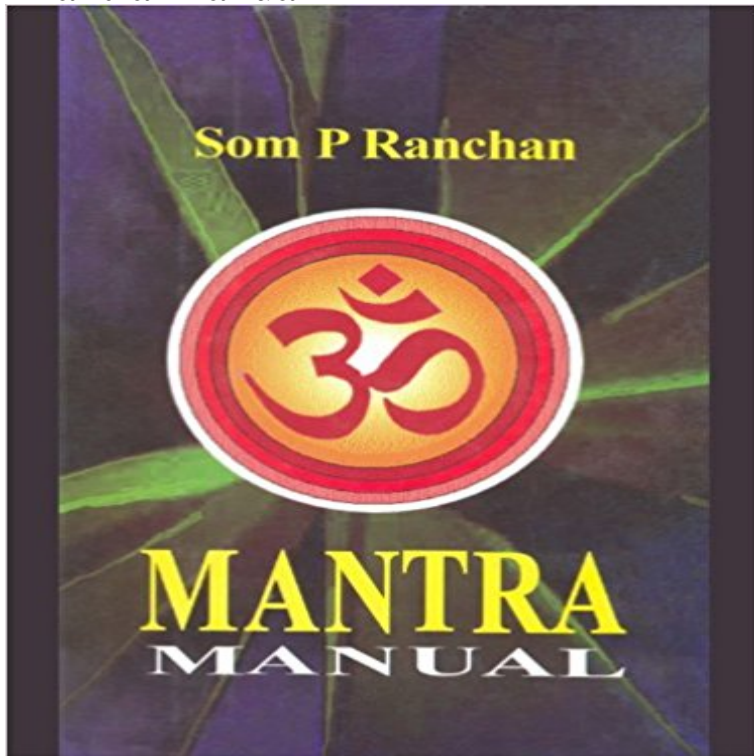


## Mantra Manual



Mantra Manual?by Som P RanchanMantra 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 connect with the mantra through the web of their life experiences.The Mantra Manual devotes a chapter to the mantras effect on ones bhavas that alters the very grammar of relationships and bestows superior, introspective insights into the business of living. Finally, Mantra Manual discusses, in depth and detail, the implication of sadhana in the context of dharma, artha, kama and moksha. The Mantra Manual also focuses on the obstacles in the sadhana and suggest ways on how to remove them through dialogueexercises.About The Author :-Som P. Ranchan is an eminent Indian English poet known for his variety, depth and magic. A prolific writer, he has authored books on poetry, literary criticism, spirituality, myth, folklore, psychology, therapy and political theory. He has also written short stories and one novel. In addition to the Mantra Manual, Ranchans other books on Indology are: Revisioning Shiva, Durga Rahasya: A Key to the Eternal Feminine, Ganapati: A New Look, Ashitang Bhairava, and Devi: A Cycle of Birth.

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