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## Mantras: A Beginner's Guide to the Power of Sacred Sound

By Thomas Ashley-Farrand

SOUNDS TRUE INC, United States, 2010. CD-Audio. Condition: New. Reprint. Language: English . Brand New. An Immersive Introduction to Tapping the Transformative Power of Mantra Could the simple act of repeating a certain sound influence your physical health, your emotional state, and even the world around you? On Mantras, you will learn India's powerful inner technology for clearing your mind, removing hidden obstacles in life, and attracting abundance. Thomas Ashley-Farrand, one of the West's leading authorities on mantras, teaches you everything you need to know to get started--from how a mantra works to the power of seed sounds to the essentials of developing your own daily practice. Complete with guidance for intoning each chant with precision (a key to their effectiveness), this program includes eight mantras with practical applications that you will learn to chant for healing, love, wisdom, creativity, and more. Previously released as The Beginner's Guide to Mantras, excerpted from Mantra: Sacred Words of Power.

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