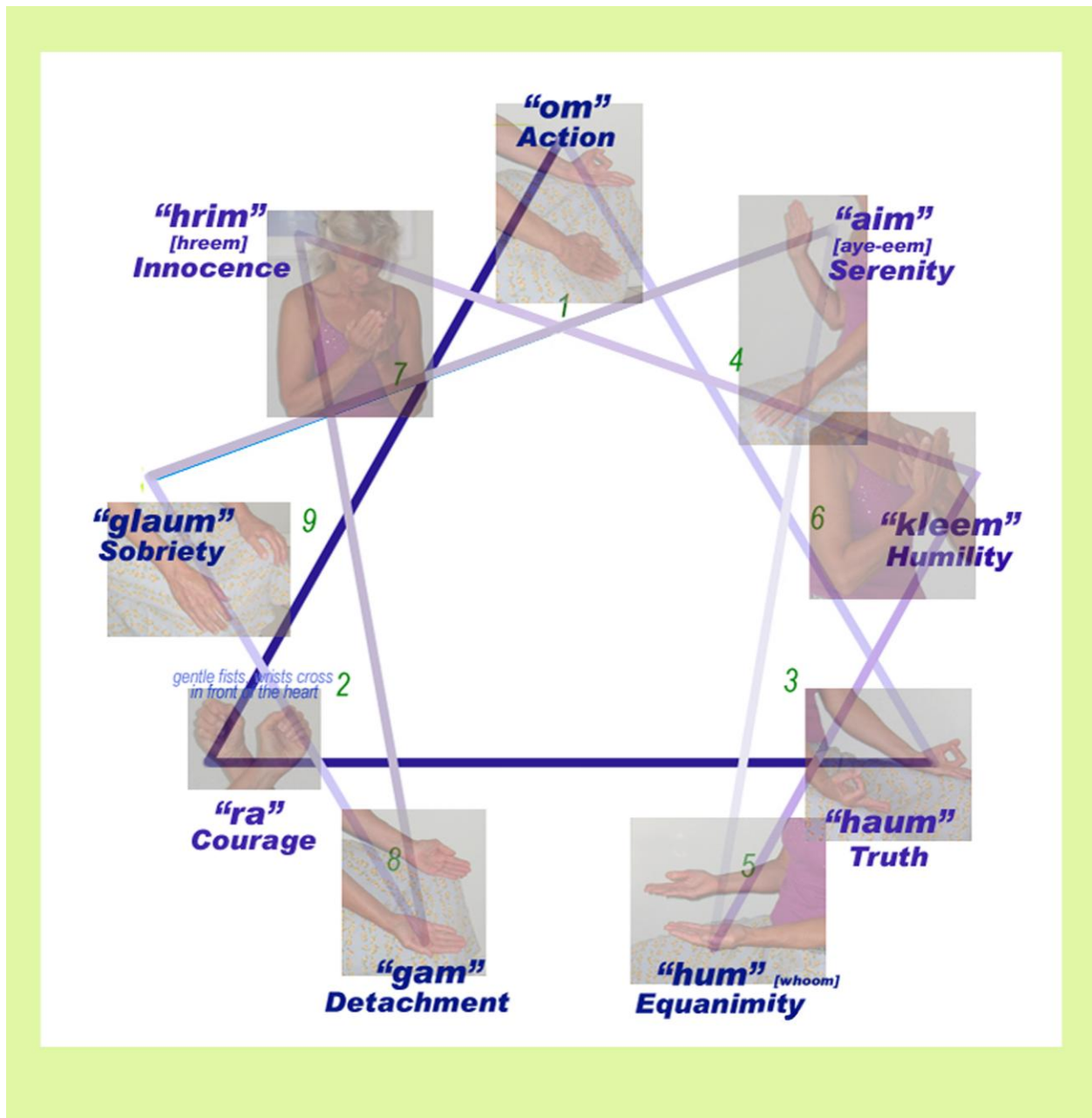


# The Virtues \*



*\*This practice was offered to me through the Arica Trainings that I participated in during the 1970's. The graphic is my own representation of the practice as I remember it. IN the graphic, the mantra /sound of the virtue is in "quotes" with the virtue cited under. The contemplations of the sanscrit mantra are: "OM" – the Void; "AIM" – the perfect diamond, nothing can penetrate; "KLEEM" – everything comes from the same energy; "HUM" – I am the nothingness: "GAM" – it's all a dream; "GLAUM" – I am humanity; "HRIM" – 3 in 1. In working this system, the external clockwise pattern (excluding "haum" and "ra" and the "internal" movement for now...) relates to the days of the week beginning with OM-Sunday and progressing clockwise.*