

Bhagavad Gita Dhammapada Upanishads Eknath Easwaran

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 This edition includes a new preface of previously unpublished material by Easwaran and an epilogue that explains the story behind the book and invites new readers to join the author on this adventure in the "world within." In this companion to his best-selling translation of The Dhammapada, Eknath Easwaran explains how The Dhammapada is a perfect map for the spiritual journey. Said to be the text closest to the Buddha's actual words, The Dhammapada is a collection of short teachings that his disciples memorized during his lifetime. Easwaran presents The Dhammapada as a guide to spiritual perseverance, progress, and ultimately enlightenment — a heroic confrontation with life as it really is, with straight answers to our deepest questions. We witness the heartbreak of death, for instance — what does that mean for us? What is love? How does karma work? How do we follow the spiritual life in the midst of work and family? Does nirvana really exist, and if so, what is it like to be illumined? In his interpretation of Buddhist themes, illustrated with stories from the Buddha's life, Easwaran offers a view of the concept of Right Understanding that is both exhilarating and instructive. He shares his experiences on the spiritual path, giving the advice that only an experienced teacher and practitioner can offer, and urges us to answer for ourselves the Buddha's call to nirvana — that mysterious, enduring state of wisdom, joy, and peace.

This book, first published in 1962, is an analysis of the history of the philosophy of a country that has never distinguished philosophy from religion. Indian philosophy is not merely metaphysical speculation, but has its foundation in immediate perception. This insistence upon immediate perception rather than abstract reasoning is what distinguishes the Indian philosophy of religion from philosophy as Western nations know it.

Inspired by the thousand poetic names ascribed to Vishnu, Eknath Easwaran interweaves Hindu mythologies with practical insights to instruct, inspire, and delight readers.

"Patience, mercy, peacemaking, simplicity, humility. When we cultivate these qualities our life will become immensely rich. Beneath all our layers of ignorance, we can uncover our essential nature: our Original Goodness. According to the "Perennial Philosophy" found in all religions, this divine essence can be realized, and is the supreme goal in life. This unbroken awareness of the presence of God in all creatures is the mark of the mystic. For one who grasps these principles with an open heart, life takes fire with purpose."

(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

This book is a daily devotional with some daily reminders.

Would you like better concentration, more vitality and creativity, more patience and inner

strength? Daily meditation can help you develop these qualities. Easwaran taught meditation for over forty years, and his instructions are practical and clear. He shows you how to choose a spiritual text, or passage, from the world's great traditions that embodies your highest ideals. With regular practice, meditation becomes your lifeline, taking you to the source of wisdom deep within and guiding you through all the challenges of daily life. Easwaran is one of the twentieth century's great spiritual teachers and an authentic guide to timeless wisdom. His class at the University of California, Berkeley was the first accredited course on meditation at any Western university. He is the author of the best-selling translation in English of the Bhagavad Gita, India's best-known scripture. This short ebook is the first chapter "Meditation on a Passage" from the book *Passage Meditation – A Complete Spiritual Practice* by Eknath Easwaran.

A new edition of Easwaran's classic handbook on the mantram. A mantram (or mantra) is a short, powerful spiritual formula or prayer word from the world's great traditions, repeated silently in the mind, anytime, anywhere, to help us access our deeper resources in the midst of the challenges of daily life. Examples of mantrams are: Rama, Rama, used by Gandhi; My God and My All, used by St. Francis of Assisi; and the Buddhist Om mani padme hum. Easwaran taught the use of the mantram for over forty years as part of his passage meditation program. He explains how to choose and use a mantram to focus our thoughts, replenish our energy, release creativity, and strengthen our relationships. He shows through stories and examples how the mantram can be a great support to parents and children, to colleagues at work, to couples in a relationship - even in illness or depression, and at the time of death. And Easwaran describes how this simple spiritual practice can open the door to a life that is increasingly full and meaningful.

