

# THE MANTRAM HANDBOOK: A PRACTICAL GUIDE TO CHOOSING YOUR MANTRAM AND CALMING YOUR MIND PDF, EPUB, EBOOK



Ekmath Easwaran | 224 pages | 05 Feb 2009 | Nilgiri Press | 9781586380281 | English | Tomales, United States

**The Mantram Handbook: A Practical Guide to Choosing Your Mantram and Calming Your Mind PDF Book**

In the Journal of Transpersonal Psychology, Thomas Weide wrote that "for a so-called handbook, the book mentions surprisingly few different mantras, and omits much material commonly covered by mantra advocates. When life catches us in its stranglehold and doesn't want to let go, just repeating a few words gives the mind something to cling on and focus without thinking about it. Easwaran makes no attempt to avoid references to religion and the aim of his technique is, in fact, to take one closer to God. Top charts. Arca, trans. Download as PDF Printable version. Enlarge cover. Published on. The topics explored in the last half of the book gives one an idea of what advanced spirituality looks like. Easwaran was a professor of English literature and well known in India as a writer and speaker before coming to the United States in on the Fulbright exchange program. His experience Lovely. Het mantrahandboek Mantram handbook W. Love, compassion, meaning, hope, and freedom from fear are not Mar 30, Angela rated it it was amazing. Written in Easwaran's trademark style - simple, direct, forceful. The Dhammapada: Classics of Indian Spirituality. Not only is it written in a very accessible language, but it talks about the contemporary way of life, and presents the issues that he sees and offers the solution directly, with clear instructions on how to do it, leaving little room for ambiguity. The first two editions also included two sections that were omitted from later editions: an initial section "What the mantra is", and a final section "Suggestions for further reading". As a result, I understand how easy it is to make those mistakes, and I know how to guide and support those who are trying to learn a wiser way of living. He left a vast legacy of video and audio talks which will be shared increasingly over the next years through our website, programs, publications, and digital library. Essence of the Upanishads: A Key to Indian. People choose to relate to him today in various ways: as an authority on world mysticism; as a wise spiritual writer; as an experienced teacher of meditation; and as a personal spiritual guide. But I can feel my awareness progressing from purely intellectual head knowledge to experiences and discipline. Easwaran uses stories and examples to show how the mantra can be a great support to parents and children, to colleagues at work, to couples in a relationship — even in illness or depression, and at the time of death. I like how all his ideas seem to grow out of this vast body of religious literature.

### **The Mantram Handbook: A Practical Guide to Choosing Your Mantram and Calming Your Mind Writer**

This book will guide you as you become established in this tried and true ancient practice. But it lacks the cultural context and the sweet devotional feeling that this book adds to the subject. For people who do well with mantra meditation, this will be a lovely resource, especially because it's easy to read, leaves you with a sweet taste, and gives a good level of context on the topic. Community Reviews. Enlarge cover. Mumbai, India: Chinnaya Mission. Journal of Continuing Education in Nursing. Members save with free shipping everyday! This book is an easy read, but I am still struggling with picking out the right mantra for me. Sure, we should have good habits, we should be more mindful of what we do, what we feel, we should slow down and not get caught up in the rat race, but how do we actually do that? Javascript is not enabled in your browser. His books on meditation, spiritual living, and the classics Knowing full well the potential of the mantra in releasing new and positive energy that can help chase away seemingly incurable problems, Eknath Easwaran took upon himself the task of explaining it in the most simplest of terms and the way it works on the human system. It syncs automatically with your account and allows you to read online or offline wherever you are. Parole, preghiere, sillabe sacre per raggiungere l'equilibrio interiore Mantram: Words, prayers, sacred syllables to achieve inner balance G. Easwaran explains how the mantra works, and gives practical guidelines for using it to focus your thoughts and access deeper resources of strength, patience, and love. More by Eknath Easwaran See more. Easwaran's approach is distinctive, in that he recommends a method of sitting meditation that does not focus on the mantra. No trivia or quizzes yet. It is a way of constantly connecting ourselves with, reminding ourselves of our principles, our good intentions, a wider perspective that can allow us to hover above our trials rather than being trapped beneath them. Some students were eager to learn about meditation, and Easwaran loved teaching.

