

The End Of Sorrow Bhagavad Gita For Daily Living Volume I Indias Timeless And Practical Scripture Presented As A Manual Everyday Use Eknath Easwaran

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Is God Invisible? - Charles Taliaferro 2021-04-08

In this volume, Charles Taliaferro and Jil Evans promote aesthetic personalism by examining three domains of aesthetics - the philosophy of beauty, aesthetic experience, and philosophy of art - through the lens of Judaism, Christianity, Islam, theistic Hinduism, and the all-seeing Compassionate Buddha. These religious traditions assume an inclusive, overarching God's eye, or ideal point of view, that can create an emancipatory appreciation of beauty and goodness. This appreciation also recognizes the reality and value of the aesthetic experience of persons and deepens the experience of art works. The authors also explore and contrast the invisibility of persons and God. The belief that God or the sacred is invisible does not mean God or the sacred cannot be experienced through visual and other sensory or unique modes. Conversely, the assumption that human persons are thoroughly visible, or observable in all respects, ignores how racism and other forms of bias render persons invisible to others.

You Are Worthy of Love: Inspired by the Teachings of The Bhagavad Gita - Meghna Kohli 2019-12-29

You Are Worthy of Love is a motivational guide inspired by the Bhagavad Gita. It has a blend of warmth, humor, unflinching honesty, with real-life examples and hard-earned wisdom which moves beyond the platitudes and easy fixes offered in many self-help books. The aim of this book is to help you to find the courage to overcome fear, self-consciousness, self-doubts, and strengthen your connection to the world. It can assist you in cultivating the courage to embrace your imperfections and unlock the power within you to find lasting happiness in your love as well as professional life. The author's insights will help vault you to a better life and say, "I have received my share of love from the universe."

The Undiscovered Country - Eknath Easwaran 1996

"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."

The Bhagavad Gita - Christopher Key Chapple 2010-03-30

An interlinear edition of the spiritual classic that provides devanagari, transliterated Sanskrit, and English versions of the Gītā.

[The Complete Life of Krishna](#) - Vanamali 2012-05-22

The first book to cover Krishna's entire life, from his childhood pranks to his final powerful acts in the Mahabharata war • Draws from the Bhagavad Purana, the Bhagavad Gita, the Mahabharata, and India's sacred oral tradition • Shows how the stories of Krishna's life are expressed with such simplicity and humor that they enable anyone--man, woman, or child--to see the wisdom of his teachings • Provides a valuable meditative tool that allows the lessons of these stories to illuminate from within Krishna, one of the most beloved characters of the Hindu pantheon, has been portrayed in many lights: a god-child, a prankster, a model lover, a divine hero, an exemplary ruler, and the Supreme Being. In The Complete Life of Krishna, Vanamali, a leading Krishna expert from a long line of prominent Krishna devotees, provides the first book

in English or Sanskrit to cover the complete range of the avatar's life. Drawing from the Bhagavad Purana, the Bhagavad Gita, the Mahabharata, and India's sacred oral tradition, Vanamali shares stories from Krishna's birth in a dungeon and early days as a merry trickster in Vrindavana, through his time as divine ruler at Dwaraka, to his final powerful acts as the hero Arjuna's charioteer and guru in the Kurukshetra war. She explains how Krishna became a mahayogi, the greatest of all yogis, and attained complete mastery over himself and nature. By integrating the hero-child with the mahayogi, the playful lover with the divine ruler, Vanamali shows how the stories of Krishna's life are expressed with such simplicity and humor that they enable anyone--man, woman, or child--to see the wisdom of his teachings. This complete biography of the man who was also a god provides a valuable meditative tool allowing Krishna's lessons to illuminate from within.

[Bhagavad Gita](#) - Swami Purohit 2001

With facing-page commentary that illuminates and explains the text, this section of the Sanskrit epic Mahabharata recounts the conversation between the warrior-prince Arjuna and God-in-human form Krishna, on right action, knowledge, and love. Original.

