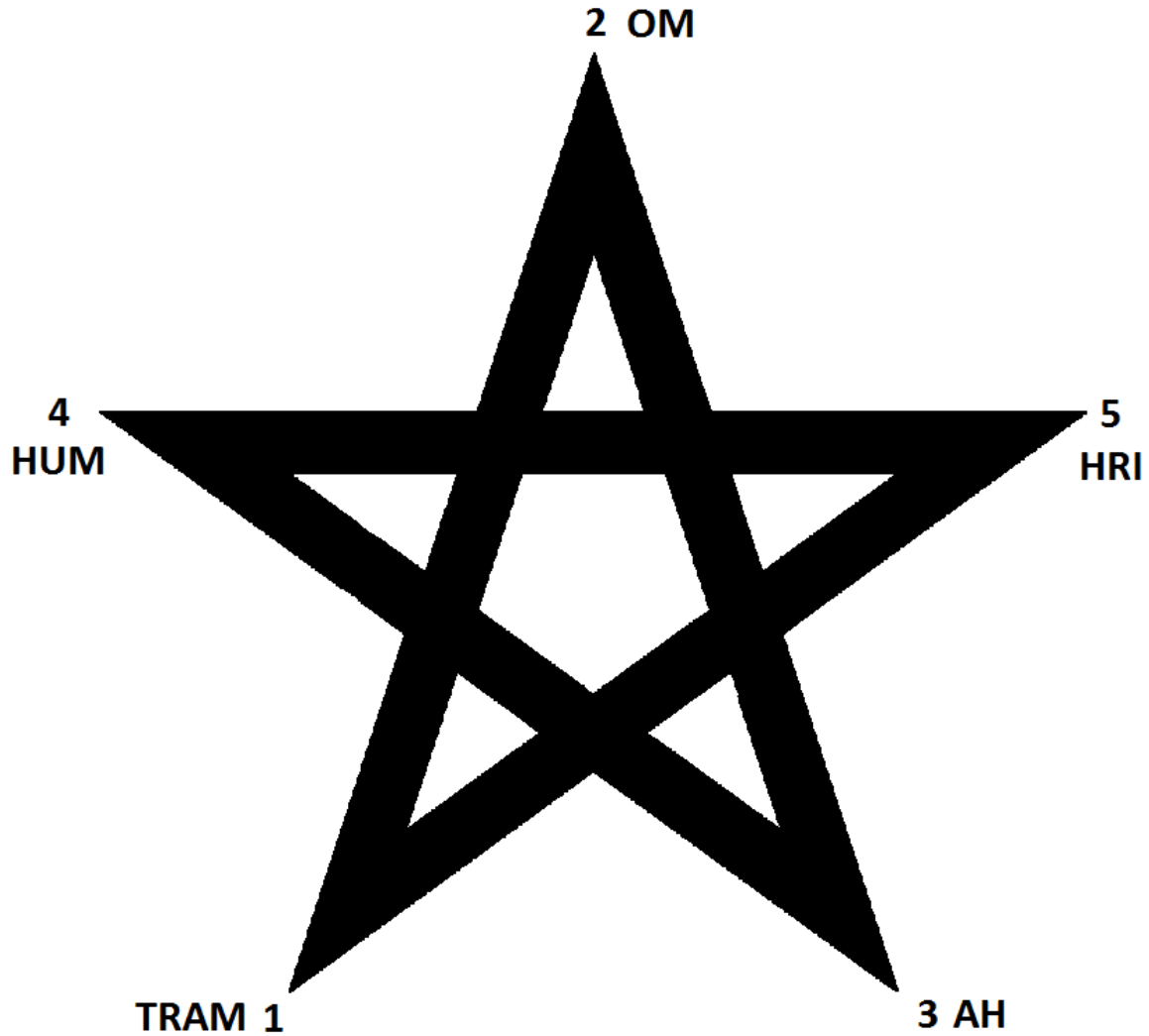


THE PENTAGRAM



INSTRUCTIONS

We start at 1 to draw the pentagram and complete to 1. On each line, we think to the Action (see below) and say the mantra at the star tip. For example, we think to the action of Integration on line 1-2 and say OM at star tip 2. Then we continue around the pentagram, thinking to the action and saying the mantra at each star tip. We finish with TRAM on line 5-1, at star tip 1.

Star tip	body	Line	Action
1	Right foot	1-2	Integration
2	Head	2-3	Transmigration
3	Left foot	3-4	Incarnation
4	Right hand	4-5	Observation
5	Left hand	5-1	Transformation

MAHAJRYA
buddhist tradition