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One of the twentieth century's greatest spiritual teachers will show you how to quiet your constant, worrying thoughts in Learning to Silence the Mind: Wellness Through Meditation. The mind, says Osho, has the potential to be enormously creative in dealing with the challenges of everyday life, and the problems of the world in which we live.

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Osho. One of the twentieth century's greatest spiritual teachers will show you how to quiet your constant, worrying thoughts in Learning to Silence the Mind: Wellness Through Meditation. The mind, says Osho, has the potential to be enormously creative in dealing with the challenges of everyday life, and the problems of the world in which we live. The difficulty, however, is that instead of using the mind as a helpful servant we have largely allowed it to become the master of our lives.

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Learning to Silence the Mind Quotes Showing 1-8 of 8. "God is not an ascetic, otherwise there would be no flowers, there would be no green trees, only deserts. God is not an ascetic, otherwise there would be no song in life, no dance in life—only cemeteries and cemeteries. God is not an ascetic; God enjoys life."

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Learning to Silence the Mind | Osho | Macmillan

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