Conference 48 from Phase A.

CONF. 48

PRONUNCIATION OF MANTRAMS FOR ASTRAL PROJECTION.

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

1. **FAAAAAARRRRAAAAAOOOOOONNNNNNN**
2. **LAAAAAA RRRRAAAAA-SSSSSSSS**
3. **OOOOOOOOOOOOOOOOOOOOOOOO**
4. **OOOOOOOOOOOOOOMMMMMMMMMM**
5. **RRRRRRRRRRRRRRRRRRRRRRRRR**
6. **SSSSSSSSSSSSSSSSSSSSSSSSS**

The Mantram FARAON, concentrated on imagining a pyramid on the forehead.

The mantram LA RAS, concentrated between the eyebrows.

The mantram OOOOOO,
concentrated on the heart.

The mantram OOOOOMM, concentrated on the heart

The mantram RRRRRR,
concentrated on the larynx.

The mantram SSSSSSS,
concentrated between the eyebrows.

Notes:

- Be attentive to mantralize while exhaling, for approximately six (6) seconds.
- A gentle inhalation, as normal as possible, so as not to scare sleep away.

Advise the students that during the night only one mantram is used.



End of Conference 48.