNMNKAAAR OMNMNKAAAR OMNMNKAAAR
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OMNMNKAAAR OMNMNKAAAR”

GOD has not laid down any restrictions, prohibitions, prescriptions, or conditions on JAAP.

It is your [choice](#), inclination, and responsibility.

If there is any doubt, ask [The Teacher](#).

OMNMNKAAAR is to be spoken, or recited, or repeated, or sung phonetically.

O M N M N K A A A R are individual letters of the alphabet.

Role of Each Letter of OMNMNKAAR

The role of each letter and its value are discussed now.

O is a single soft letter, being a vowel, with its own flowing single sound.

To pronounce ' O ' intone the sounds of ' aao '.

Open your mouth and start 'aa' and immediately make the sound of 'o' and close your lips to continue the next set of sounds through the nostrils or nose.

MNMN are two pairs of letters forming a single block where you are to make the musical and soothing sounds of M and N humming.

Thus, you will start with a short 'aao' continue smoothly joining up with MNMN just like a bee does: 'aaomnmnmnmnmn'.

As soon as you end the 'aao', close your lips; thus reducing the volume of air being exhaled and make the humming sound of 'mnmnmnmnmn' through the nose.

K is a consonant and is a hard letter with its own single hard sound.

The sound of this hard letter vary between K , KHA, KHGHA, or even KGHGHA.

AAA are three soft vowels forming a single block which you are to pronounce in one smooth sound 'aaaaaa' while joining up with the flowing hard sound of 'K'.

R is a consonant which smoothly tapers off as the last letter of the whole Name.

'Kaaarr'.

OMNMNKAAR

OMNMNKAAR is to be spoken, recited, or sung, as a continuous whole, the sounds of the letters which form OMNMNKAAR - the Name of GOD.

You may remember GOD using any of the following methods:

1. Speak out OMNMNKAAR, one repetition at a time.
2. Repeat OMNMNKAAR several times in a row for example, OMNMNKAAR, OMNMNKAAR, OMNMNKAAR, OMNMNKAAR, OMNMNKAAR one after the other with small pauses between each repetition.
3. Repeat OMNMNKAAR continuously from a few minutes to several hours , in one go or in several instances.
4. You can sing it – alone, or in [Satsang or Congregation](#) (group of people gathered together to remember PARAMATMA through the repetition of HIS Name OMNMNKAAR).
5. You may speak, or sing, as you like, seriously, lightly, in sadness, in joy, slowly, quickly, softly, or loudly, you may record and sing along.
6. In every repetition, your voice must be audible to your own ears at the least.
7. You can sit or stand on the floor, on a chair, on the branch of a tree, on a rock, out in the open, in your home, in a boat, airplane, motor vehicle, train, anywhere.
8. You may remember HIM while standing at one place, alone, in company; while you are walking, jogging, playing, driving, or as a passenger.
9. You may remember HIM after taking a bath, or without a bath.
10. You may be wearing clean clothes, or dirty clothes, or no clothes, when you remember HIM by HIS Name.
11. You may perform JAAP before lying down just before you go to sleep, if you wake up during the night, or when you are unable to sleep, and first thing on waking up in the morning.
12. There is no restriction of any kind on when, where, how many times or for how long (time) that you remember GOD by repeating HIS Name OMNMNKAAR.
13. There is no restriction on the kind of food that you may eat before or after you have recited HIS Name OMNMNKAAR.
14. There is no prescription of any kind except that you must be able to hear your own voice while speaking or phonetically singing the sounds of OMNMNKAAR.

Some of the Partial Teachings are listed below:

1. A Partial Teaching on [GOD / PARAMATMA](#).
2. A Partial Teaching on [Duties associated with The Name of GOD](#).
3. A Partial Teaching on [Greeting with OMNMNKAAR Namoh](#).
4. A Partial Teaching on [Benefits of reciting OMNMNKAAR](#).
5. A Partial Teaching on [Darshan of GOD](#).

6. A Partial Teaching on [The Teacher in Incarnation.](#)
7. A Partial Teaching on [Ordinary Person can Worship GOD through The Teacher](#)
8. A Partial Teaching on [People associated with the Incarnation.](#)
9. A Partial Teaching on [When GOD visited The Teacher on Earth.](#)