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# Mantras: Words of Power

*Swami Sivananda Radha*

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# Mantras: Words of Power

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**Mantras: Words of Power** Swami Sivananda Radha
With clear and concise explanations of the practice of Mantra Yoga, Mantras: Words of Power brings the ancient tradition alive for today's readers. Mantra Yoga focuse the mind and provides a sense of health and wellbeing. Swami Sivananda Radha illuminates how these sacred syllables can bring about healing and help transform lives. Mantras: Words of Power includes chapters that describe the significance of mantras, what a mantra practice is, how to properly practice, musical notaions for the mantras and an extensive bibliography. As well, Swami Sivananda Radha discusses several mantras that have specific benefits, including Hari Om, the healing mantra, and Om Nama Sivaya, a mantra to help overcome spiritual obstacles. Based on her own intensive practice of mantra, Swami Sivananda Radha explains how sacred mantras can be used to promote healing, deepen concentration and improve imaginative ability. Originally published in 1980, this third edition of Mantras: Words of Power is accessible and beautifully presented, maintaining the quality and tradition of this well-regarded book.

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