

Mantras & Chanting Introduction Quiz

1. What is a *mantra*?

2. What is *Mantra Yoga*?

3. Translate "mantra" and its Sanskrit roots.

4. What are some intentions or effects of *mantra* practice?

5. How does Swami Sivananda Radha explain the difference between *mantra* and prayer?

6. What are three broad categories of chanting? Describe them.

7. How is the power of *Saraswati* said to relate to *mantra*?