Classics of Indian Spirituality
The Bhagavad Gita/The Dhammapada/The Upanishads

Meditation outlines a unique approach to tapping inner resources by training concentration on inspirational passages. Eknath Easwaran's practical Eight Point Program offers specific, systematic tools to sharpen concentration, deal effectively with stress, release deep reserves of energy, and transform anger and other destructive emotions. This book offers tested techniques for strengthening our ability to meditate. It is a complete guide to a program of meditation that fits naturally into your life, even complementing an active religious practice.

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". How can karma help us find hope and happiness? What we think, say, or do has

consequences that are often subtler and more far-reaching than we think. The theory of karma is intellectually intriguing, but a practical understanding of how karma works can help us find hope and happiness in our lives. Eknath Easwaran is a foremost translator and interpreter of the Indian classics (The Bhagavad Gita, The Upanishads and The Dhammapada), and a highly respected teacher of meditation. This short ebook is one chapter from *Essence of the Dhammapada: The Buddha's Call to Nirvana*.

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.

Combines meditation practice with day-to-day mindfulness to help readers conquer unwanted thoughts and choose more wisely. By the author of *Meditation and Timeless Wisdom*. Original.

Based on a series of private conversations and public talks, this biographical sketch touches on many of the highlights of Eknath Easwaran's life. Written by two of his longtime students, this thoughtful and loving portrait provides striking insights.

Selections from Easwaran's published works highlight key episodes in his life. These episodes contributed to the unfolding of his natural genius for teaching and – much more important – of the inner spirit that was struggling for expression. The book is an inspiration to spiritual aspirants following the eightfold path of passage meditation.

With so many urgent physical problems — poverty, pollution, wars — even good people sometimes wonder if meditation isn't a luxury. Meditation works so quietly that it may seem to have no connection with everyday problems. It may lower your blood pressure, but how does it help the world? Easwaran addresses this in a Question and Answer session with close students, in the Spring 2015 Journal of the Blue Mountain Center of Meditation. This journal is also available as a PDF free from our website www.bmcm.org

Start your day or end it with this warmly encouraging collection of inspirational quotations for each day, accompanied by Easwaran's wise and practical commentaries. These quotes come from some of history's most brilliant

philosophers, poets, and sages from all traditions. Easwaran takes these timeless truths and illustrates them with relevant, meaningful examples, inspiring us to face our own challenges with courage, good humor, and wisdom. Some of Easwaran's commentaries are very practical, showing how we can become more patient, more loving, and more resilient by making small steps every day. Others give us soaring inspiration, lifting our hearts and spirits, reminding us of the higher purpose of our lives. You can read *Words to Live By* in the morning to point your day in the right direction, or read it in the evening to prepare for a peaceful night of renewal. Features This gem of a book makes a perfect gift and is an ideal introduction to Easwaran for new readers. And for seasoned Easwaran readers whose current copies are getting battered, the new look and new material will keep these teachings fresh and foremost in the midst of busy schedules.

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.

What we can do to improve the lives of those around us. Our personal example -- in every aspect of our lives -- is a very powerful instrument of change, more powerful than many of us realize. *Renewal* is a little book of hope, to lift our spirits and give us courage when we're facing problems, and to offer gentle, sometimes surprising answers to the question "But what can I do?" Easwaran is one of the twentieth century's great spiritual teachers and an authentic guide to timeless wisdom. In these short readings on themes such as loving relationships, raising children, living simply, and aging wisely, he presents fresh insights to reveal our fundamental interconnectedness, our unity with all life. This collection includes inspiration from Gandhi and the world's saints, engaging anecdotes, and practical suggestions, all of which are accessible to readers of any faith, philosophy, or lifestyle. Together, they demonstrate that small daily efforts to improve our own lives and the lives of those around us can add up to a powerful force for renewal -- for ourselves and for our world.

How to build loving, lasting relationships by learning the skill of loving. Easwaran is one of the twentieth century's great spiritual teachers and an authentic guide to timeless wisdom. He shows that loving is a skill that we all need urgently to acquire - both for our personal happiness and for the welfare of the world. With quiet humor and practical wisdom, he offers insights and advice for readers of all ages and backgrounds. True romance lies not in roses and candlelight, but in developing the patience, selflessness, and strength we need for rich relationships and for making a wiser, more meaningful contribution to life. This short ebook is compiled from excerpts from a number of books by Eknath Easwaran.

