



Healing Mantras: Using Sound Affirmations for Personal Power, Creativity, and Healing

By Thomas Ashley-Farrand

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"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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Editorial Review

From the Inside Flap

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From the Back Cover

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About the Author

Thomas Ashley-Farrand has practiced mantra-based spiritual disciplines for twenty-five years and is an expert in the use of Eastern mantras, including Hindu, Buddhist, and Tibetan. He teaches Sanskrit mantra and meditation at Chaffee College in Ontario, California, and lives in San Gabriel. His Web site is at www.sanskritmantra.com

Users Review

From reader reviews:

Mary Clark:

The reason? Because this Healing Mantras: Using Sound Affirmations for Personal Power, Creativity, and Healing is an unordinary book that the inside of the guide waiting for you to snap the idea but latter it will shock you with the secret the idea inside. Reading this book next to it was fantastic author who write the book in such incredible way makes the content interior easier to understand, entertaining technique but still convey the meaning fully. So , it is good for you because of not hesitating having this ever again or you going to regret it. This book will give you a lot of advantages than the other book possess such as help improving your talent and your critical thinking approach. So , still want to hesitate having that book? If I have been you I will go to the publication store hurriedly.

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