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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. 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.

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Learning to Silence the Mind | Osho | Macmillan
Talk about silence? -- seems to be difficult, doesn't it? Let us have a look how Osho manages. "The moon reflected in the water is not the real moon, but sti...

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