


Mantras and Mudras: Meditations for the hands and voice to bring peace and inner calm

By Lillian Too

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An introduction to Buddhist mantras and mudras, used by meditators to open doors within.

This book shares beautiful Buddhist mantras and mudras, used by countless meditators to experience the matchless bliss of spiritual awakening. The book is dedicated to Lillian Too's teacher, Lama Zopa Rinpoche.

Mantras and Mudras takes you through preparations such as purifying the space and ground, making dedications and generating motivation, to the mantras themselves – the six-syllable OM MANI PADME HUM mantra; mantras for purifying negative karma; mantras for healing; mantras for longevity, etc.

Finally, Lillian explains the use of special mantras – such as “White Light” Meditation, how to chant mantras, hanging prayer flags and using prayer wheels.

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Editorial Review

About the Author

Lillian Too is a longtime Buddhist practitioner and best-selling author of books on feng shui. She lives in Kuala Lumpur, where she devotes time to her Buddhist practice; her daughter, Jennifer; to writing her books; contributing to numerous magazines; and running her own publishing company, all of which she does with marked success. She is the author of *The Illustrated Encyclopedia of Feng Shui* and *The Complete Illustrated Guide to Feng Shui*, among others.

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