

The Silence Of The Mind

If you have long been interested in meditation, but never thought you had the patience or presence of mind to succeed in your practice, this book is for you. In *The Power of Silence*, renowned New Thought leader Horatio Dresser lays out some of these ancient techniques in a simplified manner that makes them easier for modern-day readers to follow and understand. For thousands of years, monks and monastics in contemplative orders have surrendered to the power of silence to pursue personal and spiritual growth 8231c03973

She looks to awaken others to consider their own ancestors' role in colonization and encourage them to begin reparations for the harmful actions of those who came before. Louise Dunlap tells the story of beloved land in California's Napa Valley: how the land fared during the onslaught of colonization and how it fares now in the drought, development, and wildfires that are its consequences. \"An insightful look at the historical damages early colonizers of America caused and how their descendants may recognize and heal the harm done to the earth and native peoples. More broadly, the book offers a way for readers to evaluate their own current life actions and the lasting impact they can have on society and the planet\"-- 8231c03973

The book includes a link to tutorials on OSHO Nadabrahma Meditation. Since his death in 1990, the influence of his teachings continues to expand, reaching seekers of all ages in virtually every country of the world. 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. 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*. He has been described by the *Sunday Times* of London as one of the “1000 Makers of the 20th Century” and by *Sunday Mid-Day* (India) as one of the ten people—along with Gandhi, Nehru, and Buddha—who have changed the destiny of India. Osho challenges readers to examine and break free of the conditioned belief systems and prejudices that limit their capacity to enjoy life in all its richness. If only there was a way to switch it off and give it a rest. A sharper, more relaxed and creative mind—one that can function at the peak of its unique intelligence—is the potential. 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. 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 8231c03973

A deeply thoughtful, honest and illuminating memoir about a phenomenon too often neglected in the contemporary world 8231c03973

It is an unabashedly raw memoir of intense introspection which details an intimate personal journey of abject suffering hearing voices day in and day out for years on end. Catharsis, redemption, and recovery emerge as the book's central themes as the story unfolds, and these revelations help to remind us that we are not alone in our shared experiences here on this Earth. These often horrific experiences are also adorned with the mind-numbing frustration of experiencing myriad, rarely discussed, and even less

understood, synchronous phenomena all around the author, and all at the same time. BREAKING THE SILENCE is a profound depth charge into how the mind can break, and how it can ultimately heal. This deeply moving life-story account is intricately interwoven with undeniably genuine pontifications on life's most important lessons, applicable to everyone, psychiatric diagnosis or not 8231c03973

This Silence is not an inert passive state, nor psychism nor trance. \In order to enter the Silence it is necessary to anchor human intelligence to a higher degree of consciousness. The experience clarifies perception, intensifies effort, creates efficiency and establishes prosperity. Making Clear that Experience Which Clarifies Perception Intensifies Effort and Establishes Prosperity. 1920. It is a lucid work of the highest spiritual activity. \ Contents: How to enter the Silence; The inward way; Silence center; Transcendence; Realization; Prayer; Meditation; Healing; Vibration; Illumination; the Be-Attitudes; Hidden Manna. The guarantee of arrival is Practice 8231c03973

a straight shot of the good stuff' – Spectator. A couple wait in their Manhattan apartment for their final dinner guests to arrive. Phones are dead. 'An apocalyptic novel for our times' – Guardian 'Horribly resonant' – Observer Superbowl Sunday, 2022. From one of America's greatest writers, The Silence is a timely and compelling novel about what happens when an unpredictable crisis strikes. All anybody can do is wait. The game is about it start. The missing guests' flight from Paris should have landed by now. 'The Silence is Don DeLillo distilled. Suddenly, screens go blank. Is this the end of civilization 8231c03973

