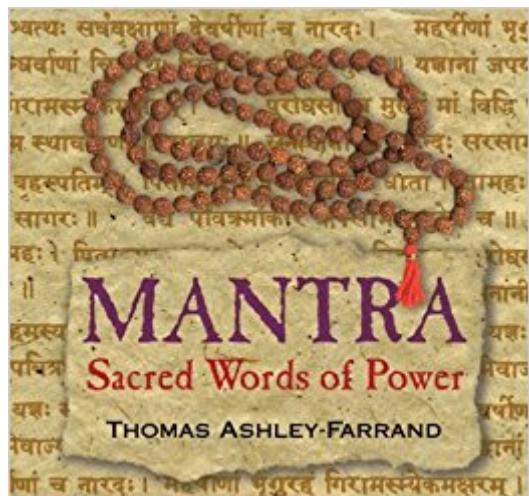


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# Mantra: Sacred Words Of Power



## 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

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## Customer Reviews

Ashley-Farrand is one of the West's foremost authorities on Vedic and Buddhist Sanskrit mantras.

Thomas Ashley-Farrand Thomas Ashley-Farrand (1940 - 2010) Thomas Ashley-Farrand was one of the West's foremost authorities of Vedic and Buddhist Sanskrit mantras. He was recognized for his flawless mastery of mantra practice by swamis, pundits, and shastris across India, and gathered more than 8,000 transliterated mantras--the most comprehensive body of these sacred sound syllables in the English language. He received initiations and blessings from a number of prominent spiritual teachers, including H.H. the Dalai Lama. His guru was Sadguru Sant Keshavadas of Bangalore, India, and he also followed Guru Mata, Sant Keshavadas' widow, to whom he transferred spiritual authority on the banks of the Ganges before his passing. In addition, Thomas Ashley-Farrand was an expert in the practice of Vedic fire and water rituals. His published works

include Mantra Meditation, Healing Mantras, Mantra Meditation for Creating Abundance, and more.

After hearing this from a friend, I knew I had to get my own copy of "Mantra...". This really breaks down the whole idea of mantra...what it is, how it works, what it can do for you. The author has a very interesting voice, and the included manual is very thorough. Even though there are 6 CD's there are lots more "sections" of instruction. This is fun and easy to listen to. I find myself going back to sections of it almost daily. And I have added Mantras to my meditation practice with a far greater understanding than I ever had. If Mantras interest you for any reason, don't miss this!

I love this course. Farrand gives the history of mantra chanting (10 Sessions, 6 CDs, accompanying book). Farrand explains how he was introduced to mantra, and how it changed his life. He tells fascinating stories about the spiritual teachers who discovered mantra thousands of years ago. And which mantras to use for particular needs and purposes. Also stories about clients and students of his - who used mantra, and to what effect. I do not have the discipline to recite a mantra 108/day for 40 days - as recommended. But I find them calming to recite and listen to. And I love listening to his stories (especially as I am falling asleep)-so much better than a sedative!

I had a great time listening to this. Mr. Farrand had a great speaking voice. I chant and listen to mantras much more often now. There is a mantra for every human need and Mr Farrand tells about each one. Pick one and go with it....

This is my first introduction to mantras and I really enjoyed the stories and teaching in this 6 CD set. Mr. Ashley-Farrand has a nice voice and is very pleasant to listen to. Although there's an emphasis on the magical quality of mantras in its capacity to change your life, which requires a leap of faith, mantras are nevertheless essential to understanding yogic and Hindu spiritual practices. My interest leans more towards tibetan mantras and religion, which is not the emphasis of this CD set. I am starting to practice mantras daily especially during long drives, which keeps my mind occupied with positive thoughts or at least away from negative thoughts. Mr. Ashley-Farrand pronounces most of the mantras very clearly several times, although he did not break all of them down by syllable as I would like. Nevertheless, highly enjoyable.

not a beginners , tho have already been listening to a couple of Thomas Ashley-Farrands cd and they are very helpful. I didn't really think about mantras until i heard these

Cds..now i love listening to him. Educational, uplifting, centering .very good stuff!

I have started to lesson to them now on he way to work. enjoying them

I was drawn to this and glad I found it as I have not read a plethora of information about Mantras - but this is very comprehensive, interesting and informative. I have already started chanting and hope to continue with more. I have listened to these CDs in the car and transferred them to my iPod. I hope to take my own notes to remember information I am interested in. I highly recommend this series to open up new information to those of us in the "west" who think we understood much about the knowledge of the Hindu/Buddhist world.

I love the CD's and the book that comes with it. I've done a bit of chanting in yoga classes and such, but this study guide is really good. The sections are clearly described and grouped, the mantas are written out so that I can SEE the words as well as hear them - being a visual person this helps tremendously. I find this a good study guide as well as an invaluable reference.

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