

Conquest Of Mind Eknath Easwaran

The Mantram Handbook: A Practical Guide to Choosing Your Mantram & Calming Your Mind
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The Science and Practice of Humility
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Essence of the Dhammapada

The Mantram Handbook: A Practical Guide to Choosing Your Mantram & Calming Your Mind

(3 Volumes) PaperBack
India's timeless, most practical scripture is a manual for everyday use. Ten years in the making, The Bhagavad Gita For Daily Living distills insight and understanding that have made Eknath Easwaran one of the best loved teachers in the world. His translation and verse-by-verse commentary with gentle humour, illustrates Gita's lofty insight with everyday events and contemporary problems familiar to all of us.
Vol. I - The End of Sorrow
Vol. II - Like a Thousand Suns
Vol. III - To Love Is To Know Me

Timeless Wisdom

The time-honored national bestseller, updated with a new afterword, celebrating 10 years of influencing the way we live. When *Wherever You Go, There You Are* was first published in 1994, no one could have predicted that the book would launch itself onto bestseller lists nationwide and sell over 750,000 copies to date. Ten years later, the book continues to change lives. In honor of the book's 10th anniversary, Hyperion is proud to be releasing the book with a new afterword by the author, and to share this wonderful book with an even larger audience.

How I Became a Hindu

"Patience is the ornament of the brave," Eknath Easwaran's wise grandmother used to say. In all relationships, Easwaran says, patience is the mark of love. An experienced spiritual teacher, he gives powerful insights and advice for developing patience at home and at work, with his unique blend of humor and practicality. Stories offer quiet interludes throughout this little book. Anecdotes about animals, sports stars, and happy family outings make these short, varied readings as entertaining as they are instructive. Gentle reminiscences of India, tales from Easwaran's Hindu heritage, and inspiration from the world's saints lift the reader's spirits and give courage. Just keep trying, Easwaran says, and you'll find there's no end to your patience -- no end to the wisdom, love, and compassion in your heart. This book makes a thoughtful gift for anyone seeking a life that is kinder, more

stable, and serene.

Conquest of Mind

A new edition of Easwaran's classic handbook on the mantram. A mantram (or mantra) is a short, powerful spiritual formula or prayer word from the world's great traditions, repeated silently in the mind, anytime, anywhere, to help us access our deeper resources in the midst of the challenges of daily life. Examples of mantrams are: Rama, Rama, used by Gandhi; My God and My All, used by St. Francis of Assisi; and the Buddhist Om mani padme hum. Easwaran taught the use of the mantram for over forty years as part of his passage meditation program. He explains how to choose and use a mantram to focus our thoughts, replenish our energy, release creativity, and strengthen our relationships. He shows through stories and examples how the mantram can be a great support to parents and children, to colleagues at work, to couples in a relationship - even in illness or depression, and at the time of death. And Easwaran describes how this simple spiritual practice can open the door to a life that is increasingly full and meaningful.

Wherever You Go, There You Are

Humility, being open and receptive to all experience, is the key to becoming one with the spontaneous patterns of the universe • Integrates classic teachings of Hinduism and Buddhism with principles of quantum physics to reveal the science of the enlightened masters • Reveals how we are each capable of shifting from the aggressive path of the warrior to the humble path of the sage • Explains how the key to catching the current acceleration of conscious evolution is humility From Krishna and Lao-tzu to Buddha and Jesus, each enlightened master discovered how being receptive to all experience was the key to becoming one with the universe and its spontaneous patterns of order and chaos. Revealing humility as the purest expression of this receptivity, Jason Gregory integrates classic teachings of Hinduism, Buddhism, Taoism, and Hermeticism with principles from quantum physics to explain the science of humility as practiced by the ancient masters. The author shows how, driven by fear, the human mind creates the ego. In its greedy and arrogant quest to protect the self and its desires, the ego forges the illusion of separation, weaving complex patterns of reality that shield us from our unity with all beings and result in attitudes of aggression, selfishness, and competition. He reveals how the iconic clash between this complex, aggressive "path of the warrior" and the simple "path of the sage" is reflected in the polarized state of the modern world. Yet this state also reflects the accelerating wave of conscious evolution we are now experiencing. The key to catching this evolutionary wave is humility: the reversal of complexity into simplicity, the ancient science of mental alchemy that represents the Great Work of Eternity.

