

Each of the three sequences can be practiced with a simpler or more complex mantra



hrām |



hrām hrīm hrūm hraiṃ hrauṃ hrāha |



hrām hrīm |



hrām hrīm hrūm hraiṃ hrauṃ hrāha |



hrīm hrūm |



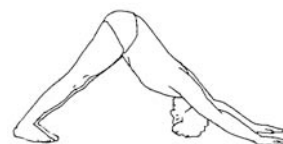
hrām hrīm hrūm hraiṃ hrauṃ hrāha |



hrūm hraiṃ |



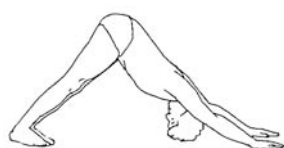
hrām hrīm hrūm hraiṃ hrauṃ hrāha |



hraiṃ hrauṃ |



hrām hrīm hrūm hraiṃ hrauṃ hrāha |



hrauṃ hrāha |



hrām hrīm hrūm hraiṃ hrauṃ hrāha |

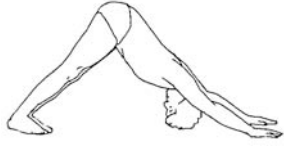




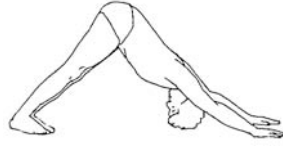
hrām̐ |



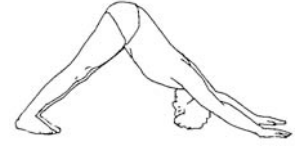
hrām̐ hrīm̐ hrūm̐ hraiṃ̐ hrauṃ̐ hrāha |



hrām̐ hrīm̐ |



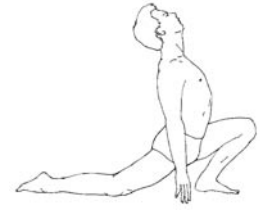
hrām̐ hrīm̐ hrūm̐ hraiṃ̐ hrauṃ̐ hrāha |



hrīm̐ hrūm̐ |



hrām̐ hrīm̐ hrūm̐ hraiṃ̐ hrauṃ̐ hrāha |



hrūm̐ hraiṃ̐ |



hrām̐ hrīm̐ hrūm̐ hraiṃ̐ hrauṃ̐ hrāha |



hraiṃ̐ hrauṃ̐ |



hrām̐ hrīm̐ hrūm̐ hraiṃ̐ hrauṃ̐ hrāha |



hrauṃ̐ hrāha |



hrām̐ hrīm̐ hrūm̐ hraiṃ̐ hrauṃ̐ hrāha |