Others may not feel the vibration at all, yet if there has been any inharmony in the bodily organs, these organs are unconscious to the conscious intoning re-harmonization. Just as a tuning fork near a piano will respond with a vibration when a key of the same pitch is struck on the piano nearby, so likewise do the bodies of men respond to proper stimulus and become in tune. Then as the consciousness is brought from one part of the body to another the tuning takes place. Our bodies sometimes are instantly re-harmonized while in the Silence. By right thinking man becomes harmonious. When overworked, these magnets no longer attract. \ In the Silence a man can by his thoughts change his life, his conditions, his environment, his all. Right thinking tunes these organs, puts them back into their normal condition. They have been instantly re-harmonized. Many people who have been healed of divers and many malignant diseases were at no time conscious of any vibration. Approach to the Silence Wrong thinking produces inharmony in our body, which in turn produces sickness. The Silence is the meeting place where man's spirit links with God's spirit; where spirit meets spirit and the marvel of His grace never ceases. The Silence is another way of praying, which is another way of concentration. Should you have a violent vibration, feel no fear, but thank God for your healing because the more violent the vibration perhaps the worse has been your condition and the more surely has the re-harmony begun. All matter is music. By right thinking man can re-harmonize himself, can achieve health, success and prosperity. In the Silence our minds become passive, open, free and loving, at which time the Infinite Master of harmony touches the mental chords of our being and we are well. A harmonious man-in tune with the Infinite-is on the King's highway to health, success, abundance, prosperity, happiness, love and peace. If the leader in the Silence should be intoning, there will be many in the audience who will feel tinkling sensations-vibrations-and often are instantly healed. Mind is the re-electrifier and re-harmonizer of the octaves into all harmony. Some people will feel this vibration for hours, even days, throughout which there is always healing. The Silence is the medium by which the life of God and the soul of man are brought into Atonement. The Silence is a medium by which man comes in a closer touch with the Infinite; a medium by which man becomes conscious of his nearness to the Infinite. All matter is composed of twelve octaves. Man's body is made up of twelve octaves the same as in music. Then the boys take

their magnets, have them rubbed against strong magnets or remagnetized with an electric current and their power is quickly restored—so with our bodies. Wrong thinking brings inharmony in some of the octaves of our body. If you do feel a vibration, know that you are susceptible and on the high road to a healing demonstration. Right thinking, therefore, is the most important thing in life. To enter the Silence one must first establish perfect relaxation in mind and body. "As a man thinketh in his heart so is he. Sometimes it may take several intonings in the Silence for a complete healing. The one intoning may or may not be feeling vibrations. Just as the piano can be tuned, so can the mind. Boys have their little steel magnets by which they pick up small pieces of steel, pins and so forth. Never be discouraged if you feel no sensation. Religion is the life of God in the soul of Man. It is another way of visualization. As a man thinketh in his heart so is he 8231c03973

By practicing the silence of the mind, through an all-encompassing attention, we discover and fulfill our innermost potential of becoming one with the divine spark that lies dormant within us. Ilie Cioara's message is original and unique, as he never travelled to India and never belonged to any traditional school. A practical book on meditation and enlightenment, a must read for any spiritual seeker. A more poetic Eckhart Tolle; Kahlil Gibran meets Krishnamurti 8231c03973

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Eckhart Tolle with a poetic twist; Kahlil Gibran meets Krishnamurti. A practical book about meditation and enlightenment by Ilie Cioara 8231c03973

Living out of silence, out of a fully functioning, lovingly attentive mind, is requisite for depth or profundity in living or relating. An examination of a wide variety of writers shows that these understandings are seldom there in contemporary writings, just as they were not there in writings that have come down to us from the past. A fully attentive, truly silent or meditative mind sees that there is real dualism of time and the timeless 8231c03973