Words to Live By

This companion volume to Easwaran's "Passage Meditation" brings the world's timeless wisdom within reach of the modern seeker. The author chooses texts that are positive, practical, and meaningful for readers today, making them suitable for

study and meditation.

The Bhagavad Gita for Daily Living

Eknath Easwaran believed that meditating on words from the mystics and spiritual traditions of the world drives them deep into one's consciousness, where they take root and create positive life change. Featuring personal examples from daily life and resonant with Easwaran's characteristic humor, these talks show how to transform thinking and acting to harness natural capabilities for kindness, joy, and wisdom; offer step-by-step instructions on every aspect of meditation; and explain how to use these time-tested tools to support meditation and bring one's highest principles into daily life. Free of dogma or any particular religious tradition, these talks lovingly guide the seeker toward self-realization.

How to Meditate

The progeny of a Muslim tribe steeped in a tradition of blood revenge, Badshah Khan raised history's first nonviolent army and joined Mahatma Gandhi in civil disobedience to British rule in India. His story of hard-won victory offers inspiration for nonviolent solutions to today's world struggles.

Patience

Would you like better concentration, more vitality and creativity, more patience and inner strength? Daily meditation can help you develop these qualities. Easwaran taught meditation for over forty years, and his instructions are practical and clear. He shows you how to choose a spiritual text, or passage, from the world's great traditions that embodies your highest ideals. With regular practice, meditation becomes your lifeline, taking you to the source of wisdom deep within and guiding you through all the challenges of daily life. Easwaran is one of the twentieth century's great spiritual teachers and an authentic guide to timeless wisdom. His class at the University of California, Berkeley was the first accredited course on meditation at any Western university. He is the author of the best-selling translation in English of the Bhagavad Gita, India's best-known scripture. This short ebook is the first chapter "Meditation on a Passage" from the book *Passage Meditation - A Complete Spiritual Practice* by Eknath Easwaran.

Ishmael

This Special Issue focuses specifically on the topic of commiseration with the "enemy" within war literature. The articles included in this Special Issue show authors and/or literary characters attempting to understand the motives, beliefs, and cultural values of those who have been defined by their nations as their enemies. This process of attempting to understand the orientation of defined "enemies" often shows that the soldier has begun a process of reflection about why he or she is part of the war experience. The texts included in this issue also show how political authorities often resort to propaganda and myth-making tactics that are meant to convince soldiers that they are fighting opponents who are evil, sub-human, etc., and are therefore their direct enemies. Literary texts that show

an author and/or literary character trying to reflect against state-supported definitions of good/evil, right/wrong, and ally/enemy often present an opportunity to reevaluate the purposes of war and one's moral responsibility during wartime.

Strength in the Storm

The End of Sorrow

Eknath Easwaran has healed thousands of people by teaching them how to live at peace with themselves and their world. *Your Life Is Your Message* is his seminal work, offering a vision of personal growth that brings together the quest for inner fulfillment, the desire to contribute to the world, and the need to enrich personal relationships. By showing us how interconnected these three are, Easwaran persuades us that making small daily changes in the way we think and live can change the world around us. Practical and inspirational, humorous and profound, *Your Life Is Your Message* shows readers they can be more loving, more focused, more capable of living out their ideals by providing a set of practical spiritual disciplines to bring about these changes. It is a book that will transform the lives of all who read it.

Learning to Love

Timeless Wisdom is the companion volume to Eknath Easwaran's *Passage Meditation*. *Passage Meditation* gives Easwaran's instructions in his method of meditation; *Timeless Wisdom* is his accompanying collection of texts that are suitable for study and meditation. In this selection from the great spiritual traditions, Eknath Easwaran brings the world's timeless wisdom within reach of the modern seeker. These passages include flashes of insight from the Hindu Upanishads, heartfelt prayers of the Christian saints, the passionate songs of the Sufis, and thoughtful teachings from the Jewish, Buddhist, and Taoist traditions. An authority on world mysticism, and outstanding translator of the Indian classics, Easwaran chooses texts that are positive, practical, and meaningful for readers today. This anthology is a compact version of Easwaran's *God Makes the Rivers to Flow*, with a new preface and some new texts. This is a book to read and reread, each time drawing more from the well of inspiration in its pages