A practical and inspiring approach to tackling our environmental crisis, from a master spiritual teacher. We can heal our earth by choosing a simpler, more fulfilling lifestyle, as trustees of a compassionate universe. Eknath Easwaran presents a penetrating analysis of the spiritual roots of our current predicament and offers a realistic and hopeful way forward. Each of us has a role to play in making wise choices, and each of us can genuinely make a difference. Drawing inspiration and insight from Mahatma Gandhi, Saint Francis, and his own experience of living in the East and the West, Easwaran shows the connections

between individual thoughts and actions that move beyond consumerism to the unity of life. Mahatma Gandhi formulated a series of diagnoses of our seemingly perpetual state of crisis, which he called “the seven social sins”: knowledge without character, science without humanity, wealth without work, commerce without morality, politics without principles, pleasure without conscience, and worship without self-sacrifice. Easwaran explores each of these diagnoses in turn and presents an alternative hypothesis of who we are and how we fit into the universe. This is ecology as a great adventure, filled with the challenges and rewards of inner growth. Easwaran tells us that “once we open our eyes to cooperation, artistry, thrift, and compassion, we begin to see thousands of little things we can do to help restore the environment – and restore dignity and deeper fulfillment to our own lives.” Eknath Easwaran is renowned as a teacher of meditation and for his translations of the Indian scriptures. His writings express timeless spiritual insights and are illustrated by stories from East and West. His books reflect two cultures: India, where he grew up in a self-supporting agrarian village, and the United States, where he taught and lectured for over thirty years. His early experiences of living in harmony with nature, his firsthand acquaintance with Gandhi’s India, and his long familiarity with an American audience have resulted in this book: a deeply thoughtful examination of our present situation, and a blueprint for living as trustees of a compassionate universe, in a world that we would want our children and grandchildren to inherit.

The Katha Upanishad embraces the key ideas of Indian mysticism in a mythic story we can all relate to – the quest of a young hero, Nachiketa, who ventures into the land of death in search of immortality. But the insights of the Katha are scattered, hard to understand. Easwaran presents them systematically, and practically, as a way to explore deeper and deeper levels of personality, and to answer the age-old question, “Who am I?” Easwaran grew up in India, learned Sanskrit from a young age, and became a professor of English literature before coming to the West. His translation of The Upanishads is the best-selling edition in English. For students of philosophy and of Indian spirituality, and readers of wisdom literature everywhere, Easwaran’s interpretation of this classic helps us in our own quest into the meaning of our lives. (Previously published as: Dialogue With Death)

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.

Readers and students of Easwaran often say that they wish they had been able to meet him while he was physically with us. Reading With My Love and Blessings is an intimate experience in which you can build your own relationship with Sri Easwaran. Turn the pages, and watch him over the years as he quietly directs the evolution of Ramagiri ashram and the BMCM. Observe him walking with friends on Dillon Beach, teaching class, playing with ashram children, patting

an ashram dog, supervising all the activities of a thriving community, sharing his wisdom with thousands of earnest students, then as now. Open this book whenever you need encouragement and inspiration, and it will not fail you. Published in October 2000, *With My Love and Blessings* was assembled under the loving guidance of Christine Easwaran, drawing from the thousands of photographs and transcribed talks, letters, dictations, and notes in the archives of the BMCM and the personal collections of longtime students. It is a tribute to the eternal legacy of the life of Sri Eknath Easwaran.

Among the oldest of India's spiritual texts, the Upanishads are records of intensive question-and-answer sessions given by illumined sages to their students. Widely featured in philosophy courses, the Upanishads have puzzled and inspired wisdom seekers from Yeats to Schopenhauer. Eknath Easwaran makes this challenging text more accessible by selecting the passages most relevant to readers seeking timeless truths today. His accessible, highly readable translation and lively foreword place the teachings in a contemporary context for students and general readers alike.

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.

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.

