

This school taught that each mantra represented a deity, which is how many still think of them today. While literally everything is vibrating, different

things vibrate at different rates or frequencies. It is also a celebration of the magic of Indian story, its insightful and visionary aspects, distilled to crystal clarity for the general reader both here and abroad.

The Science Of Mantras: How Sacred Sounds Heal Body, Mind And Spirit

The chanting of mantras is aimed at inducing the desirable frequencies at the energy centers, to harmonise them, thus regulating the pranic flow within the body. For more than 3000 years mantras sacred sounds have been chanted for the purpose of spiritual healing.

How Mantras Calm Your Mind

This book will help you to understand the essence of mantra, and gain a greater appreciation for it.

Related Books

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