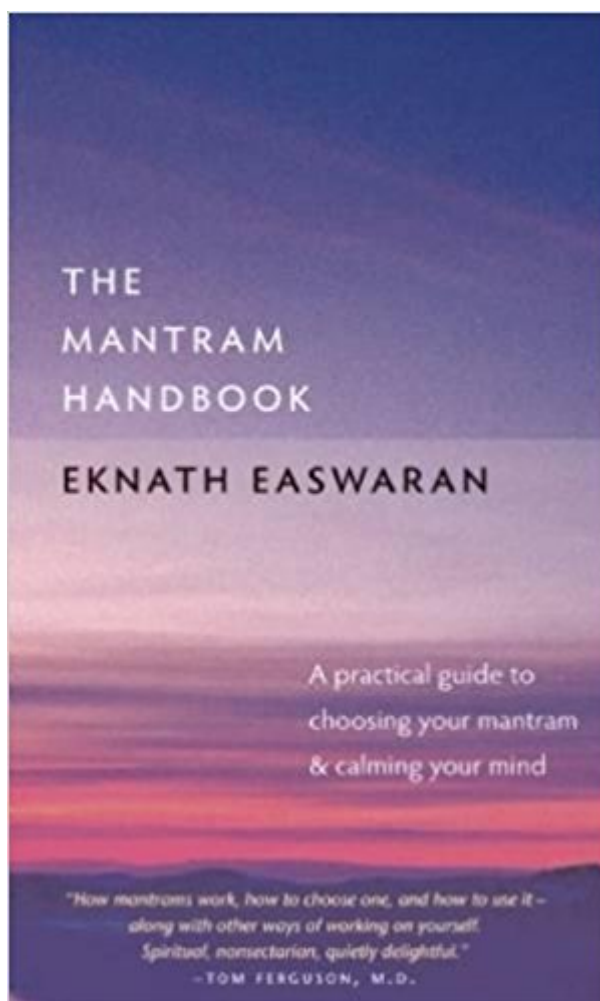


The book was found

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

Paperback: 224 pages

Publisher: Nilgiri Press; 5th edition (2008)

Language: English

ISBN-10: 1586380281

ISBN-13: 978-1586380281

Product Dimensions: 5.4 x 0.6 x 8.4 inches

Shipping Weight: 10.4 ounces (View shipping rates and policies)

Average Customer Review: 4.7 out of 5 stars 32 customer reviews

Best Sellers Rank: #104,189 in Books (See Top 100 in Books) #14 in Books > Politics & Social Sciences > Philosophy > Methodology #124 in Books > Religion & Spirituality > Other Religions, Practices & Sacred Texts > Mysticism #683 in Books > Self-Help > Spiritual

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 chose 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 a 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 an 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 folksey. This book is written in the folksey 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.

[Download to continue reading...](#)

The Mantram Handbook: A Practical Guide to Choosing Your Mantram and Calming Your Mind
Master Your Mind: Achieve Greatness by Powering Your Subconscious Mind [mental power, mind control, thought control] (brain power, subconscious mind power, NLP, Neuro Linguistic Programming)
Calming Your Anxious Mind: How Mindfulness and Compassion Can Free You from Anxiety, Fear, and Panic
Can't Fix Stupid! Swear Word Adult Coloring Book: Calming and relaxing coloring patterns and designs created with stress and anxiety relief in mind.
The Wisdom of the Breath: Three Guided Meditations for Calming the Mind and Cultivating Insight
The Calming Collection - Calm Mom, Calm Dad, Calm Child: Keeping Your Cool With Your Children, Your Family, and Everyone Else in Your Life
LOSE YOUR FAT, NOT YOUR MIND: A practical guide to learning how to eat SMARTER for a better body & mind!
The Power of Your Subconscious Mind: There Are No Limits to the Prosperity, Happiness, and Peace of Mind You Can Achieve Simply by Using the Power of the Subconscious Mind, Updated
Stop Overreacting: Effective Strategies for Calming Your Emotions
Adult Coloring Book: Relaxation Templates for Meditation and Calming (Volume 1)
Resetology: Calming and Connecting Secrets From The Principal's Office
The Calming Collection-The Weight is Over:Hypnosis/Meditation for Lasting Weight Loss**Guided Meditation and

Hypnosis CD The EMDR Coloring Book: A Calming Resource for Adults - Featuring 200 Works of Fine Art Paired with 200 Positive Affirmations Baby Massage: The Calming Power of Touch Calming The Emotional Storm of Lung Cancer (Volume 3) On Talking Terms With Dogs Calming Signals Calming Patterns (Lori's Pattern Coloring Books for Adults) (Volume 3) Zendoodle Coloring Big Picture: Calming Gardens: Tranquil Artwork for Experienced Eyes Calming the Chaos: Behavior Improvement Strategies for the Child with ADHD Calming Turtle Nature Patterns Adult Coloring Book (Beautiful Adult Coloring Books) (Volume 96)

[Contact Us](#)

[DMCA](#)

[Privacy](#)

[FAQ & Help](#)