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Learning To

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Learning To Silence The Mind

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

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**Learning to Silence
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...

Blissful, peaceful
silence. Learning how
to quiet the mind takes
time and patience. And
then it will be easier to
make that silence a
normal part of your
meditation! You can
practice this anytime,
even outside of
meditation.

How To Quiet The
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**Mind That Won't
Shut Up**

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.

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and Say More In that space between our words, that sweet and sacred space, it's where we find ourselves - our freedom and liberation - from all that is false, fearful, and erroneous.

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More**

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In Learning to Silence the Mind, Osho asks his readers to turn off their thinking switch once in a while, not by some exotic ritual but by understanding, watchfulness and meditation. A relaxed and calm mind is always sharper and will help in taking better decisions.

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Learning to Silence the Mind | 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.

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