To Love Is to Know Me - Eknath Easwaran 1984

India's timeless and practical scripture presented as a manual for everyday use. This is the third of three volumes and contains: Introduction, Chapters 13-18 of The Bhagavad Gita with commentary, followed by a Glossary of Sanskrit terms. 520 pages

Essence of the Bhagavad Gita - Eknath Easwaran 2011-12-13

In this companion to his best-selling translation of the Bhagavad Gita, Easwaran explores the essential themes of this much-loved Indian scripture. Placing the Gita in a modern context, Easwaran shows how this classic text sheds light on the nature of reality, the illusion of separateness, the search for identity, and the meaning of yoga. The key message of the Gita is how to resolve our conflicts and live in harmony with the deep unity of life, through the principles of yoga and the practice of meditation. Easwaran grew up in the Hindu tradition and learned Sanskrit from an early age. A foremost translator and interpreter of the Gita, he taught classes on it for forty years, while living out the principles of the Gita in the midst of a busy family and community life. In the Gita, Sri Krishna, the Lord, doesn't tell the warrior prince Arjuna what to do: he shows Arjuna his choices and then leaves it to Arjuna to decide. Easwaran, too, shows us clearly how these teachings still apply to us - and how, like Arjuna, we must take courage and act wisely if we want our world to thrive.

[Bhagavad Gita and Its Message](#) - Sri Aurobindo 1996-03

This translation and commentary also analyzes the causes of problems individual and collective, and how to achieve peace, unity and bliss.

[How to Understand Death](#) - Eknath Easwaran

Take your fate into your own hands by facing death, not fleeing from it. Easwaran is one of the twentieth century's great spiritual teachers and an authentic guide to timeless wisdom. Understand death, Easwaran

writes, and you'll live more wisely - you'll learn more, love more, and contribute more to all around you. By facing death, not fleeing from it, you take your fate into your own hands. With stories from East and West, and quotes from the world's mystics, Easwaran explains the meaning of death, the process of dying, and how to use simple spiritual practices to find the source of abiding joy and security within us all. This essay has been excerpted from Easwaran's book "The Undiscovered Country".

Vendor Of Sweets, The (modern Classics) - R. K. Narayan 2010

The End of Sorrow - Eknath Easwaran 1979-02-01

"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.

The Living Gita - Swami Satchidananda 1988

Today we see humanity divided and threatened with nuclear war and mutual destruction, but The Gita teaches us that it is only when we rise above human schemes and calculations and awake to the presence of the indwelling Spirit that we can hope to find the answer to our need. Original.

God Makes the Rivers to Flow - Eknath Easwaran 2010-07-16

Eknath Easwaran taught spiritual living for nearly 40 years and drew deep, ongoing inspiration from the sacred literature of all traditions - the great river of wisdom that is always flowing throughout the world. The 149 short extracts in this anthology come from the much-loved saints, sages, and scriptures of the Christian, Hindu, Sufi, Jewish, Native American, Buddhist, and Taoist traditions. These passages can be read for daily inspiration, for their insights into other spiritual traditions, for the light they throw on how to live, for the sustenance they offer when we feel sad or tired, and for the deep transformation they can bring in Easwaran's method of passage meditation. Rich supporting material includes stories from India, detailed background notes, suggestions for memorization and for studying the texts in practices such as lectio divina from the Christian tradition, and instruction in using these texts in passage meditation.

The Teachings of Bhagavad Gita - Richa Tilokani 2021-03-02

Why does one face sorrow and problems in life? What can allay the anxiety and stress inherent in the materialistic modern society? How can one get in touch with higher consciousness and strike a balance between the spiritual and worldly goals? If you are looking for answers to questions like these and searching for ways to empower your life, begin the quest with this volume, which presents the essence of one of the world's most sacred texts in a simple and easy-to-understand manner. The Bhagavad Gita, a treasure trove of divine wisdom, was shared by Lord Krishna with Arjuna, the Pandava prince, at the battlefield of Kurukshetra, right before the Mahabharata or the 'Great War' began. It comprises 700 Sanskrit shlokas translated into English, which inspire one to seek and understand the profound truths of life through the ancient principles of Karma Yoga (the art of work), Gyan Yoga (the art of knowledge) and Bhakti Yoga (the art of devotion). These eternal principles help to live life to the fullest, so that one can work better, think better and live better by tapping into higher consciousness, accessing the spiritual dimension and nurturing the pure self. The Teachings of Bhagavad Gita is a perfect source to discover the art of self-empowerment by exploring the various facets of this most sacred text and imbibing its all-encompassing wisdom to attain unending joy, peace and success.

