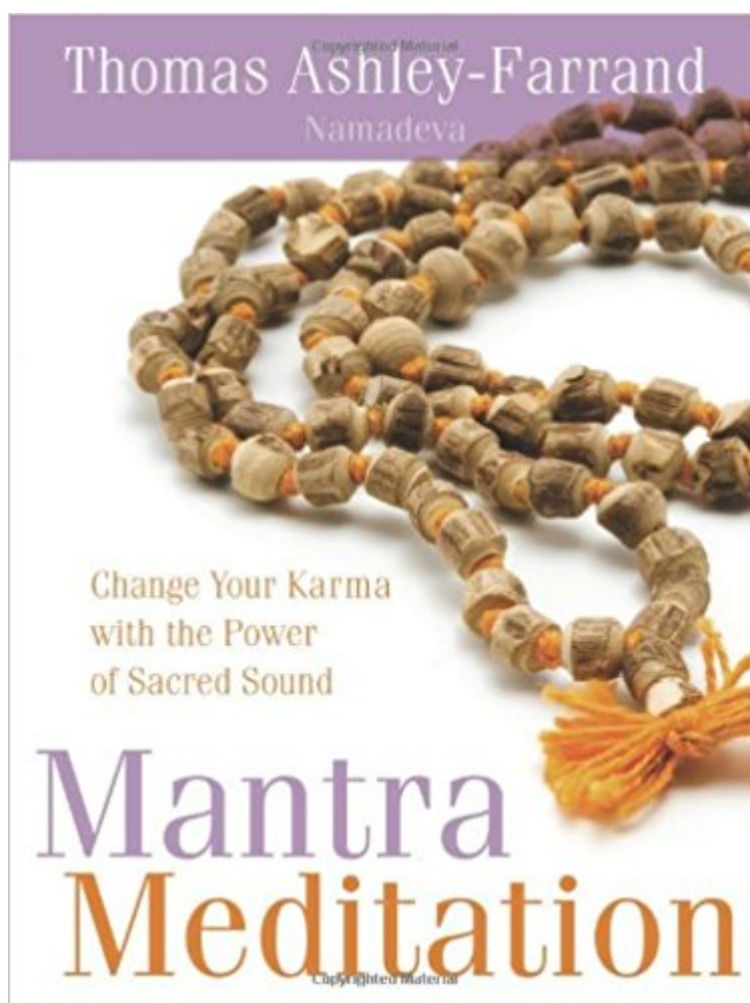


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Mantra Meditation: Change Your Karma With The Power Of Sacred Sound



Synopsis

"Through mantra practice, positive karma flows freely into our lives . desires are fulfilled . spiritual abilities manifest . and we have moved another step forward toward moksha-complete spiritual freedom."-Thomas Ashley-Farrand Karma: the consequence of all of your actions, decisions, thoughts, and emotions. According to Thomas Ashley-Farrand, karmic patterns from the past are always with you, affecting everything you do-for better or for worse. With Mantra Meditation, you will learn how to use genuine Sanskrit mantras to balance your chakras (your body's seven spinning energy-centers) to dissolve negative karma. "When you begin to chant these ancient formulas," teaches Ashley-Farrand, "the petals on your chakras begin to resonate, and they pull in spiritual energy." With Mantra Meditation-designed as a 40-day practice or a lifelong tool-your spiritual energy grows, your karma disperses, and your path clears to bring you everything you desire through the fusing of your own efforts and the infinite generosity of the universe. Includes a CD of 15 guided mantra meditations and instructions for Sanskrit pronunciation.

Book Information

Paperback: 112 pages

Publisher: Sounds True; Pap/Com edition (June 28, 2010)

Language: English

ISBN-10: 1591797837

ISBN-13: 978-1591797838

Product Dimensions: 0.5 x 6 x 8.5 inches

Shipping Weight: 5.6 ounces (View shipping rates and policies)

Average Customer Review: 4.2 out of 5 stars 27 customer reviews

Best Sellers Rank: #220,021 in Books (See Top 100 in Books) #23 inÂ Books > Religion & Spirituality > Other Eastern Religions & Sacred Texts > Karma #53 inÂ Books > Religion & Spirituality > Hinduism > Rituals & Practice #312 inÂ Books > Reference > Encyclopedias & Subject Guides > Religion

Customer Reviews

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.

I enjoyed the read, which was rather quick, as it is a smallish book. It's nice to have the CD to give examples of the different chants. Each of the chants is done many times so you can really get the hang of chanting yourself.

This book has really touched my spiritual understanding of how and when to say mantras. The life & legacy of Thomas Ashley-Ferrand is a gift to mankind; whether readers of his books chose to utilize his information is another matter. I, for one, truly appreciate that he has shared meditation principles; he has made it much easier for me to verbalize the mantras on a daily basis.

I like the book but there is a companion CD that wasn't offer that I would have made the entire selection spectacular.

This book reads very well. It's to the point and easy to follow with audio and a website for more extensive knowledge and history.

Exceptional information relayed in a an easy to read and understand format.

I was looking for the perfect mantra meditation and finally I found the one that is going to help me to achieve my goals

This is a really good beginners book on mantra mediation. It explains how mantras came about, how they work and for what purpose you chant each one. Ashley-Ferrand is a master practitioner but he explains everything very accessibly. Highly recommended.

Clear and simple to understand. Very inspiring. I read the whole book in a day. Now I'm listening and learning the CD and chants

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