



Elucidation on Parā Vidyā

OM SAUḤ PARĀYAI NAMAḤ

We add **om̐** at the beginning not to give it strength but it's a kind of statement of acceptance, **om̐** is a kind of door to the temple of Parā.

Sauḥ we say **om̐ sauḥ**, and then we offer praise to the Goddess, we salute Her, we show our devotion **namaḥ**, and **parāyai** we mention Her name.

om̐ sauḥ parāyai namaḥ.

Her body is Parā **sauḥ**. What we say with **om̐** is "I accept you; I invoke you, I agree, commit myself". When we say **om̐**, it is a very solid pronouncement, very solid acceptance. We say **om̐ sauḥ** "I am accepting Mother Parā as my mother".

Parā means Supreme.

sauḥ, is called "the seed of creation" (**sa au ḥ**)

sa is a state of pervading the whole universe, **au** is will, knowledge and action. So from this condition of pervasive consciousness which is **sa**, through **au** the three energies of will, knowledge and action, then emission takes place **ḥ**.

So, in this you are creating, She is creating and regenerating this perfect universe, which is nothing but an extension or expansion of Her own emission, of Her infinite being through Her powers of will, knowledge and action, into Her own pervasive unconditioned nature, which is **sa** that pervades the entire universe which She is emitting.



oṃ sauḥ and then you give thanks to the Goddess for what happens to you with the experience of **sauḥ** bija. This is a very profound experience of being a witness, and being a part of, being identified with this whole flow of creation, that by the grace of the Goddess, She has made you one with, and who is your essential nature, and through which all this world is blessed.

With each **sauḥ** you repeat, you are blessing the world, you are bringing goodness into the world, you are pervading the energy of Lord Shiva and as it flows through your body, to the flow of your breath, She is purifying and cleaning you, and She is blessing you, and She is removing impurity and She is replacing it with purity. And in this pure condition you are creating this whole world, God's world, Mother's world, pure world, a new creation. You are replacing this world of limited existence, of conditioned existence, of conflict, of duality, of bondage, of chains, of sins, of impurity, and through Mother's grace, through you and this utterance in which you participate in Her nature, creating a new creation. Then you say **parāyai namaḥ** and glorious salutation to this supreme energy of Lord Shiva.

oṃ sauḥ parāyai namaḥ

And remember, that you are doing this for the benefit of the world, for the benefit of your own enlightenment, so that you can be a benefit to the world. That you will be filled with the Lord Shiva's grace, His divine power Parā; that She may enter into you, take possession of your heart, your mind, your soul, make you bright, radiant, that every thought, every deed, everything you see, you hear, you touch, you smell should be for the glory of God. Because She is energy of Lord Shiva, and that everything She is giving you - life and thoughts, mind, senses, so we may use those always to see how great Lord Shiva is, how great Mother is.