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also referred to as "primal sound" or "mantra meditation." They repeat their special mantra before meditation to take the mind more . quickly into the meditative state. Shakti mantras have a powerful effect by their sound alone, which is pranic in nature and helps de-condition the mind, even if one does not understand their meaning.

### Yoga Primal Sound - Ayurveda

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Mantra Yoga and Primal Sound: Secrets of Seed (Bija) Mantras. Modern science and ancient wisdom traditions agree that the universe is a symphony of vibrational frequencies. In this beautiful, comprehensive, and unique work, Dr. Frawley elaborates the essential truths about cosmic sound, and how we can employ important mantras for healing, transformation and inner awakening.

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