



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

By David Frawley

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### **Editorial Review**

#### **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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##### **Stephen Medley:**

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**Randy Caldera:**

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