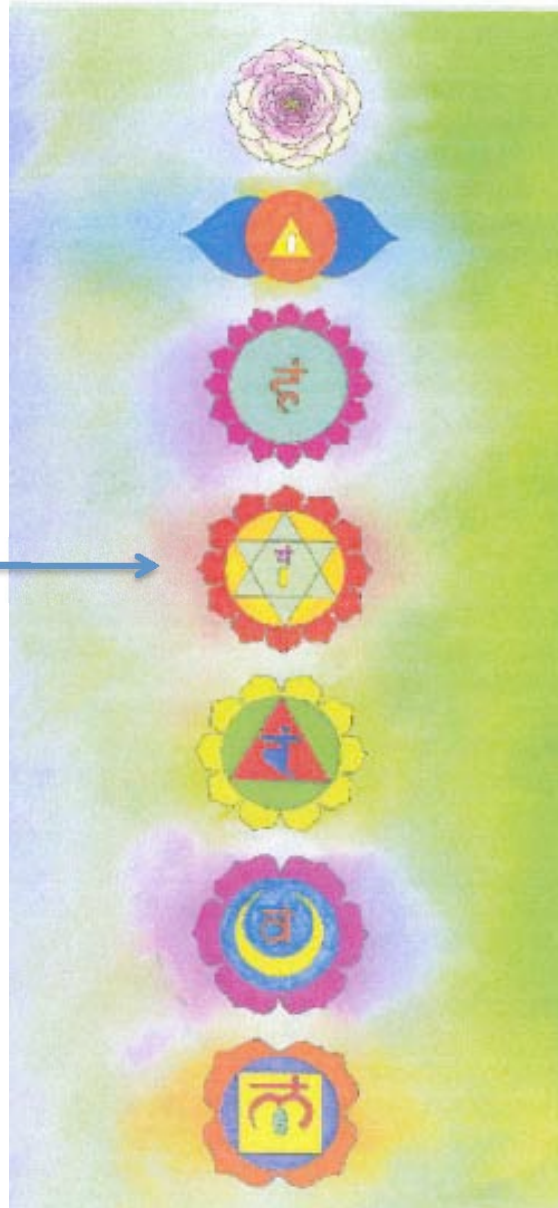


**Mantra - Meditationsübung
der Himalaya – Tradition von 2013 - 2016**

1. Akhanda-
mandalakaram
vyaptam yena
caracaram
tat-padam
darsitam yena
tasmai sri-
gurave namah



8. aum satyam

7. aum tapah

6. aum janah

5. aum mahah

4. aum svah

3. aum bhuvah

2. aum bhuh

9. Aum... tatsavitur varenyam
bhargo devasya dhimahi
dhiyo yo nah pra-codayat
aum apo jyotiraso amrtam brahma bhuh bhuwah svah aum
--TAN ME MANAHA SHIVA SANKALPAM ASTU
-- OM KAM BRAHMA