

WHY DO MANTRAS? Thomas Ashley-Farrand

Excerpted from [Healing Mantras](#) by Thomas Ashley-Farrand

The primary mechanism of creation is sound, “And God said....” Mantra embodies those sacred sounds.

“Mantra can help you feel more peaceful or more energized. It can help you cope with illness and it can sometimes help effect physical healing. It can help you deal with difficult or unpleasant circumstances, by helping you to see a course of action, or it can give you the patience and perspective to just ‘wait it out.’ It can help you bring your wishes to fruition and create reality from your dreams. Mantra is a dynamic, individual, nonviolent way to approach conditions you wish to change. They are ancient formulas of divine sounds recorded by the ancient sages of India and held in trust and in secret for ages in both India and Tibet.”

“Mantra can help you deal with the material concerns and necessities of life. All of us want or need something, or wish to make changes in our lives. Some of us want a mate. Others desire a new job or career. Many of us have faced health problems or know someone who has. People struggle with financial woes and the many life transitions. We have desires that can be as simple as a new car or as complicated as smoothing out some tangled family mess. Many of us also want help in managing our emotions and inner lives...Mantra practice can help you gain clarity about your life, your purpose, and yourself.”

“Sometimes we would just like to be able to help others, but we may not know exactly how to help. A family member or coworker may be in some difficulty, or we would like to be able to make a contribution to the good of our neighborhood or the world – if only we knew what to do. Mantra can help you find the right course of action for effective change.”

“The relatively simple tool of mantra can help you with all the conditions and challenges you need to face. Even though mantra is ancient in origin, you can apply it to virtually any contemporary issue with good results.” Through the use of mantra you can bring empowering positive change to your life.

Interested in mantra as a technique for producing change in your life?
Check out Thomas Ashley-Farrand’s works: (all available at Pathways)

[Healing Mantras](#), available as book or CD (Deborah’s number 1 favorite book, one everyone should own.)

[Ancient Power](#), a 3 volume set on mantras

[Mantras, Sacred Words of Power](#), 6 CD set

[Beginner’s Guide to Mantras](#) CD

[Gayatri Mantra Meditations](#) CD

[Creating Abundance, Mantra Meditation](#) CD

[Physical Health, Mantra Meditation](#) CD

[Attracting & Healing Relationships, Mantra Meditation](#) CD

[Mantra Meditation](#) Book & CD Set

[Shakti Mantras](#), Book

[Mantras of the Goddess](#) CD, made as a companion to [Shakti Mantras](#)

[Stories & Tales from India](#), Book

[True Stories of Spiritual Power](#), Book

[Mantra Therapy](#), 2 CD set

Thomas comes to visit Pathways, usually on a yearly basis. He holds a puja (prayer) ceremony and does weekend workshops. Please check with Pathways for upcoming events and, if interested, sign up early. Seating is limited, advance registration is strongly advised.