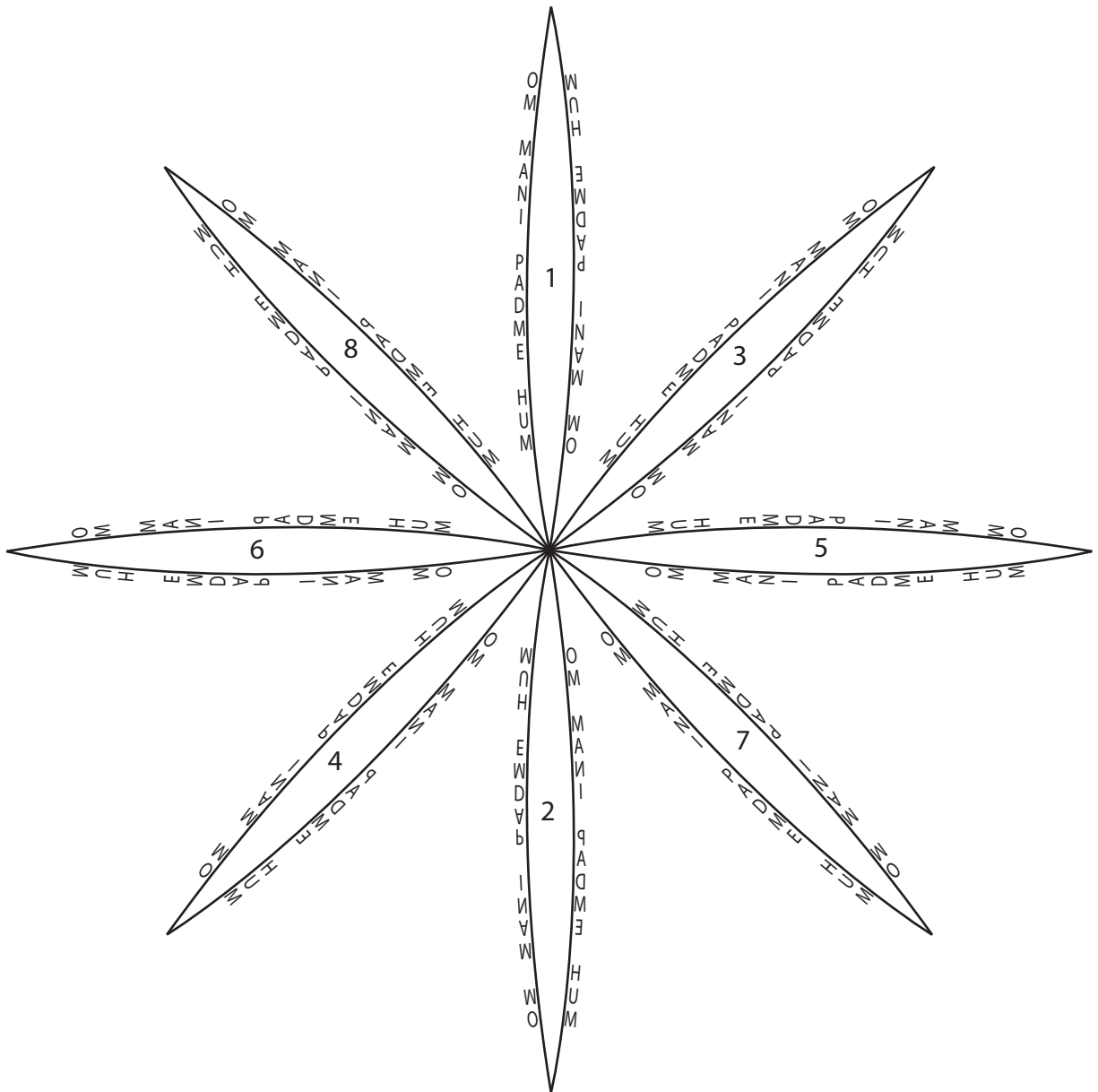


8 Fold Path Breathing Lotus



OM MANI PADME HUM is variously translated with the *manipadme* some form of "jewel in the lotus" and both *om* and *hum* beyond meaning. This is an 8 petals lotus. Begin exhaling from the center for 4 beats (one beat for each word) going outwards up the vertical petal 1. Inhale the mantra for 4 beats back to the center. Continue by exhaling down the downward pointing vertical petal 2 and inhale back to the center once more. Continue by moving one petal clockwise to 3. Complete the *infinity loop* by going directly thru the center with each two breath cycle (starting with an exhale). After completing 7-8 continue clockwise and breath 2-1, 4-3, 6-5, 8-7 and finish with an infinitely expanding exhale in all directions. Alternatively, for a shorter practice, just breath each petal clockwise around the lotus.