



Mantra Meditation: An Alternative Treatment for Anxiety and Depression

Dr. Harrison Graves MD

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After 50 years of worse living through chemistry, patients are clamoring for more alternative and complementary medical choices. This book is about a powerful alternative to prescription drugs for treating anxiety and depression. That alternative is Mantra Meditation. Mantra Meditation comes to us from Ayurveda, "The Science of Life," the system of holistic medicine from India. Mantra means an "instrument of the mind," a powerful sound tool that can be used to reach a deep state of meditation -- an important tool for healing. Mantra therapy is Ayurveda's treatment of choice for both anxiety and depression. In fact, mantras are "the most important part of the spiritual and mental therapy of Ayurveda." (Dr. David Frawley). The book begins by tackling "The Problem with Happy Pills," a brief history of the disappointing pill-based model of psychiatry. In Chapter 2, you will discover Ayurveda's holistic psychology, which treats the mind and spirit without the use of Western pharmaceuticals. In Chapter 3, meditation and mantra are explained in plain English. Of all the different types of meditation, chanting Sanskrit mantras is the easiest way to meditate. It is the best way to calm the mind, especially for beginners. No experience is necessary. Side effects may include peacefulness and calm. The last chapter presents the reader with seven mantras for soothing anxiety and breaking through depression, seven mantras for healing the mind and connecting with Spirit. The importance of each mantra is explained, along with its English translation and proper use. To experience each mantra, a YouTube playlist is provided at the end of the book. Proper pronunciation is essential for achieving the desired results, the fruit of the mantra. I offer these mantras to you as a form of complementary medicine -- a sound healing alternative to prescription drugs for the treatment of mild to moderate anxiety and depression.

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