



# **The Mantram Handbook: A Practical Guide to Choosing Your Mantram and Calming Your Mind (Essential Easwaran Library)**

*Ekknath Easwaran*

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The mantram, or mantra, is a short, powerful, spiritual formula from the world's great traditions, repeated silently in the mind, anytime, anywhere. Examples of mantrams are *Rama, Rama*, used by Gandhi, or *My God and My All*, repeated by St. Francis of Assisi, or *Om Mane Padme Hum*. Easwaran taught the use of the mantram for over forty years as part of his passage meditation program. He explains how the mantram works, and gives practical guidelines for using it to focus our thoughts and access deeper resources of strength, patience, and love. The mantram can help us replenish our energy, release creativity, and heal old conflicts. These resonant phrases work equally well for parents with young children, colleagues at work, couples in a relationship, in illness or depression, and even at the time of death. And Easwaran shows how repetition of the mantram can open the door to a life that is increasingly meaningful and fulfilling.



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