Bhagavad Geeta - Swami Mukundananda 2013-04-05

Commentary on 'The Bhagavad Geeta' by Swami Mukundananda

Word of God Bhagavad Gita - Ajay Gupta 2016-06-06

The scripture of the Bhagavad Gita was given by God's incarnation Sri Krishna to humanity more than 5,000 years ago. The profound teachings of the Holy book are as relevant in today's world as it was in the hoary past. The teaching of the Song of God, in the form of the Bhagavad Gita, has been acknowledged all over the world as a lofty scripture. The Holy book has been translated into all major languages of the world, for the benefit of humanity. For thousands of years, the Bhagavad Gita has inspired millions of readers.

The Bhagavad Gita for Daily Living - Eknath Easwaran 1997-01-01

(3 Volumes) PaperBackIndia'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

The Bhagavad Gita for Daily Living - Eknath Easwaran 2020-11-10

A comprehensive manual for living a spiritual life, based on a verse-by-verse commentary on India's timeless scripture - from the author of its best-selling translation. This ebook includes all three volumes in this series. The Bhagavad Gita is set on the battlefield of an apocalyptic war between good and evil. Faced with a dire moral dilemma, the warrior prince Arjuna turns in anguish to his spiritual guide, Sri Krishna, for answers to the fundamental questions of life. Easwaran points out that Arjuna's crisis is acutely modern.

The Gita's battlefield is the struggle for self-mastery that every human being must wage. Arjuna represents each of us, and Sri Krishna is the Lord, instructing us in eighteen chapters of lofty wisdom as we face the social, environmental, and global challenges that threaten our world today. Easwaran is a spiritual teacher and author of deep insight and warmth. His verse-by-verse commentary interprets the Gita's teachings for modern readers, explaining the Sanskrit concepts and philosophy and applying them with practicality, wisdom, and humor to every aspect of our work, our relationships, and our lives. With everyday anecdotes, stories, and examples, he shows that the changes we long to see in the world start with the transformation of our own consciousness. The practical exercises recommended by Easwaran to achieve transformation are part of a spiritual program he developed for his own life. They are accessible to people from all backgrounds and cultures. Urging us to adopt a higher image of the human being, he assures us that peace and unity are within reach. Each volume of this series covers six chapters of the Gita. Each may be read on its own, but all three volumes together form an in-depth, verse-by-verse explanation of this ancient scripture and its relevance today. Included are instructions in Easwaran's universal eight-point program of passage meditation. Volume 1: The first six chapters of the Gita explore the concept of the innermost Self and source of wisdom in each of us. Easwaran explains how we can begin to transform ourselves, even as householders engaged in busy lives. Volume 2: The next six chapters of the Gita go beyond the individual Self to explore the Supreme Reality underlying all creation. Easwaran builds a bridge across the seeming divide between scientific knowledge and spiritual wisdom, and explains how the concept of the unity of life can help us in all our relationships. Volume 3: The final six chapters put forth an urgent appeal for us to begin to see that all of us are one - to make the connection between the Self within and the Reality underlying all creation. Global in scope, the emphasis is on what we can do to make a difference to heal our environment and establish peace in the world. Easwaran's commentary is for all students of the Gita, whatever their background, and for anyone who is trying to find a path to wisdom, love, and kindness in themselves and our troubled world. Written as an authoritative, accessible guide to a much-loved scripture, it is a handbook for finding peace and clarity within. This second edition incorporates revisions made across all three volumes following the author's final instructions.

Patience - Eknath Easwaran 2010-03-09

"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.

