



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

*Lillian Too*

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

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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