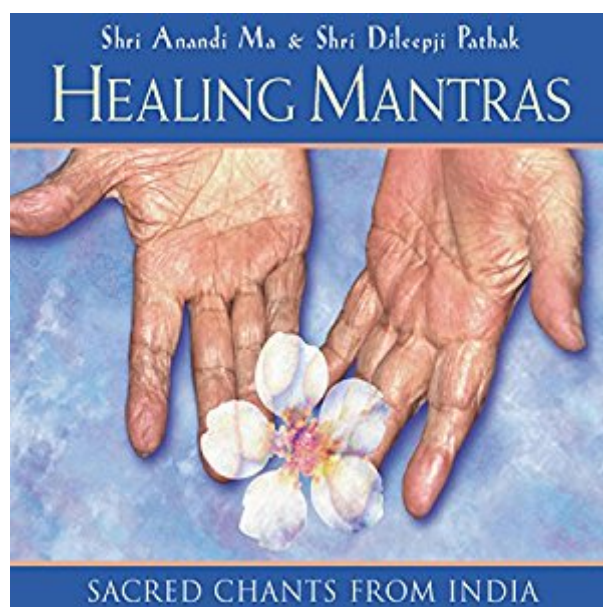


The book was found

# 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. --This text refers to the Audio CD edition.

## Book Information

Audible Audio Edition

Listening Length: 1 hour and 10 minutes

Program Type: Audiobook

Version: Original recording

Publisher: Sounds True

Audible.com Release Date: January 2, 2001

Language: English

ASIN: B000056WQO

Best Sellers Rank: #83 in Books > Audible Audiobooks > Health, Mind & Body > Exercise & Fitness #234 in Books > Audible Audiobooks > Religion & Spirituality > Buddhism & Eastern Religions #715 in Books > Religion & Spirituality > Religious Studies > Comparative Religion

## Customer Reviews

This C.D. and brochure provides essential guidance in mantra practice and the clear pronunciation of many of the most powerful mantras you may ever need. I've used a mantra-based practice for many years -- and experienced many benefits -- but have recently sought to expand my practice. I purchased both the book and C.D. version of this publication. The book contains deeper

explanations and more mantras, but the C.D. provides enunciation models of essential mantras regarding such things as removing obstacles; receiving abundance; finding a mate; increasing good luck; healing the body; accelerating spiritual growth; and, even, giving birth to a spiritually advanced child. Because correct enunciation is important to see results in this practice, I recommend that practitioners start with this audio version and branch out later to the book and other sources, if so desired. Namaste.

No review here. Sorry. Nothing but praise. This book is changing my life so fast that I feel like I'm in a dream! I've used the Nam Myoho Renge Kyo Buddhist chant for years to transform my life internally and externally, but it's brought up so much karma I knew I had to find a new and gentler path. Now, mystical happenings abound in a more directed way, and it's only been a few weeks! These mantras give one the power to work on specific problems related to everything from finance and relationships to physical and mental affliction. The results I've had have been tremendous!! Incredibly well-written, and easy to read, no doubt due to the Saraswati chant by the author. The mantras in this book if done as a "Sadhana" advised by Mr. Ashley-Farrand (40 days straight) I'm sure can change one's life dramatically as if one were taking medicine. They'll be making a dent in many people's negative karma soon, ultimately changing the course of the world. As far as I'm concerned, this book will make a priceless gift to loved ones. God bless!!

I bought Healing Mantras because I was curious after reading Tina Turner's life story. In her book, she says chanting changed her life. And since I think Tina Turner is awesome - why not? The first thing I liked about the book is that it's clear and to the point. It's well organized. All the mantras are grouped into categories such as: overcoming obstacles, healing, prosperity, etc. It's small, but packed with information. I've seen other mantra books printed on exquisite paper, written in golden script and adorned with cutesie drawings of little huts and birds and Blah-Blah-Blah...all for about 30 bucks. Which brings up another point: the price is nice. Mr. Farrand includes a brief history of mantras which I found interesting and colorful. His approach to mantra practice is flexible, and he describes both traditional and informal methods. After reading the book, I also bought the CD which really helped me learn the correct pronunciation and rhythm for each mantra. I've now used almost all of this author's books and tapes. I highly recommend Mr. Farrand's work (and his website for additional info), especially for a beginner or someone who can't find a mantra class.

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 its 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

What a revelation! This book has given me incredible insight and is a joy to read and to study - like magic jumping out of the pages. As a guide for improving one's life, it is unparalleled. A thorough discussion of the background, lore, history and application of sound in healing, together with Vedic cosmology and the views of scientists, as well as pieces on Karma, Astrology and the Chakras. All the important areas of life are covered and the various relevant mantras provided, with phonetic guide to pronunciation and English translation. Throughout, examples are given of healings achieved and problems solved through the use of specific mantras. The author has an engaging style and it's hard to put the book down. I strongly recommend you get the CD at the same time (available here on ) as it helps immensely in "getting into" the mantra habit and with pronunciation. It is also very beautiful to listen to. The book has a glossary of Sanskrit and other terms, an extensive bibliography and an index.

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