



## Mission Of Maitreya

*"Eternal Divine Path"*

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### Dear Friend,

In meditation and/or transmission, the use of a mantra (special sound vibration) is recommended. If you already have a mantra, use it. But if you do not have one, or you would like to use our Universal Mantra, then read the words below carefully and practice the recommendations.

The benefit of meditating will be greatly enhanced if done at least twice a day at regular times, for at least half an hour (you can progress to this length of time slowly) and in a relaxed environment. We recommend meditation be done at 6:00 AM and 9:00 PM (to help parents who have small children to be able to put their children to bed and then meditate at 9:00 PM. Also it will relax a person for a good night of sleep). These are the times recommended in our enclosed pamphlet ("Let's Unify Humanity").

Our Universal Mantra consists of two parts:

**1- HAREE OM SHRII HUNG (HOSH)**, which means, "The Goal of the Life is to Be(come)\* Divine." This part of our Universal Mantra is a part of our logo which you can see on our letterhead and envelopes.

**2- OM NAM KEVALAM (ONK)** which means, "That Divinity (God) is Everything...or Everything is God (Divine)."

The **HOSH** and **ONK** are abbreviations. They are not a part of the mantra.

This mantra can be used by all, and any person can give it to another person to use in their meditation.

To meditate on this mantra, you will sit somewhere you feel comfortable. Then you will keep your spine and neck straight, and when you feel relaxed, slowly start to repeat the mantra within yourself. Become familiar with its vibration, try to let all other thoughts gently go away, and be filled with the mantra and its meaning — The Goal of the Life is to Be(come) Divine (God), That Divinity (God) is Everything. All is He, we are One in Him and the greatest Goal in human life is to realize this.

A greater effect can be felt when you connect your breath with the repetition of the mantra. Breathe in "Haree Om Shrii Hung" — The Goal of the Life is to Be(come) Divine — breathe out — "Om Nam Kevalam" — that Divinity is Everything. There is a pause between breathing in and breathing out. Realize this pause. This pause is called the Infinite Now; realize its vibration between each breath.

There is another pause between breathing out and breathing in which has the same effect as the pause between breathing in and out. Realize these two pauses and be still that you would know you are one with Him, "Be still and know that I am God." (Psalms 46:10). ("I am" as I who is still in meditation and as He who you are meditating on.)

If you have any questions, please let us know.

**In His Grace and Blessings,**

**Mission of Maitreya**

\* There are two approaches toward Divinity. One is the belief that we are already Divine. Then the meaning of "Haree Om Shrii Hung" will be, "The Goal of the Life is to Be Divine." Another belief is that we have to overcome, to Become Divine. Then the meaning will be, "The Goal of the Life is to Become Divine." Both of these meanings are correct in different levels of consciousness.

The word "come" in parentheses is also an invitation to all to come and join us in the path to Divinity, be(come) One.