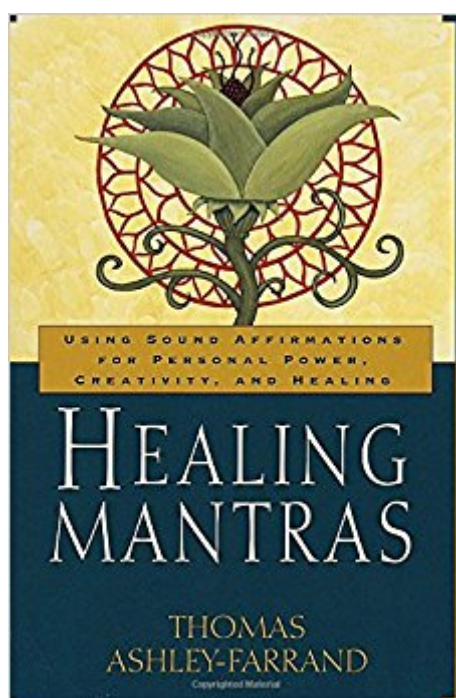


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Healing Mantras: Using Sound Affirmations For Personal Power, Creativity, And Healing



Synopsis

"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.

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Customer Reviews

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I so love this book! I learned so much about spirituality and inner development and the role that mantras play in the journey. I felt myself healing while reading it and immediately got me a copy of Ferrand's book Shakti Mantras after reading this one, and are reading that one right now. I'm not practicing any mantras at this point other than the one in my daily meditation yet because I'm still learning all I can about it first so that I can decide on the best mantras for me to use.

Why, you ask! Why so little stars? I began reading the book and is a beautiful thing about sound , its meaning and potency Then the expedited cd arrived as is all about getting this and getting that , mantra form. If you ask me is no different than Western religions' prayers or Wicca incantations for love, health etc. So nothing as expected. Plus the voice of the woman introducing the book is something to make you bang your head on things. Not happy.

Enjoyed the book very much. Found a few things a bit confusing (the difference between the 21 day and the 40 day practice isn't all that clear, for example), but I found myself in the presence of an assured and comforting voice. I've started playing around (seriously playing, that is) with mantras. But I have a question. How does the Shakti/Shiva energy work for gay folk? For example, should a gay woman do the mantra for attracting a woman? This is a serious question, since so many people I've met on the spiritual path are indeed glbt. Thanks in advance!

Mantras are a very powerful tool that helps to improve about ANYTHING you can think of. If you believe it or not, that is another story. Nevertheless it works either way. Thomas Ashley-Farrand takes you to an easy and enlightened journey, explaining how and why Mantras can work miracles. It is like to open a box full of possibilities just waiting for you to choose them. Simply wonderful! My eternal gratitude to the work Thomas Ashley-Farrand has been doing.

I bought this book in conjunction with another by the same author. The other book included a CD which I thought would help me pronounce the syllables correctly. I was very glad to have purchased this book, as it did give me a pronunciation guide (shrim=shreem, etc). While this book did include some of the mantras as the other, I still think both books work well together, as this one is more in depth in translation, explanation and pronunciation, the other along with the CD is a manageable workbook. I am certain more complex material is out there in the written world, but as a beginner, this was a very good start.

I was fortunate to have this CD recommended to me by a friend. Having had no prior experience with Sanskrit or mantra, I couldn't believe my luck once I'd listened to this CD. Not only is it structured so anybody can learn, there is also a list of the 'seed' sounds, explanations and English translations for each mantra, plus a guide on repetition, intention, spiritual practice, and a glossary! And all this for under \$15. Each mantra is spoken word by word, before being intoned. Having practiced some Tai Chi and Qi Gong it's important when dealing with energy to feel secure with the integrity and calibre of the teacher. As most learning is done by modelling the teacher I can't think of anyone better than Thomas Ashley-Farrand for getting that start in Sanskrit Mantra. He has extensive experience and is authentic, and that promotes the full benefit of these amazing energy sounds and vibrations. These are words of power; and this CD is great value. I also purchased the companion book, but this is not necessary to get your start. This CD stands on its own. Kind Regards, Daniel John Hancock

Although this book wasn't exactly what I expected, it is well written and I enjoyed it. Ashley-Farrand's personal experiences lend the claims some degree of authority, as well as making the material (which can be VERY dry) easily accessible to every reader. What did I expect? When I purchased the book, I was looking for information about mantras for meditation as presented within the context of Hinduism. This is not that book - the idea of meditation comes up from time to time, but the focus here depends on the special sounds of mantra having a power independent of what

the chanter is thinking. In other words, the author presents mantras as being something akin to a light switch: you flip it on and something predictable happens. It matters not whether you are meditating, showering or driving your car. Just intone the sounds. My own experience does not lend this view much support (I tried several of the 40 day mantra regimens with no discernible changes in the circumstances I wanted to work with), but each reader will have to decide for themselves how they think of mantras. They ARE effective tools for change - and if you like the idea that they are energetically active in their own right, the material presented by Mr. Ashley-Farrand will be very helpful. Vigilante, Chris B[...]

This is an excellent book for meditation. Be very mindful of the mantras you choose. Some of them are very powerful and bring results with just a few repetitions. Good luck!

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