Surprisingly, the approach is very pragmatic. Both practical and inspirational, the authors' exquisitely precise guidance is all presented with the caveat, "be kind to yourself, don't push yourself beyond your limits. Offering an investigation of the necessary steps, the authors begin with how to prepare for the journey: the lama is essential; as are a sense of humor, inspiration, and determination. They continue by describing the path of Dzogchen from sitting meditation to the direct perception of reality. A practical guide to the Tibetan Buddhist tradition of Dzogchen—or the direct experience of enlightenment—complete with meditation techniques by two Vajrayana teachers In Roaring Silence, Vajrayana teachers Ngakpa Chögyam and Khandro Déchen walk the reader through the meditation techniques that "enable us to side-step the bureaucracy of intellectual processes and experience ourselves directly"—to discover this direct experience of enlightenment that is the mind of Dzogchen. The chapters include exercises for sharpening the presence of our awareness, for simple visualizations, and for investigating how to "remain uninvolved" with mental activity for a period—with follow-up guidance on how to view our experiences. " 8231c03973

Dove's accessible, innovative methods allow readers to reap the benefits of meditation in any situation. Drawing on traditions and teachers, this work synthesizes the needs of contemporary life with attention to the full range of the human experience 8231c03973

SILENCE YOUR MIND offers a completely new approach to meditation that will help recharge your mental batteries and leave you feeling more positive, dynamic and wholly engaged with the world. Does a constant stream of unnecessary chatter run through your head. Do you wish you could stop that mental noise whenever you wanted to. Dr Ramesh Manocha is a pioneer of meditation and provides simple and effective 10-minute techniques for everyone's daily routine. In clear and easy-to-understand terms, Dr Manocha draws upon extensive new scientific research, fusing Western society's concepts of creative flow and mindfulness with the ancient authentic Eastern idea of inner stillness, to reveal the benefits that meditation brings to your mental and physical self. Can't sleep because your thoughts won't switch off. Ever walked into a room to get something, only to realise you've forgotten what you were looking for 8231c03973

A silent human mind is loaded, not empty. It's only feasible when people know how to silence their minds and remain peaceful. When people keep thinking about every miserable ordeal, getting upset, or being unhappy, they gain nothing. Silence of the mind does not mean that people are not thinking, they are not concealing their impulses, or that their mind is blank. Isn't it preferable to spend valuable time and energy on something more worthwhile and productive. The human capacity to focus on things improves, people can think more intently, the overall understanding gets lucid, and human understanding of the world elaborates when the entire thought process goes into the state of silence. A silent mind has no feelings of attraction, cravings, or commitments since it is not analyzing, commenting, or judging. Silencing the mind involves going through the process of thinking when one has to think and keeping the mind quiet when thinking is not needed 8231c03973

Kankyo's warm and engaging voice, spiritual insights, plus a sprinkling of French charm make this an accessible pleasure to read. Rooted in the ancient Zen philosophies that ground her work, French Buddhist nun, Kankyo Tannier, will show you how to channel the power of SILENCE to get back in control of your thoughts and access the refuge that lies in your mind. Using her practical on-the-go tools, you'll learn how to overcome stress and capture the moments of golden stillness that will transform all areas of your life, for an enhanced wellbeing and sense of fulfilment. Do you struggle to find peace and quiet. Are you overwhelmed by modern life. Unlock and practise the wisdom of SILENCE; stop surviving, pause, listen, and start thriving. The simple solution lies in this book. Do you yearn to disconnect, find an escape, slow down and just breathe. Switch off the noise and discover the calm and comfort you need to navigate this fast-paced world 8231c03973

Mental Silence 8231c03973

You become conscious of your own breath and are in the present. Silence brings us peace. China invented acupuncture, in which normal power is required by the human body and enters through fine pins for healing or curing sickness. Prana energy is "name" in Hindu. When increased in the human body, it brings peace and good quality of meditation and, ultimately, the state of Samadhi. It is also used for spiritual healing in many countries. Conscious breathing stops the process of thinking and remains aware and meditative. Practice Silence and Meditation talks about how space helps us get silence, the benefits of silence, the effect of silence in the progress of meditation, thoughts of various religions on meditation, how to become a thought observer or witness and the silence, meditation, peace of mind and state of Samadhi and the internal life force called prana energy in Hinduism and its uses. This energy is a vital

force for life. Indian yogis are also advised to practice silence to improve mediation quality and get inner peace. It's called "Chi" in Chinese and in Hebrew, it's called "Ruash". Mahatma Gandhi and Buddha follow silence. Concentrating on your breathing during meditation helps in bringing space to your lives 8231c03973