### **The Mantram Handbook: A Practical Guide to Choosing Your Mantram and Calming Your Mind Reviews**

The mantra can help you to steady your mind and free it from anxiety, anger or resentment. I love the way Eknath writes. How to Understand Death. He has traversed the same path himself and is aware of all the snares and pitfalls. Easwaran was a professor of English literature and well known in India as a writer and speaker before coming to the United States in on the Fulbright exchange program. Easwaran takes the timeless teachings of the Buddha and other mystics and shows how we Cosmos Australia. His class on the theory and practice of meditation at UC Berkeley is believed to be the first accredited course on meditation at any Western university. Archived at the Wayback Machine. Foreign non-English editions have also been published in several languages. 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 mantra for forty years as part of his passage meditation program. This ground-breaking book is a guide to non-religious pastoral care practice in healthcare, prisons, education, Goodreads helps you keep track of books you want to read. Finally he came home one day to find his dog had been killed by a passing truck, and his sense of loss would not subside. There is some overlap, but most of the material is different. Easwaran's comprehensive introduction to the Dhammapada gives an overview of the Buddha's teachings that is penetrating, and clear - accessible for readers new to Buddhism, but also with fresh insights and practical applications for readers familiar with this text. Life changing knowledge in this book. Written in Easwaran's trademark style - simple, direct, forceful. From studies using magnetic resonance imaging MRI, we know that concentrating on a short phrase will activate specific areas in the front and side of the brain. And the reason is clear.

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The focus is on using the mantra with much to say about the value in a variety of circumstances. Om namah Shivaya. Het mantrahandboek Mantram handbook W. The author refutes the charge that the practice of mantra is self-hypnosis. Experiences 1. Explains the mantra's power generally, and the value of using a mantra from tradition: "All the great religions have produced powerful spiritual formulas which are Easwaran shows how we can apply the teachings of four great mystics to daily living. The Katha Upanishad embraces the key ideas of Indian mysticism in a mythic story we can all relate to — the quest of a young hero, Nachiketa, who ventures into the land of death in search of immortality. Other Editions Easy to read, helpful. I enjoyed it! Dhammapada means "the path of dharma," the path of harmony and righteousness that anyone can follow to reach the highest good. Music is by Yann Stoneman a. If spirituality ever becomes universal, Easwaran's mind-set is probably something of what it would look like. For people of any religious faith or none, Easwaran offers a highly practical yet consistently spiritual discussion of integrating a holy name into daily modern living. The mantra can help us replenish our energy, release creativity, and heal old conflicts. Cute,

positive and useful for practitioners of spirituality and lovers of meditation. Home 1 Books 2. Views Read Edit View history. Medical Self-Care. All of the mantras which I recommend are mantras of proven power, bequeathed to us by the great spiritual teachers of many traditions. He has lost his way on the battlefield of life and turns to find the path again by asking direct, uncompromising questions of his spiritual guide, Sri Krishna, the Lord himself. His examples from his own life were especially valuable to encourage me not only to use the mantra but also to practice Passage meditation. The Bhagavad Gita opens, dramatically, on a battlefield, as the warrior Arjuna turns in anguish to his spiritual guide, Sri Krishna, for answers to the fundamental questions of life. The Times Group. Start practicing a mantra. If I feel anger arising, two short words enter my mind and calm is restored most times it takes a few repetitions: I've even taught it to my daughter and encourage her to use it if she becomes frightened or upset. Feeling trapped by unwanted thoughts and emotions can seem an inevitable part of His meditation practice had begun. Easwaran was a professor of English literature and well known in India as a writer and speaker before coming to the United States in on the Fulbright exchange program. Hidden categories: Webarchive template wayback links. Aug 20, Huanita rated it really liked it. The mantra as presented here is one of a number of methods he suggests to help us steady ourselves on the ocean, to learn to ride the waves instead of getting swept this way and that. Goodreads helps you keep track of books you want to read. Love, compassion, meaning, hope, and freedom from fear are not qualities we need to acquire. More Details I guess the way that we live our lives and the way that we know we ought to live our lives are two different things. The topics explored in the last half of the book gives one an idea of what advanced spirituality looks like. Climbing the Blue Mountain. His books on meditation, spiritual living, and the classics Both are correct.

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