



Mantra Healing: Mantras for Long Life, Health, Wealth, Success and Inner Peace

Asha Singh

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There are lots of ancient techniques for relaxation and peace that many people of the modern era simply do not understand. People of modern societies would rather take a pill or find some quick way to make them feel better. The truth is that anyone can make themselves feel better with the use of an ancient meditation called the “**mantra**”. Mantras have unique spiritual powers that can help a person clear their minds of all mental thoughts while bringing them closer to the spiritual world where they can be at peace. Many ancient religions have used this technique in the past to meditate and be closer to the spirits of the world. Have you ever heard of Hinduism or Buddhism? These ancient religions of India were the very first two religions to use mantras and incorporate them into a meditation practice. For over 3000 years, **mantras** have continued to be used in these religions and have also been derived into many other religions that came afterwards.

This book is not meant to convert you into a Hindu or Buddhist. Frankly, that would have to be a personal choice and no one can convince you to do that. But what this book does is explain in great detail about mantras, including how they are used and the great spiritual power that exists behind them. Believe it or not, you don't have to be associated with any particular religion in order to perform **mantras** and receive the power that they give to you. All you have to know is what mantras are and how to actually perform them in your daily ritual. Most of the time, mantras will be conducted through your meditation practices. Mantras and meditation are almost synonymous because they both get you to a spiritual place where all your mortal thoughts and feeling cease to exist. By even if you want to perform everyday activities, like driving a car or walking down the street, you can still use mantras as a way to relax and clear your mind during these situations as well. That is the great joy about performing mantras because you can literally perform them anywhere while conducting any nonverbal activity. You will learn the specifics of how this can be done and how it can change your everyday life for the better. After all, can't we all use a simple non-medical way to alleviate our stress and anxiety?

What's covered in this book:

- What are mantras
- How to say the mantras
- The Om (Aum)
- Power of Mantras
- How to chant mantras
- Benefits of Meditation
- Ganesha Mantra
- Gayatri Mantra
- Mahamrityunjay mantra
- Hanuman Mantra
- Mahakali mantra
- Hare Krishna Mantra
- Mahalakshmi Mantra
- Shree Ram Mantra
- Shiva Mantra

Shanti Mantra
Durga Mantra
Thank you

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Erik Garcia:

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