Religious Theories of Personality and Psychotherapy - Frank De Piano 2012-12-06

Integrate spiritual traditions with psychological healing! In this fascinating volume, clinical practitioners of different religious traditions examine the same clinical case, offering insights, interventions, and explanations of transformation and healing. This practical approach allows them to explore broader issues of personality theory and psychology from the perspectives of various spiritual traditions: Hinduism, Buddhism, Taoism, Judaism, Christianity, and Islam. Religious Theories of Personality and Psychotherapy addresses both the practical issues of doing psychotherapy and the deeper need to relate psychology and

theology. After providing a thorough introduction to the spiritual tradition, each author presents a critical psychological theory of personality and psychotherapy grounded in that tradition. The authors address the questions of what it means to be a person, what causes human distress, and how individuals experience healing. *Religious Theories of Personality and Psychotherapy* offers profound insights into the urgent issues of human suffering and psychological transformation, including: theories of personality structure and human motivation the nature of experience and processes of change the dialectical relation of theology and psychology convergences and difference among the religious psychologies Marrying theory and practice, spirit and psyche, *Religious Theories of Personality and Psychotherapy* offers profound insights and effective interventions. Mental health professionals, clergy, and scholars in religion, cross-cultural studies, personality, counseling, and psychotherapy will find this breakthrough book a life-changing experience and an invaluable resource.

Paths to God - Ram Dass 2007-12-18

For centuries, readers have turned to the Bhagavad Gita for inspiration and guidance as they chart their own spiritual paths. As profound and powerful as this classic text has been for generations of seekers, integrating its lessons into the ordinary patterns of our lives can ultimately seem beyond our reach. Now, in a fascinating series of reflections, anecdotes, stories, and exercises, Ram Dass gives us a unique and accessible road map for experiencing divinity in everyday life. In the engaging, conversational style that has made his teachings so popular for decades, Ram Dass traces our journey of consciousness as it is reflected in one of Hinduism's most sacred texts. The Gita teaches a system of yogas, or "paths for coming to union with God." In *Paths to God*, Ram Dass brings the heart of that system to light for a Western audience and translates the Gita's principles into the manual for living the yoga of contemporary life. While being a guide to the wisdom of the Bhagavad Gita, *Paths to God* is also a template for expanding our definition of ourselves and allowing us to appreciate a new level of meaning in our lives.

The Bhagavad Gita for Daily Living, Volume 1 - Eknath Easwaran 2020-11-10

A comprehensive manual for living a spiritual life, based on a verse-by-verse commentary on India's timeless scripture - from the author of its best-selling translation. This ebook includes all three volumes in this series. The Bhagavad Gita is set on the battlefield of an apocalyptic war between good and evil. Faced with a dire moral dilemma, the warrior prince Arjuna turns in anguish to his spiritual guide, Sri Krishna, for answers to the fundamental questions of life. Easwaran points out that Arjuna's crisis is acutely modern. The Gita's battlefield is the struggle for self-mastery that every human being must wage. Arjuna represents each of us, and Sri Krishna is the Lord, instructing us in eighteen chapters of lofty wisdom as we face the social, environmental, and global challenges that threaten our world today. Easwaran is a spiritual teacher and author of deep insight and warmth. His verse-by-verse commentary interprets the Gita's teachings for modern readers, explaining the Sanskrit concepts and philosophy and applying them with practicality, wisdom, and humor to every aspect of our work, our relationships, and our lives. With everyday anecdotes, stories, and examples, he shows that the changes we long to see in the world start with the transformation of our own consciousness. The practical exercises recommended by Easwaran to achieve transformation are part of a spiritual program he developed for his own life. They are accessible to people from all backgrounds and cultures. Urging us to adopt a higher image of the human being, he assures us that peace and unity are within reach. Each volume of this series covers six chapters of the Gita. Each may be read on its own, but all three volumes together form an in-depth, verse-by-verse explanation of this ancient scripture and its relevance today. Included are instructions in Easwaran's universal eight-point program of passage meditation. Volume 1: The first six chapters of the Gita explore the concept of the innermost Self and source of wisdom in each of us. Easwaran explains how we can begin to transform ourselves, even as householders engaged in busy lives. Volume 2: The next six chapters of the Gita go beyond the individual Self to explore the Supreme Reality underlying all creation. Easwaran builds a bridge across the seeming divide between scientific knowledge and spiritual wisdom, and explains how the concept of the unity of life can help us in all our relationships. Volume 3: The final six chapters put forth an urgent appeal for us to begin to see that all of us are one - to make the connection between the Self within and the Reality underlying all creation. Global in scope, the emphasis is on what we can do to make a difference to heal our environment and establish peace in the world. Easwaran's commentary is for all students of the Gita,

