

# 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. When Easwaran wrote Conquest of Mind in 1988, he had been teaching meditation in the US for almost 30 years, and had already published a book, Meditation (1978), that systematically explained the details of his method of meditation. This earlier book had briefly described the importance of training the mind as a key part of meditation.