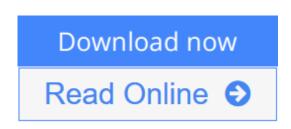


# Mantra Yoga and Primal Sound: Secrets of Seed (Bija) Mantras

By David Frawley



# **Mantra Yoga and Primal Sound: Secrets of Seed (Bija) Mantras** By David Frawley

This book is not simply a collection of Mantras or an expression of their moral significance; it is an interpretation of the philosophy and the reality of the mantric approach to intelligence and knowledge held within the sound code or vibratory pattern behind the universe itself. The author has taken care of explaining the Bija Mantras, starting with the letters of the Sanskrit alphabet, and leading up to the mantra purusha or body of sound which is considered an important practice in mantra yoga. The application of the mantra therapy in the Vedic sciences of Ayurvedic medicines, Vedic astrology and vastu sciences, too, form an important part of the book.

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#### Review

Modern science and ancient wisdom traditions agree that the universe is a symphony of vibrational frequencies. In this beautiful, comprehensive, and unique work, Vamadeva Shastri elaborates the essential truths about cosmic sound, and how we can employ important mantras for healing, transformation and inner awakening. --Deepak Chopra, M.D. and David Simon, M.D.,

David Frawley's new book Mantra Yoga and Primal Sound celebrates his great love and vast knowledge of the subject. It is an energizing, the vibrant description of this most ancient and powerful spiritual practices at the very heart of the yoga tradition. --Vyaas Houston, the American Sanskrit Institute

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