



# Learning to Silence the Mind: Wellness Through Meditation

By Osho

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## Learning to Silence the Mind: Wellness Through Meditation By Osho

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. Its ambitions, belief systems, and interpretations rule our days and our nights?bringing us into conflict with minds that are different from ours, keeping us awake at night rehashing those conflicts or planning the conflicts of tomorrow, and disturbing our sleep and our dreams. If only there was a way to switch it off and give it a rest! Finding the switch that can silence the mind?not by force or performing some exotic ritual, but through understanding, watchfulness, and a healthy sense of humor?is meditation. A sharper, more relaxed and creative mind?one that can function at the peak of its unique intelligence?is the potential. The book will include a link to tutorials on OSHO Nadabrahma Meditation.

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#### **About the Author**

OSHO is one of the most provocative and inspiring spiritual teachers of the twentieth century. He is known for his revolutionary contributions to the science of inner transformation, and the influence of his teachings continues to grow, reaching seekers of all ages in virtually every country in the world.

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The feeling that you get from Learning to Silence the Mind: Wellness Through Meditation is a more deep you looking the information that hide in the words the more you get enthusiastic about reading it. It doesn't mean that this book is hard to be aware of but Learning to Silence the Mind: Wellness Through Meditation giving you joy feeling of reading. The article author conveys their point in certain way that can be understood by means of anyone who read that because the author of this e-book is well-known enough. This book also makes your own vocabulary increase well. Therefore it is easy to understand then can go along with you, both in printed or e-book style are available. We recommend you for having this kind of Learning to Silence the Mind: Wellness Through Meditation instantly.

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