The Silence is the meeting place where man's spirit links with God's spirit; where spirit meets spirit and the marvel of His grace never ceases. Then as the consciousness is brought from one part of the body to another the tuning takes place. The Silence is another way of praying, which is another way of concentration. A harmonious man—in tune with the Infinite—is on the King's highway to health, success, abundance, prosperity, happiness, love and peace. The Silence is a medium by which man comes in a closer touch with the Infinite; a medium by which man becomes conscious of his nearness to the Infinite. Approach to the Silence Wrong thinking produces inharmony in our body, which in turn produces sickness. If you do feel a vibration, know that you are susceptible and on the high road to a healing demonstration. As a man thinketh in his heart so is he. Others may not feel the vibration at all, yet if there has been any inharmony in the bodily organs, these organs are unconscious to the conscious intoning re-harmonization. In the Silence our minds become passive, open, free and loving, at which time the Infinite Master of harmony touches the mental chords of our being and we are well. The one intoning may or may not be feeling vibrations. Man's body is made up of twelve octaves the same as in music. Wrong thinking brings inharmony in some of the octaves of our body. Mind is the re-electrifier and re-harmonizer of the octaves into all harmony. "As a man thinketh in his heart so is he. By right thinking man can re-harmonize himself, can achieve health, success and prosperity. Religion is the life of God in the soul of Man. They have been instantly re-harmonized. When overworked, these magnets no longer attract. Then the boys take their magnets, have them rubbed against strong magnets or remagnetized with an electric current and their power is quickly restored—so with our bodies. Boys have their little steel magnets by which they pick up small pieces of steel, pins and so forth. All matter is music." In the Silence a man can by his thoughts change his life, his conditions, his environment, his all. All matter is composed of twelve octaves. The Silence is the medium by which the life of God and the soul of man are brought into Atonement. If the leader in the Silence should be intoning, there will be many in the audience who will feel tinkling sensations—vibrations—and often are instantly healed. Right thinking, therefore, is the most important thing in life. Just as a tuning fork near a piano will respond with a vibration when a key of the same pitch is struck on the piano nearby, so likewise do the bodies of men respond to proper stimulus and become in tune. Sometimes it may take several intonings in the Silence for a complete healing. To enter the Silence one must first establish perfect relaxation in mind and body. Just as the piano can be tuned, so can the mind. Right thinking tunes these organs, puts them back into their normal condition. It is another way of visualization. By right thinking man becomes harmonious. Never be discouraged if you feel no sensation. Should you have a violent vibration, feel no fear, but thank God for your healing because the more violent the vibration perhaps the worse has been your condition and the more surely has the re-harmony begun. Some people will feel this vibration for hours, even days, throughout which there is always healing. Many people who have been healed of divers and many malignant diseases were at no time conscious of any vibration. Our bodies sometimes are instantly re-harmonized while in the Silence 8231c03973

Carlos recollects more of the teachings of Don Juan, including the true importance and meaning of sorcery and magic, and the illusory nature of all realities 8231c03973

Mastering the Silence takes you on an enlightening journey that reveals the importance of maintaining your thought life. Doug Jones presents a blueprint for identifying and capturing every thought intended to defeat you. In this book, Rev 8231c03973

Adams, an American student of the great master, Ramana Maharshi, discourses with wisdom and delightful humor as he clarifies for Westerners India's teaching of Ultimate Reality. One of the clearest presentations of India's Advaita Vedanta, the doctrine of Oneness 8231c03973

Through our daily living, we rush through this Universal Gift called life worrying about stuffs that are continuously destroying our soul, mind and eventually body, then the goal is \"The Grave. My Wish that you will GIFTS OF MEDITATIONS to your Soul. \" Words within My Poems are a true reflection of my Inner Soul as I see, feel and experienced and continue to experience this world I live 8231c03973

