

Download Conquest Of Mind Eknath Easwaran

Easwaran succinctly explains the working of the mind in a readable and forthright style. His manner is conversational so I feel that he is talking directly to me. But, he is nonjudgmental, and uses "we" instead of "you" consistently, so I know he personally understands from his own experience. He says he presents nothing not already found in the literature of the mystics and the great religions, but he says it in his own easy and "down-to-earth" style. But in the midst of chaos, we can find balance, peace, and wisdom, Easwaran says, if we learn to steady our minds. It's a simple idea, but one that runs deep - a truly calm mind can weather any storm. Eknath Easwaran shows readers how to choose the way they think, feel, aspire, and desire. The Conquest of Mind is an amazing book written by an equally amazing man: Eknath Easwaran. We use Easwaran's translations for the Bhagavad Gita and The Dhammapada and in this book he provides all kinds of great ideas on how we can win "the war within." In the Note we'll explore the fact that we don't want to be heroes in the beginning and then sneak out the back door, the fact that we can ALL change, and the miracles that can be created by hard work.