



Sacred Sound: Mantra Meditations for Centredness and Inspiration (2 CDs)

Bodhipaksa, Sunada

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Within each of us exists the potential for boundless wisdom, compassion, and joy. But how do we awaken and experience those creative forces? For millennia, spiritual teachers, from the forests of ancient India to the mountains of Tibet, have taught mantras powerful sacred sounds to help us call forth our innate spiritual potential.

Now, two respected teachers Bodhipaksa and Sunada combine forces to bring you a complete guide to mantra meditation. In it you'll find everything you need to get started with a mantra chanting practice, including:

- * The magical background and history of mantras
- * How chanting can help clear the mind of mental clutter and unhelpful emotional states
- * How mantras can help us evoke positive qualities of centeredness and inspiration
- * Expertly guided preparatory exercises to open the body and free the breath
- * Clear guides to the meaning and symbolism of each of seven mantras
- * Each of the mantras chanted for listening and learning

With clarity and warmth, Bodhipaksa and Sunada demystify the ancient art of mantra chanting, and make this powerful practice accessible to the modern world. Sacred Sound gives you the tools you need to start a mantra meditation practice and awaken your capacity for joy, compassion, and clarity.

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