whatever their background, and for anyone who is trying to find a path to wisdom, love, and kindness in themselves and our troubled world. Written as an authoritative, accessible guide to a much-loved scripture, it is a handbook for finding peace and clarity within. This second edition incorporates revisions made across all three volumes following the author's final instructions.

The Dharma in Difficult Times - Stephen Cope 2022-01-11

The best-selling author of *The Great Work of Your Life* shows us the way through our darkest times to our truest calling. How do we make sense of our lives when our world seems to be falling apart? In this beautifully written guide, scholar and teacher Stephen Cope shows that crises don't have to derail us from our purpose—they can actually help us to find our purpose and step forward as our best selves. *The Dharma in Difficult Times* extends the message of Cope's best-loved book, *The Great Work of Your Life*, which gave readers a roadmap for the journey to their true calling. As in *Great Work*, Cope here takes the ancient yogic text the Bhagavad Gita—the epic narrative of the warrior Arjuna's odyssey of self-discovery—as a model for the reader's journey. Then he builds on that foundation using the stories and teachings of famous figures, as well as stories of ordinary people and his own rich personal experience. Along the way, we find striking examples for finding meaning and purpose in our lives: • Gandhi shows how to tap our spiritual resources and listen for our inner voice • Sojourner Truth and Henry David Thoreau inspire us to seek out the unmistakable signs of dharma in the midst of chaos • Marian Anderson and Ruby Sales shed light on dharma's mystic power and how we learn to trust in it • And more In the spirit of Pema Chödrön's *When Things Fall Apart*, this book is required reading when you find yourself forging a path through crisis—or seeking a way through your darkest times to your truest self.

Bhagavad-Gita as it is - A. C. Bhaktivedanta Swami Prabhupada 1986

The Bhagavad-Gītā, with the Commentary of Śrī Śaṅkarācārya - Śaṅkarācārya 1901

An excellent translation with an exhaustive commentary by a sage of the 9th century.

The Great Work of Your Life - Stephen Cope 2012-09-25

An inspiring guide to finding your life's purpose—what spiritual teachers call dharma—through mindfulness and self-exploration. Stephen Cope says that in order to have a fulfilling life you must discover the deep purpose hidden at the very core of your self. The secret to unlocking this mystery, he asserts, can be found in the pages of a two-thousand-year-old spiritual classic called the Bhagavad Gita—an ancient allegory about the path to dharma, told through a timeless dialogue between the fabled archer, Arjuna, and his divine mentor, Krishna. Cope takes readers on a step-by-step tour of this revered tale and highlights well-known Western lives that embody its central principles—including such luminaries as Jane Goodall, Walt Whitman, Susan B. Anthony, John Keats, and Harriet Tubman, along with stories of ordinary people as well. If you're feeling lost in your own life's journey, *The Great Work of Your Life* may help you to find and to embrace your true calling. Praise for *The Great Work of Your Life* "Keep a pen and paper handy as you read this remarkable book: It's like an owner's manual for the soul."—Dani Shapiro, author of *Devotion* "A masterwork . . . You'll find inspiration in these pages. You'll gain a better appreciation of divine guidance and perhaps even understand how you might better hear it in your own life."—*Yoga Journal* "I am moved and inspired by this book, the clarity and beauty of the lives lived in it, and the timeless dharma it teaches."—Jack Kornfield, author of *A Path with Heart* "A rich source of contemplation and inspiration [that] encourages readers . . . to discover and fully pursue their inner self's calling."—*Publishers Weekly* "Fabulous . . . If you have ever wondered what your purpose is, this book is a great guide to help you on your path."—*YogaHara*

