

Mantra Resources

recommended by Dr. Sandra Sluberski

SBS Vocalworx, SBS Yogaworx (<https://www.sbsyogaworx.com>)

BOOKS:

Toning: The Creative and Healing Power of the Voice

Laurel Elizabeth Keyes with Don Campbell

***The Healing Power of the Human Voice:
Mantras, Chants, and Seed Sounds for Health and Harmony***

James D'Angelo

***The Healing Power of Sound:
Recovery from Life-Threatening Illness using Sound, Voice, and Music***

Mitchell L. Gaynor, M.D.

***The World is Sound - Nada Brahma:
Music and the Landscape of Consciousness***

Joachim-Ernst Berendt

The Yoga of Sound: Tapping the Hidden Power of Music and Chant

Russill Paul

Chanting: Discovering Spirit in Sound

Robert Gass with Kathleen Brehony

***Music and Mantras:
The Yoga of Mindful Singing for Health, Happiness, Peace & Prosperity***

Girish, with foreword by Rolf Gates

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Chants of a Lifetime: Searching for a Heart of Gold
(book-with-audio download combination)

Krishna Das

Sacred Sound:
Discovering the Myth & Meaning of Mantra & Kirtan
Alanna Kaivalya, Ph.D.

Shakti Mantras: Tapping into the Great Goddess Energy Within
Thomas Ashley-Farrand

Healing Mantras:
Using Sound Affirmations for Personal Power, Creativity and Healing
Thomas Ashley-Farrand

Chakra Mantras: Liberate Your Spiritual Genius through Chanting
Thomas Ashley-Farrand

Mantra Yoga and Primal Sound: Secrets of Seed (Bija) Mantras
Dr. David Frawley (Pandit Vamadeva Shastri)
with foreword by Thomas Ashley-Farrand

Mantra: Personal Guidance through the Power of the Word
Bibiji Inderjit Kaur Khalsa, Ph.D.

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RECORDINGS:

Krishna Das: ***Pilgrim Heart*** (1998)

Krishna Das: ***Breath of the Heart*** (2001)

Krishna Das: ***Live Ananda*** (2012)

Snatam Kaur: ***The Essential Snatam Kaur - Sacred Chants for Healing***
(2010)

Snatam Kaur: ***Prem (Love)*** (2002)

Nirinjin Kaur: ***To the Heart*** (2018)

Nirinjin Kaur: ***Adhara*** (2010)

Girish: ***Daily Chants for a Radiant Spirit*** (2016)

Girish: ***Diamonds in the Sun*** (2010)

These artists are also featured on Spotify and YouTube,
as well as on their own websites