



Mantra Yoga and Primal Sound: Secrets of Seed (Bija) Mantras

David Frawley

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This book is not simply a collection of Mantras or an expression of their moral significance; it is an interpretation of the philosophy and the reality of the mantric approach to intelligence and knowledge held within the sound code or vibratory pattern behind the universe itself. The author has taken care of explaining the Bija Mantras, starting with the letters of the Sanskrit alphabet, and leading up to the mantra purusha or body of sound which is considered an important practice in mantra yoga. The application of the mantra therapy in the Vedic sciences of Ayurvedic medicines, Vedic astrology and vastu sciences, too, form an important part of the book.

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