



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

Thomas Ashley-Farrand

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Discover India's long-secret tradition of mantra-a powerful "inner technology" that uses the power of your voice and sacred sound to clear your mind, remove hidden life obstacles, and attract abundance in every arena of your life-from careers to relationships to artistic pursuits. Join Thomas Ashley-Farrand on Mantras: A Beginner's Guide to the Power of Sacred Sound to learn what a mantra is, how it works, the power of seed sounds, and the essentials for developing your own mantra practice. With seven mantras for you chant along with, this programme also includes guidance for intoning each chant with precision-a key to their effectiveness.

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