Through silence, Thich Nhat Hanh reveals, we are free to hear, to see - and just be. To hear that call and respond to it, we need silence. Now, at last, we can answer the call of the beauty around us. With gentle anecdotes, simple Buddhist wisdom and practical exercises, he shows us how to live mindfully so that all the internal chatter ceases and we are left with the eloquent sound of silence. In his beautiful new book, Buddhist monk and Nobel Peace Prize nominee Thich Nhat Hanh explains how mindfulness is the practice that stops the noise inside. But our hearts and minds are so full of noise that we can't always hear the call of life and love. We can spend a lot of time looking for happiness when the world right around us is full of wonder 8231c03973

Hell of a Journey describes what is arguably the last great journey to be undertaken in Britain: the entire Scottish Highlands on foot in one winter. His route traversed the most spectacular landscape in Scotland, linking every portion of wilderness, and was completed in the midst of the harshest winter conditions imaginable. He warns that 'wild land in Scotland has never been under greater threat'. The challenge Mike Cawthorne set himself was to climb all 135 of Scotland's 1,000-metre peaks, which stretch in an unbroken chain through the heart of the Highlands, from Sutherland to the Eastern Cairngorms, down to Loch Lomond, and west to Glencoe. On one level it is a vivid and evocative account of a remarkable trek - never attempted before - on another it celebrates the uniqueness of the Highlands, the scenery and ecology of 'the last wilderness in Europe'. Acclaimed on its first publication in 2000, this edition contains an epilogue in which Mike Cawthorne reflects on his trek and wonders what has changed since he carried it out. Hell of a Journey is a reminder of what we could so easily lose forever 8231c03973

\". In the first part of The Thunder of Silence, Goldsmith presents the vision of this spiritual way of life and invites the reader to come into the awareness of the abiding Presence within. He shows how practicing these ancient principles can help us to live in the world, but not of it. It will blow sky-high concepts of God that have been built up over the centuries. But, Goldsmith says, there is a price: this Grace operates only when we are willing to relinquish faith in anything and everything less than God - even faith in the \"God\" the world thinks it knows. The whole secret, says Goldsmith, lies in \"making the transition from a thinking human mind to a mind at rest in a state of awareness. Joel Goldsmith studied the spiritual literature of the world and he writes, \"Insofar as I have observed from my study of the spiritual literature of the world, the truth stated in this book has never been fully revealed before, yet it is the absolute basis for true spiritual living. Effortlessly relating the Infinite Way principles to this extraordinary teaching of Jesus, Goldsmith works extensively with its challenging passages and reveals their deep meanings. \" In the third part of the book, Goldsmith gives the reader an illumined interpretation of the Sermon on the Mount, which reveals the innermost secrets to attaining the realization of the Presence within. Those who feel a thrill of recognition in their first reading should make this book their constant companion day and night until their materialistic state of consciousness begins to yield. If we are fed by meditation in the blessed Silence that thunders with Truth, he says, we can live by the grace of God

as the Light of the world. \ The Thunder of Silence is based on the principle that there is an inner Grace available to all that does not operate through or by physical might or mental powers. Speaking about The Thunder of Silence, Goldsmith says, \It is a radical book. \ The Thunder of Silence will surely be a great help to spiritual seekers who want to reach that state of consciousness in which they can truthfully say, \I live, yet not I, but Christ liveth in me. \ But he cautions: \Readers of this book cannot expect that the mere reading of it will enable them to live by its revealed principles. Most people are not aware of this Grace, but when It is consciously realized, it will bring into expression everything that is necessary to our unfoldment. In the second part of the book, he treads confidently into the often puzzling subject of mind, answering the many questions that always surround that topic 8231c03973

