



# Mantra Meditation: Change Your Karma with the Power of Sacred Sound

*Thomas Ashley-Ferrand*

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“Through mantra practice, positive karma flows freely into our lives ... desires are fulfilled ... spiritual abilities manifest ... and we have moved another step forward toward moksha—complete spiritual freedom.”

—Thomas Ashley-Ferrand

Karma: the consequence of all of your actions, decisions, thoughts, and emotions. According to Thomas Ashley-Ferrand, karmic patterns from the past are always with you, affecting everything you do—for better or for worse. With *Mantra Meditation*, you will learn how to use genuine Sanskrit mantras to balance your chakras (your body's seven spinning energy-centers) to dissolve negative karma.

“When you begin to chant these ancient formulas,” teaches Ashley-Ferrand, “the petals on your chakras begin to resonate, and they pull in spiritual energy.” With *Mantra Meditation*—designed as a 40-day practice or a lifelong tool—your spiritual energy grows, your karma disperses, and your path clears to bring you everything you desire through the fusing of your own efforts and the infinite generosity of the universe.

Includes a CD of 15 guided mantra meditations and instructions for Sanskrit pronunciation.

NOTE: The cover shown is the paperback version of *Mantra Meditation*.

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