We may appear as separate waves in the ocean of AUM, But we really are One ocean of Silence…

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Waking State - Vaishvanara - A of AUM = 
Dreaming State - Taijasa - U of AUM = 
Deep Sleep State - Prajna - M of AUM = 
Center of Consciousness - Turiya - Silence after AUM = 

body

senses

conscious mind

active unconscious

latent unconscious

breath