The Bhagavad-Gita for the Modern Reader - M. V. Nadkarni 2016-10-04

What is the Bhagavad-Gita? Is it just a religious text? When was it composed? How relevant is it to the modern world? This book answers these foundational questions and goes beyond. It critically examines the Bhagavad-Gita in terms of its liberal, humanist and inclusive appeal, bringing out its significance for the present times and novel applications. The author elaborates the philosophy underlying the text as also its ethical, spiritual and moral implications. He also responds to criticisms that have been levelled against the text by Ambedkar, D. D. Kosambi, and more recently, Amartya Sen. The volume proposes unique bearings of the text in diverse fields such as business & management and scientific research. Eclectic and accessible,

this work will be of interest to scholars of philosophy, religion, history, business & management studies as well as the general reader.

Timeless Wisdom - Eknath Easwaran 2008

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.

Dialogue with Death - Easwaran Eknath 1992

Why am I here? Is there a purpose to my life? What happens when I die? These deep questions are addressed with clear wisdom, vivid images and memorable stories.

Swami Vivekananda in San Francisco - Swami Ashokananda 1969

An Ordinary Life Transformed - Stephanie Rutt 2006-01-01

Leadership Lessons from the Bhagavad Gita - Ace Simpson 2019-10-07

For professionals navigating negative corporate karmas, Leadership Lessons from the Bhagavad Gita offers a way forward for overcoming self-defeating habits and managing the mind's negative chatter that is often the main obstacle to effective leadership. By promoting a leadership approach of caring for followers, stakeholders and future generations, the book offers hope for harmonious workplace relations and a protected environment. Based on leadership by inspiration as opposed to leadership by control, Leadership Lessons from the Bhagavad Gita provides an alternative to conventional leadership. Particularly, in the times we live, where there is a crisis of faith in leadership, the insights from this book presents a vision of linked-leadership—leaders who are linked through loving-connection or bhakti-yoga with themselves (through self-knowledge), with other beings, with nature and with the supreme source. As exemplified by Krishna taking over the reins of Arjuna's chariot, the crux of this book is leadership, not as a title or position, but as a commitment to service, excellence and virtuous character that motivates and inspires others to pursue the same. The unique insights from this book will help you make sense of different personality types to motivate others according to their natures and inclinations, which will support you in forming effective teams and creating a harmonious and prosperous organizational culture. In short, this book challenges and equips leaders to step up and cultivate unity and diversity, and achieve sustainable wellbeing and happiness in their organizations.

A Walk with Four Spiritual Guides - Andrew Harvey 2005

A Walk with Four Spiritual Guides is Andrew Harvey's very personal introduction to Krishna's lessons on the immortality of the soul, Buddha's description of the fundamental role of mental conditioning in making us who we are, Jesus' portrayal of the Kingdom of God as a present fact about the world, and Ramakrishna's teachings on the truth of all religions. Enhanced with accessible translations of each guide's essential

teachings and facing pages of guided commentary from experts, Harvey offers his own experiences of learning from their wisdom and gives you deeper insight into their message for today.

The Bhagavad Gita - Jack Hawley 2009-01-01

The Quest for God and the Good - Diana Lobel 2011

Lobel crosses Eastern and Western philosophical and religious traditions to discover a beauty and purpose at the heart of reality that makes life worth living. This title does not treat philosophy as an abstract, theoretical discipline but as living experience.

THE SONG CELESTIAL - EDWIN ARNOLD 1886

Essence of the Upanishads - Eknath Easwaran 2010-10-19

Essence of the Upanishads - A Key to Indian Spirituality (Revised edition of Dialogue with Death, with new series preface and introduction - 19 new pages from transcripts of Easwaran's talks) Easwaran shows how the Katha Upanishad can help us understand our lives today Easwaran takes one of India's classic wisdom texts, the Katha Upanishad, and explains how it embraces all the key ideas of Indian spirituality within the context of a powerful mythic quest - the story of a young hero who ventures into the land of death in search of immortality. Illustrating the insights of the Katha through analogies and everyday examples, Easwaran shows how these ancient teachings help us gain a deeper understanding of our world and ourselves today.

Classics of Indian Spirituality - Eknath Easwaran 2007-09-01

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.

Passage Meditation - Eknath Easwaran 2010-09

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."