

# **The Four-Breath Mantra**

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The four breath mantra: 'Aum, Mani, Padme, Hum' was used.

- Om is the universal spiritual energy, the living source of our beings and the whole river of life as one within the Earth's body.
- Mani is our awareness recognizing our inner beings as clearly as crystal, beautiful as gems, and priceless as jewels.
- Padme is the unfolding of the lotus flower of our being through the opening of the energy channels within us.
- Hum is our compassionate and loving Hearts, the center of our being where the universal energy circulates.

This mantra in words is: 'the WORD makes us clear as a JEWEL for our Light to shine through and unfolds the LOTUS flower of our life with the Love in our HEARTS'.

Ron taught a woman in their class and got another aware friend to use this mantra. He and this other friend taught this friend's roommate. Meanwhile his first meditation friend taught his own roommate and another friend theirs. Finally the seven gathered and forced all their attention to the mantra for twenty minutes. We said this Mantra in our thoughts along with our breath.

Om (Aum) thought during an out breath, then a silent in-

**breath. Man (maun) thought during an out breath, then Ni (knee) thought during the in breath. Pad (pod) thought during an out breath, then Me (meh) thought during the in breath. Hum (hoom) thought during the out breath, then a silent in-breath.**

**We repeated these four sacred sounds with every four breaths.**

*Modified from chapter 1 of Spiritual Love 1977 Ron Bracale*

**From: [http://www.spiritinservice.com/B00-04\\_Meditation.htm](http://www.spiritinservice.com/B00-04_Meditation.htm)**