Classics of Indian Spirituality

Meditation outlines a unique approach to tapping inner resources by training concentration on inspirational passages. Eknath Easwaran's practical Eight Point Program offers specific, systematic tools to sharpen concentration, deal effectively with stress, release deep reserves of energy, and transform anger and other destructive emotions. This book offers tested techniques for strengthening our ability to meditate. It is a complete guide to a program of meditation that fits naturally into your life, even complementing an active religious practice.

Happiness

Reminiscences of an Indian sociopolitical activist and former Marxist.

Gandhi the Man

Here, Easwaran describes his search for a way of life that combines inner fulfillment, respect for nature, and effective participation in the world. Then he presents the fruit of that search: a comprehensive program of trusteeship of ourselves and the earth. This is environmentalism as a great adventure, filled with the challenges and rewards of inner growth. "As trustees," he writes, "we discover that each of us is a unique and essential member of a compassionate universe."

Nonviolent Soldier of Islam

This book is for people who want to understand how the mind works, and how to change it. If we want to grow to our fullest human potential, Easwaran says, we have to train the mind. If we follow his eight-point program, we can begin to choose the way we think and become the kind of person we want to be. Drawing on the teachings of the Buddha, Easwaran's approach is universal and practical, putting our destiny in our own hands. And since it's hard to understand the hidden workings of the mind with the mind, Easwaran selects anecdotes to throw a spotlight on our thinking processes and to point t.

The Science of Pranayama

War and Literature

One of the most beloved and bestselling novels of spiritual adventure ever published, *Ishmael* has earned a passionate following among readers and critics alike. This special twenty-fifth anniversary edition features a new foreword and afterword by the author, as well as an excerpt from *My Ishmael*. **TEACHER SEEKS PUPIL.** Must have an earnest desire to save the world. Apply in person. It was just a three-line ad in the personals section, but it launched the adventure of a lifetime. So begins an utterly unique and captivating novel. In *Ishmael*, which received the Turner Tomorrow Fellowship for the best work of fiction offering positive solutions to global problems, Daniel Quinn parses humanity's origins and its relationship with nature, in search of an answer to this challenging question: How can we save the world from ourselves? Praise for *Ishmael* "As suspenseful, inventive, and socially urgent as any fiction or nonfiction you are likely to read this or any other year."—The Austin Chronicle "Before we're halfway through this slim book . . . we're in [Daniel Quinn's] grip, we want *Ishmael* to teach us how to save the planet from ourselves. We want to change our lives."—The Washington Post "Arthur Koestler, in an essay in which he wondered whether mankind would go the way of the dinosaur, formulated what he called the Dinosaur's Prayer: 'Lord, a little more time!' *Ishmael* does its bit to answer that prayer and may just possibly have bought us all a little more time."—Los Angeles Times

The Undiscovered Country

In this companion to his best-selling translation of *The Dhammapada*, Eknath Easwaran explains how *The Dhammapada* is a perfect map for the spiritual journey. Said to be the text closest to the Buddha's actual words, *The Dhammapada* is a collection of short teachings that his disciples memorized during his lifetime. Easwaran presents *The Dhammapada* as a guide to spiritual perseverance, progress, and ultimately enlightenment — a heroic confrontation with life as it really is, with straight answers to our deepest questions. We witness the heartbreak of death, for instance — what does that mean for us? What is love? How does karma work? How do we follow the spiritual life in the midst of work and family? Does nirvana really exist, and if so, what is it like to be illumined? In his interpretation of Buddhist themes, illustrated with stories from the Buddha's life, Easwaran offers a view of the concept of Right Understanding that is both exhilarating and instructive. He shares his experiences on the spiritual path, giving the advice that only an experienced teacher and practitioner can offer, and urges us to answer for ourselves the Buddha's call to nirvana — that mysterious, enduring state of wisdom, joy, and peace.

