

Pronunciation Of Mantrams

by Samael Aun Weor

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In this Conference, a practice will be done pronouncing the different Mantrams thus: prolonging each mantram for 6 seconds, aloud five times, and then in silent voice fifteen times.

Pronunciation of Mantrams: Astral Projection

In this Conference, a practice will be done pronouncing the different Mantrams thus: prolonging each mantram for 6 seconds, aloud five times, and then in silent voice fifteen times.

- FAAAAAARRRRRAAAAAOOOOOONNNNNNN
- LAAAAA RRRRAAAAA SSSSSSS
- OOOOOOOOOOOOOOOOOOOOOOOOOOO
- RRRRRRRRRRRRRRRRRRRRRRRRRRR
- SSSSSSSSSSSSSSSSSSSSSSSSSSSSS

The mantram **FARAON** — concentrated on imagining a pyramid at the forehead.

The mantram **LA RAS** — concentrated on the eyebrow center.

The mantram **OOOOO** — concentrated on the heart.

The mantram **RRRRRR** — concentrated on the larynx.

The mantram **SSSSSS** — concentrated on the eyebrow center.

Notes

- Be attentive to mantralize while exhaling, approximately six (6) seconds.
- The inhalation gentle, as normal as possible, so as not to frighten away the sleep.
- Warn the students that during the night only one mantram is used.

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