



## Mantra Manual

By Som Ranchan

Abhinav Publications, New Delhi. Hardcover. Book Condition: New. First Edition. 98pp. Mantra Manual explains mantra not only from the viewpoint of traditional, scriptural formulations, but also from depth psychological perspectives to make the subject relevant to our times. It gives twelve mantras, along with their meanings, in one chapter. However, over-elucidation of the mantras has been avoided to provide space for personal meanings created by the mantrin as they life experiences. The Mantra Manual devotes a chapter to the mantra's effect on one's bhavas that alters they very grammar of relationships and bestows superior, introspective insights into the business, in depth and details, the implication of sadhana in the context of dharma, artha, kama and moksha. The Mantra Manual also focusses on the onstacles in the sadhana and suggest ways on how to remove them through dealogue exercises.



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