Caravans

With his “deeply informed and compassionate book...Dr. Epstein tells us that it is a ‘moral imperative’ [for doctors] to do right by their patients” (*New York Journal of Books*). The first book for the general public about the importance of mindfulness in medical practice, *Attending* is a groundbreaking, intimate exploration of how doctors approach their work with patients. From his early days as a Harvard Medical School student, Epstein saw what made good doctors great—more accurate diagnoses, fewer errors, and stronger connections with their patients. This made a lasting impression on him and set the stage for his life's work—identifying the qualities and habits that distinguish master clinicians from those who are merely competent. The secret, he learned, was mindfulness. Dr. Epstein “shows how taking time to pay attention to patients can lead to better outcomes on both sides of the stethoscope” (*Publishers Weekly*). Drawing on his clinical experiences and current research, Dr. Epstein explores four foundations of mindfulness—Attention, Curiosity, Beginner's Mind, and Presence—and shows how clinicians can grow their capacity to provide high-quality care. The commodification of health care has shifted doctors' focus away from the healing of patients to the bottom line. Clinician burnout is at an all-time high. *Attending* is the antidote. With compassion and intelligence, Epstein offers “a concise guide to his view of what mindfulness is, its value, and how it is a skill that anyone can work to acquire” (*Library Journal*).

The Dhammapada

Utilizing sophisticated methodology and three decades of research by the world's leading expert on happiness, *Happiness* challenges the present thinking of the causes and consequences of happiness and redefines our modern notions of happiness. shares the results of three decades of research on our notions of happiness covers the most important advances in our understanding of happiness offers readers unparalleled access to the world's leading experts on happiness provides "real world" examples that will resonate with general readers as well as scholars Winner of the 2008 PSP Prose Award for Excellence in Psychology,

Professional and Scholarly Publishing Division of the Association of American Publishers

The Search for a Nonviolent Future

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Awakening Earth

"This volume originally appeared in a hardcover edition under the title The Bhagavad Gita for daily living, chapters 1 through 6, published by the Blue Mountain Center of Meditation."--T.p. verso.

Meditation

Combines meditation practice with day-to-day mindfulness to help readers conquer unwanted thoughts and choose more wisely. By the author of Meditation and Timeless Wisdom. Original.

Meditation

Dhammapada means "the path of dharma," the path of harmony and righteousness that anyone can follow to reach the highest good. Easwaran's translation of this classic Buddhist text is based on the oldest, best-known version in Pali. Easwaran's introduction to the Dhammapada gives an overview of the Buddha's teachings that is reliable, penetrating, and clear - accessible for readers

new to Buddhism, but also with fresh insights and practical applications for readers familiar with this text. Chapter introductions place individual verses into the context of the broader Buddhist canon.

Making of a Teacher

Start your day or end it with this warmly encouraging collection of inspirational quotations for each day, accompanied by Easwaran's wise and practical commentaries. These quotes come from some of history's most brilliant philosophers, poets, and sages from all traditions. Easwaran takes these timeless truths and illustrates them with relevant, meaningful examples, inspiring us to face our own challenges with courage, good humor, and wisdom. Some of Easwaran's commentaries are very practical, showing how we can become more patient, more loving, and more resilient by making small steps every day. Others give us soaring inspiration, lifting our hearts and spirits, reminding us of the higher purpose of our lives. You can read *Words to Live By* in the morning to point your day in the right direction, or read it in the evening to prepare for a peaceful night of renewal. Features This gem of a book makes a perfect gift and is an ideal introduction to Easwaran for new readers. And for seasoned Easwaran readers whose current copies are getting battered, the new look and new material will keep these teachings fresh and foremost in the midst of busy schedules.

Your Life Is Your Message

"Patience, mercy, peacemaking, simplicity, humility. When we cultivate these qualities our life will become immensely rich. Beneath all our layers of ignorance, we can uncover our essential nature: our Original Goodness. According to the ""Perennial Philosophy"" found in all religions, this divine essence can be realized, and is the supreme goal in life. This unbroken awareness of the presence of God in all creatures is the mark of the mystic. For one who grasps these principles with an open heart, life takes fire with purpose."

Take Your Time

Discusses how to find peace of mind during stressful times, describing how to slow down and stay in the present, shed anxieties and resentments, strengthen relationships, and stay kind and strong when faced with conflicts.

