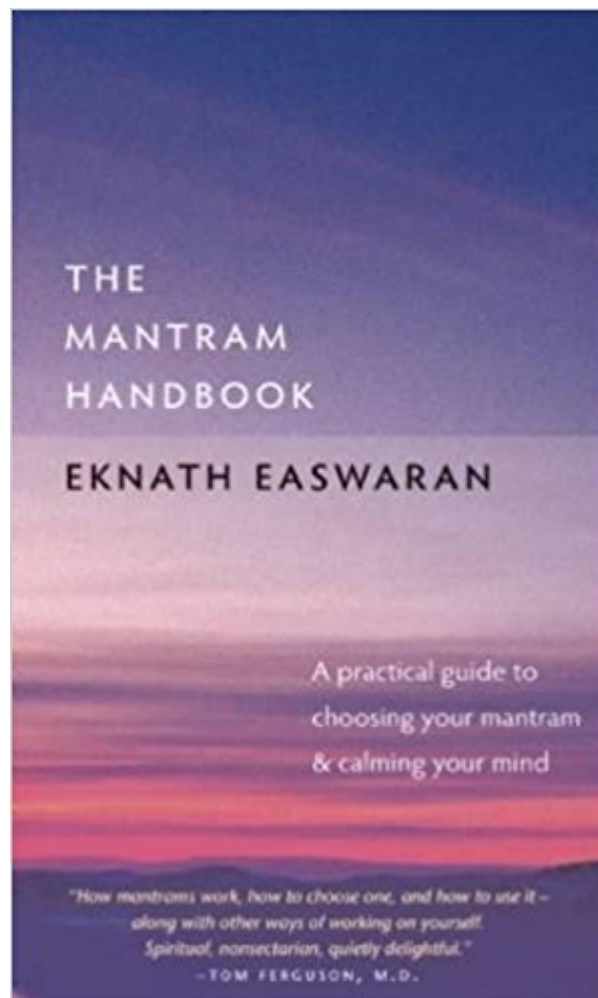




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The Mantram Handbook: A Practical Guide To Choosing Your Mantram And Calming Your Mind



Synopsis

Use your mantram when you're ill or anxious, tired or restless, and it will guide you and comfort you like a true friend. The Mantram, or mantra, is a short, powerful, spiritual formula from the world's great traditions, repeated silently in the mind, anytime, anywhere. Easwaran, the author of Passage Meditation and the best-selling translations of The Bhagavad Gita, The Upanishads and The Dhammapada, taught the use of the mantram for forty years as part of his passage meditation program. The mantram can help you to steady your mind and free it from anxiety, anger or resentment. Easwaran explains how the mantram works, and gives practical guidelines for using it to focus your thoughts and access deeper resources of strength, patience, and love.

Book Information

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Customer Reviews

"I have long found the writings of Eknath Easwaran to be models of clarity, simplicity, and practicality." --Andrew Weil, MD

"The mantram becomes one's staff of life, and carries one through every ordeal." - Mahatma Gandhi

Mantram (also called Mantra) repetition has been a big part of my spiritual program for a long time. For me, repeating my Mantram is Devotional. I found Eknath's book very spiritually inspiring. I particularly really liked chapter 3 : SOME GREAT MANTRAMS; chapter 9 : THE MANTRAM AT THE TIME OF DEATH; chapter 11 : THE MANTRAM AND OTHER SPIRITUAL DISCIPLINES, and chapter 12 : BECOMING PERMANENTLY ESTABLISHED IN THE MANTRAM. If your new to

Mantram Practice; this book will give you all the basic information on the history of Mantram Practice, the benefits of Mantram Practice, how to choose a Mantram that is right for you, how to get started repeating a Mantram, and much more. Eknath spent many years repeating a Mantram himself; and he shares what he learned in his process of Mantram Practice in this book. Eknath explains in-depth how Mantram repetition can be beneficial spiritually, mentally and emotionally. I'm repeating my Mantram as I write this review. Not only has repeating my Mantram kept me connected in my awareness to THE DIVINE; but it has kept me sane in an insane world. Two other Mantra Books that I found helpful are--- Mantras : Words Of Power by Swami Sivananda Radha; and Mantras : The Sacred Chants by Swami Veda Bharati.

Excellent for both beginners and the more experienced. Being a native of India Easwaran is steeped in eastern spiritual traditions. He studied English literature at Oxford and taught at U. C. Berkeley. He is at home in both the East and West and he draws on both traditions. His writing makes the Eastern religious and spiritual traditions accessible to English, western readers. His eight point program for living a spiritual life is also practical and accessible. He has a conversational and inviting writing style. It is a good guidebook and serves as a handy reference for one's daily practice.

Easwaran seems to have two writing styles - one is more academic and the other is more folksy. This book is written in the folksy style. Although I prefer his academic writing (a good example is his translation and study of the Bhagavad Gita), this is still a very informative book. I have started doing a mantra practice as he suggests and I'm noticing a settling of the mind. I recommend it to people who struggle with anxiety. Doing a daily mantra practice is a nice antidote to an anxious mind and is also very helpful when worries and anxiety make it hard to sleep at night! If you struggle with insomnia, give his suggestions a try!

I've read several Easwaran books. I like his simple to the point style. This book rehashes several topics that are in his other books. It did me some good to review. I needed help getting going on the mantram and this book has helped me especially in selecting a mantram. If you're getting started on meditation, I recommend it.

This is a very good book for introducing the concept of the mantram from the most basic level (soothing & calming your mind) to the most advanced (the purpose of the mantram in death), it does an excellent job of showing how something that seems kind of fringe and new agey is actually

practical and a historically common practice.

This is a wonderful book; really explains the purpose of reciting a mantra. It talks about focusing and stilling the mind(calming the mind)As a person who has always been very hyper, driven and quick thinking, I realize what a GREAT benefit having a mantra is going to be. This book is written in such a way that it is practical and easy to understand. It takes the mystery out of mantra meditation.

A cohesive, contemporary well written book on mantra. A mostly beginners manual but a good one. Certainly for meditation teachers worth having in library. This voice , now gone is a good one. One to know if not familiar, pathos, humor and good metaphors.The mantras are useful and worth knowing if teaching on sound(nada) , yoga and practices that involve consciousness

An excellent introduction to the mantram backed with Easwaran's knowledge of the Bhagavad Gita and the Upanishads. Also an excellent guide to the spiritual life with regard to Karma Yoga and selfless service, describing his 8 points for Self realization. I plan on rereading and referring back to this one from here forward.

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