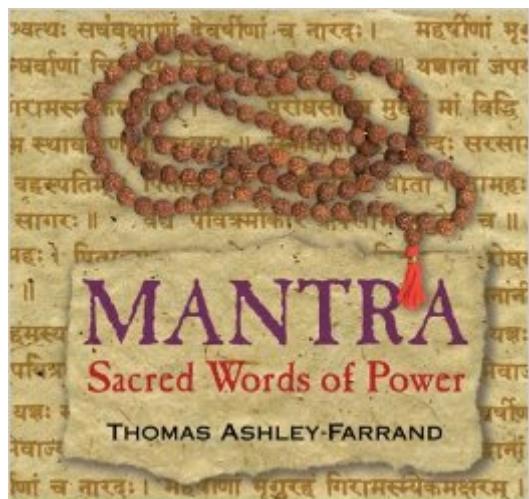


The book was found

Mantra: Sacred Words Of Power



Synopsis

The first curriculum in English on the ancient art of mantras explores every aspect of mantra theory and practice: spiritual and historical origins, mantra's effects on the body's energy centers, and how these sacred sounds can create massive changes in both our inner and outer worlds. *Mantra: Sacred Words of Power* reveals more than eight hours of instruction on dozens of specific mantras to break unhealthy habits, sharpen the mind, dispel fear, attract abundance, enhance creativity, strengthen your relationships, and much more. Includes a detailed 37-page study guide.

Book Information

Audio CD

Publisher: Sounds True, Incorporated; Signed edition (December 1, 2004)

Language: English

ISBN-10: 1591791472

ISBN-13: 978-1591791478

Product Dimensions: 6.8 x 0.9 x 6.5 inches

Shipping Weight: 1.1 pounds (View shipping rates and policies)

Average Customer Review: 5.0 out of 5 starsÂ See all reviewsÂ (13 customer reviews)

Best Sellers Rank: #990,588 in Books (See Top 100 in Books) #28 inÂ Books > Books on CD > Religion & Spirituality > Inspiration #276 inÂ Books > Books on CD > Health, Mind & Body > Meditation #304 inÂ Books > Books on CD > Health, Mind & Body > Relaxation & Meditation

Customer Reviews

This CD set is highly recommended for anyone interested in Sanskrit Mantras. Absolute beginners to mantras might want to start with the *Healing Mantras* book and CD set by Thomas Ashley-Farrand, (see my review). Those of us in the West will find no better guide to Sanskrit mantras than the works of Thomas Ashley-Farrand. He presents the topic of mantras as one born and raised in Western culture, fully understanding our point of view and how to present this branch of knowledge to us. The mantras, when presented in a written form on the included booklet, are in plain transliterated ASCII-English based text, and the author's voice is clear and understandable. The subject of Sanskrit Mantras is broken into several logical groups including Masculine and Feminine based mantras, Avatar mantras, and Buddhist mantras to name a few. It contains at least two very powerful healing mantas, mantras for abundance, to remove obstacles, for education and learning, and several for enlightenment. The concepts of chakras, karma, what we refer to as gods and goddesses, and higher realms of existence are covered and explained clearly.

for those of us not previously familiar with these ideas. About sixty mantras are presented, and the material is about an advanced-beginners level study guide on the subject. This work was my second introduction to mantras, and at the time I was ecstatic to have found such a rich source of material on a subject rarely presented in the West. *Mantra - Sacred Words of Power* is a logical follow up to *Healing Mantras*. While I might have recommended the 14 CD set *Mantra - A Path to Spiritual and Material Attunement* instead, does not carry it at this time.

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