



Au (ow)

The last vowel I will show you here is the AU, the sound of the Sun.

As the center of our solar system, the sun is immediately felt by all people to be our source of light and love and life. We know it to be connected to the beginnings and the end of life on earth. Humans have long worshipped the sun for its divine qualities.

Even as it is written, the sound AU contains the sounds A (Ah) and U (OO). These two are the first and last sounds of the major vowels sequence you have just learned. In the same vein, the Ah is the vowel that is made furthest back in the throat, and the OO the furthest forward, made with pursed lips. The journey from Ah to OO encompasses the whole story of humanity, from beginning to end, from infancy to death, from the garden of Eden to the holy “City of God.”

Creating your practice

To embody the sound Au, open your mind to feel the divinity of the world creator. Picture yourself robed in sun-gold, with a field of white light all around you. Let the heart in your chest sing to the heart of the universe. Raise one arm above your head in an open Ah angle, and raise the other arm to be parallel to it in OO. Pour your etheric power through the angle you make into the depths of space with the intention of the AU.

When I make the AU, I feel how noble the sound is. It evokes for me the image of standing in Egypt with sun worshippers, praising the rising sun in the skies.

The gesture of AU can be made in many directions: right or left, or even below.

Now you can plunge deeper into the mysteries of the Sun and the AU. The Sun is the source for our solar system, and shines upon our planet from outside. However, it also shines right inside you, in your heart, the sun of your personal solar system. In the Sun we directly meet the mystery of how the macrocosm has entered into the microcosm, through the doorway of the human heart. There you can feel that you have an immediate and intimate access to the entire universe.

And so we can also discover the sound AU as a *microcosmic* experience, by doing an AU in front of our heart. Lay one hand gently upon your heart, and the other then upon it, and protect the light in yourself. In this gesture, the Ah is created by the angle of your open upper arms, and the OO by placing one hand parallel to the other.

This same AU can also be made on other parts of your body: for instance, on your head it can signify a crown, and on your leg it could mean “ouch.” Play with words like devout, or flower, and expand your feeling for this sound.

The AU does not have any particular shape in space to move: it can move in any direction at all.

Finally, stand still and let the AU resound inside you. Feel the sun gold and the field of white, and hold this as you let the feelings of reverence and grandeur fill you. You may feel this soul response: The AU elevates me beyond the concerns of everyday affairs and raises me in prayer and praise to the Divine.