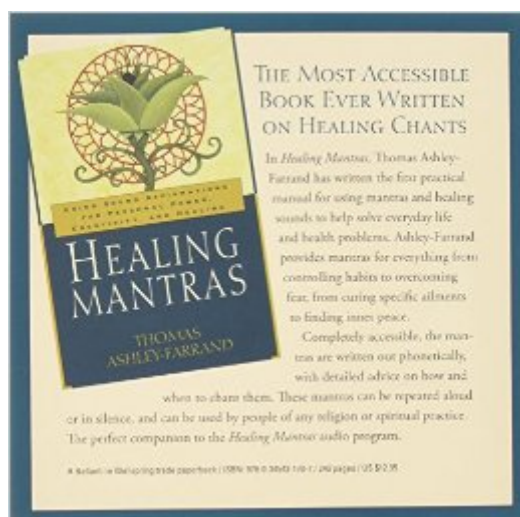


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Thomas Ashley-Farrand's Healing Mantras



Synopsis

Imagine uttering a simple pattern of sacred sounds - and discovering that they promote physical healing, magnify the powers of the mind, and even attract abundance into our lives. Extraordinary? Yes. Yet this is precisely what happened to the yogis of India when they first created the science of mantras, or "sacred sound formulas," over 4,000 years ago. Now, with Thomas Ashley-Farrand's *Healing Mantras*, listeners have access to 45 of these authentic chants to dispel fear, remove hidden obstacles, and attract abundance in every arena of life - from vocational and financial concerns to intimate relationships and artistic pursuits. Thomas Ashley-Farrand - one of the most respected authorities on mantras in the English language - demonstrates how to pronounce each of these powerful formulas with perfect precision, which is a key to their effectiveness. During a lunch break, at home, or while driving - *Thomas Ashley-Farrand's Healing Mantras* is an affordable and practical way to begin using this ancient science of sound anywhere and anytime. Includes a comprehensive, 23-page study guide on the theory and application of mantra practice. Thomas Ashley-Farrand ... is one of the foremost authorities of Vedic and Buddhist Sanskrit mantras in the West. He is the author of *Healing Mantras*.

Book Information

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Customer Reviews

"Sound is more than simply a medium of artistic expression. Sound has practical and powerful applications in the real world." Mantras, or simple chants, are short phrases packed with energy and intention--specifically designed to generate powerful sound waves that promote healing, insight, creativity, and spiritual growth. *Healing Mantras* is the practical, how-to guide that makes the

strengths and benefits of mantras available to everyone. The transformative power of sound has been passed down to the present from the sages of India, the classical scientists of ancient Greece, and the medieval monks of Europe. Mantras, sounds, and chants have inspired, comforted, and mended the lives of individuals, religious orders, and even entire cultures. Even though the science and discipline of chanting and formal prayer are practiced in every religion around the world, this is the first time that ancient Sanskrit mantras have been explained and adapted to Western needs. One of the few Western experts in Hindu and Buddhist mantras, Thomas Ashley-Farrand has practiced mantra-based spiritual disciplines for twenty-five years. In this illuminating book, he explains how and why mantras work and shows how to use them for everything from controlling habits to overcoming fear, from curing specific ailments to finding inner peace. In each of the more than fifty mantras, all translated from the original Sanskrit, Ashley-Farrand unlocks the power of every word, explains its appropriate application, and tells you how to pronounce it in easy-to-follow phonetic symbols. Inside, you'll find mantras for - Health - Worldly Success - Habit Control - Protection - Grief - Anger - Controlling Fear -Personal Attraction - Wisdom - Concentration and Mental Clarity - Healing Life Issues - and more! These mantras can be repeated aloud or in silence and can be used by people of any religion or spiritual practice, "as you wash dishes, as you drive on the freeway, as you meditate, or as you cook." Sound can help and sound can heal, and Healing Mantras now makes this sound medicine available to everyone. --This text refers to the Paperback edition.

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