Dhammapada means "the path of dharma," the path of harmony and righteousness that anyone can follow to reach the highest good. Easwaran's translation of this classic Buddhist text is based on the oldest, best-known version in Pali. Easwaran's introduction to the Dhammapada gives an overview of the Buddha's teachings that is reliable, penetrating, and clear - accessible for readers new to Buddhism, but also with fresh insights and practical applications for readers familiar with this text. Chapter introductions place individual verses into the context of the broader Buddhist canon.

Ashtanga Yoga: Practice and Philosophy is the first book of its kind, presenting a comprehensive guide to all eight limbs of Ashtanga Vinyasa Yoga. Join author Gregor Maehle, a seasoned yogi and passionate teacher, as he guides you through: • the history and lineage of yoga • the fundamentals of breath, bandhas (energy locks within the body), drishti (the focal point of the gaze), and vinyasa (sequential movement) • a detailed breakdown of the asanas of the Ashtanga Primary Series, following the traditional vinyasa count • a lively and authentic rendering of the complete Yoga Sutra of Patanjali, yoga's ancient sacred text • a glossary of yoga terminology In the asana section, Maehle describes each posture with clear, meticulous instructions, photographs, anatomical illustrations, and practical tips. Information on the mythological background and yogic context of specific postures brings further insight to the practice. In the philosophy section, Maehle illuminates the Yoga Sutra using the major ancient commentaries as well as his own insights. This volume makes the entire path of Ashtanga Yoga accessible to modern practitioners. Both practical guide and spiritual treatise, Ashtanga Yoga is an excellent introduction to the eight limbs of yoga and an invaluable resource for any yoga teacher or practitioner.

In a verse-by-verse reading of a chapter on devotion from the well-known Indian scripture, the Bhagavad Gita, Easwaran offers practical wisdom, stories, and insights to guide us through the challenges of everyday love. Our deepest need is to love completely, universally, without reservation - in other words, to become love itself. This book is Easwaran's commentary on Chapter 12 of the Bhagavad Gita, and is taken from Like a Thousand Suns (The Bhagavad Gita for Daily Living Volume 2, chapter 7-12), with a new introduction from Easwaran.

"Patience is the ornament of the brave," Easwaran's wise grandmother used to say. In relationships, patience is the mark of love. An experienced spiritual teacher who combines humor with practicality, Easwaran gives powerful insights and sometimes surprising advice for developing patience at home and at work. 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 ...

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.

From Everyday Love To Love Of God Our deepest need is to love completely, universally, without reservation- in other words, to become love itself. Where there is love, everything follows. To love is to know, is to act; all other paths to God are nited in this path of love. In form a verse-by-verse reading of a chapter on devotion from the Bhagavad Gita - the most popular spiritual document of India - Eknath Easwarans words of practical wisdom guide us through the nitty-gritty challenges of everyday love.

Learn how to find true happiness by learning to live selflessly. Easwaran is one of

the twentieth century's great spiritual teachers and an authentic guide to timeless wisdom. He shows that true happiness is based on a paradox, which is why it is so hard to find. As long as we try to make ourselves happy, life places obstacles in our path. But as soon as we turn away from ourselves to make others happy, our troubles begin to melt away. When we learn to live and work selflessly we don't have to go looking for joy; joy comes looking for us. This short ebook is based on two articles of deep insight, realism and warmth from Easwaran's Blue Mountain Journal

Easwaran's classic manual on meditation and spiritual living is a unique source of practical spiritual support for new and experienced meditators. Easwaran taught passage meditation for over forty years, and his class at the University of California, Berkeley was the first accredited course on meditation at any Western university. He is the author of the best-selling translation in English of the Bhagavad Gita, India's best-known scripture. In passage meditation, you focus attention on passages or texts from the world's wisdom traditions that are positive, practical, and uplifting, and that fit with your own religious or non-religious beliefs. This universal method of meditation stays fresh and inspiring, prompting you to live out your highest ideals, and the mantram and six other spiritual tools help you to stay calm, kind, and focused throughout the day. This book shows how, with regular practice, you gain wisdom and vitality, and find a life that fulfills. This fourth edition of Passage Meditation has been extended by over thirty percent to include Easwaran's answers to more than 100 questions posed by his students in question and answer sessions. It gives all the instruction needed to establish a vibrant meditation practice and keep it going.

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