Passage Meditation

"Where have I come from? What will happen to me when I die? What is life for? Is death inevitable? Spurred by these great questions, we seek the supreme discovery - our immortality. This is the universal message of mysticism: Complete understanding of our eternal, spiritual nature can be realized while we are here on earth, in this life."

Conquest of Mind

With constant pressure to do more, keep moving and go faster, our everyday lives

often do not and cannot reflect our most heartfelt values and ideas. In the perfect follow-up to YOUR LIFE IS YOUR MESSAGE, the founder of the world famous Blue Mountain Center of Meditation teaches us how to achieve daily happiness by slowing down our hectic pace and making controlled choices.

Attending

Through stories and step-by-step advice, a respected meditation teacher shows how to calm our minds in the midst of the busiest schedule, opening the door to a wiser, happier life. Complements time management books by tackling the root problem: how to control the speeded-up mind

The Compassionate Universe

Balances science with spirituality in a study of human evolution, from the appearance of reflective consciousness to modern communications, and proposes three additional stages to be realized

Timeless Wisdom

Pioneered by spiritual master Eknath Easwaran, passage meditation consists of memorizing an inspirational spiritual passage and then sending it deep into consciousness through slow, sustained attention. It keeps meditation fresh and varied because readers can select the passages - from one tradition or many - that embody their chosen ideals. Many readers also enjoy the passages for their poetic and intellectual appeal. This form of meditation offers all the richness and depth of traditional wisdom, together with a practical method for bringing that wisdom into daily life. The book situates passage meditation as part of Easwaran's eight-point program that, based on traditional spiritual practices but adjusted for modern lifestyles, shows readers how to stay calm and focused at work and home. This edition includes a new preface of previously unpublished material by Easwaran and an epilogue that explains the story behind the book and invites new readers to join the author on this adventure in the "world within."

Conquest of Mind

How to build loving, lasting relationships by learning the skill of loving. Easwaran is one of the twentieth century's great spiritual teachers and an authentic guide to timeless wisdom. He shows that loving is a skill that we all need urgently to acquire - both for our personal happiness and for the welfare of the world. With quiet humor and practical wisdom, he offers insights and advice for readers of all ages and backgrounds. True romance lies not in roses and candlelight, but in developing the patience, selflessness, and strength we need for rich relationships and for making a wiser, more meaningful contribution to life. This short ebook is compiled from excerpts from a number of books by Eknath Easwaran.

Take Your Time

Eknath Easwaran shows readers how to choose the way they think, feel, aspire,

and desire.

Hidden Dangers Of Meditation And Yoga

Gandhi the Man tells how Gandhi remade himself from a shy, tongue-tied, average little man to a Mahatma whose life can serve as an inspiration for our own transformation.

The Science and Practice of Humility

These classic teachings comprise the most important and universal texts from the Indian wisdom tradition. They pose the fundamental questions of life pondered throughout the ages: Who am I? What happens when I die? What is the purpose of my life? Each text offers compelling answers, reflecting the style and personality of their Vedic and Buddhist authors. Eknath Easwaran's lyrical translations and engaging explanations of key concepts ensure that the texts are as relevant today as they were centuries ago.

Original Goodness

Based on a series of private conversations and public talks, this biographical sketch touches on many of the highlights of Eknath Easwaran's life. Written by two of his longtime students, this thoughtful and loving portrait provides striking insights.

Essence of the Dhammapada

Beginning with the achievements of Mahatma Gandhi, and following the legacy of nonviolence through the struggles against Nazism in Europe, racism in America, oppression in China and Latin America, and ethnic conflicts in Africa and Bosnia, Michael Nagler unveils a hidden history. Nonviolence, he proposes, has proven its power against arms and social injustice wherever it has been correctly understood and applied. Nagler's approach is not only historical but also spiritual, drawing on the experience of Gandhi and other activists and teachers. Individual chapters include A Way Out of Hell, The Sweet Sound of Order, and A Clear Picture of Peace. The last chapter includes a five-point blueprint for change and "study circle" guide. The foreword by Arun Gandhi, the grandson of Mahatma Gandhi, is new to this edition.

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