The fear of making a mistake hinders us from being as creative as we could be. ” And from drawing, we can extrapolate into the rest of our lives. Deborah Putnoi’s interactive sketchbook helps us reconnect to that open, nonjudgmental state, which she calls the “drawing mind. ” “What is expected of me. ” “This is wrong. ” Her bold, lively drawings and encouraging instructions lead you on a process of self-discovery, first reclaiming the freedom to express yourself through drawing and then learning how to take that freedom into the activities of your daily life. When we drew as children, we never worried about making mistakes—we took risks and trusted ourselves, and had fun in the process. But as we become adults, anxiety steps in: “Am I doing this right 8231c03973

Bush. The books are available in print, as well as ebooks. DigiCat hopes you will treat this work with the acknowledgment and passion it deserves as a classic of world literature. DigiCat Publishing presents to you this special edition of \The Silence: What It Is and How To Use It\ by David V. DigiCat Publishing considers every written word to be a legacy of humankind. Every DigiCat book has been carefully reproduced for republishing in a new modern format 8231c03973

When overworked, these magnets no longer attract. By right thinking man can re-harmonize himself, can achieve health, success and prosperity. Just as the piano can be tuned, so can the mind. In the Silence our minds become passive, open, free and loving, at which time the Infinite Master of harmony touches the mental chords of our being and we are well. Wrong thinking produces inharmony in our body, which in turn produces sickness. Boys have their little steel magnets by which they pick up small pieces of steel, pins and so forth. Man's body is made up of twelve octaves the same as in music. As a man thinketh in his heart so is he. Just as a tuning fork near a piano will respond with a vibration when a key of the same pitch is struck on the piano nearby, so likewise do the bodies of men respond to proper stimulus and become in tune. All matter is music. Wrong thinking brings inharmony in some of the octaves of our body. Right thinking tunes these organs, puts them back into their normal condition. Then the boys take their magnets, have them rubbed against strong magnets or remagnetized with an electric current and their power is quickly restored--so with our bodies. Mind is the re-electrifier and re-harmonizer of the octaves into all harmony. All matter is composed of twelve octaves. Our bodies sometimes are instantly re-harmonized while in the Silence. Right thinking, therefore, is the most important thing in life 8231c03973

\. Dr. Not all of us can be discoverers of the universe, but we can go a long way just by exploring our own selves. For more than 25 years, Dr. In his new book, he talks about his techniques and how to use them to achieve \Mental Silence\. Let yourself go and you may land way beyond your usual certainties. It also treads the path of full realization of one's potential. Dr Martin, a psychiatrist and ayurvedic physician, has been teaching meditation to his patients since 1990. \Today's society suffers from stress, anxiety, depression, burnout, negativity and much more, leading to unhappiness, diseases, consumption of medicaments and drugs,\ Dr Martin says. It is specially written for

people living busy, fast-paced lives who want to meditate efficiently and achieve fast results. \ He shares his techniques for achieving mental silence in his eponymous book. \ "Regular practice of Mental Silence Meditation can prevent and cure many ailments. Dr Martin is proposing a conscious and serene method to shape up our mental, spiritual and physical capacities. The method is simple, fast and effective. This has helped about 95 percent of his patients experience mental silence, a feeling he describes as \ "a totally peacefully state of consciousness in which thinking process stops and a deep physical and mental relaxation is experienced. Bertrand Piccard, Psychiatrist and explorer recommends the method: \ "If you have picked up this book, it probably means that the search for pioneering solutions to further improve your quality of life is a matter that excites your curiosity. \ " Although stress is a normal part of life, too much of it can have debilitating consequences. Our mind is the richest, most valuable and most efficient resource that is permanently available to each of us. Bertrand Martin has been teaching meditation for combating stress and achieving overall better quality of life. The steps shared are practical, measurable, clearly explained, and easy to practice 8231c03973

This time around, though, the stakes have never been higher. One of the Boston Globe's Best Books of 2015. Vicious online attacks seem to be driving outspoken women to silence themselves through suicide. Carol Jordan, meanwhile, is too busy tackling her own demons to think about a potential serial killer. From the international bestselling author of *The Mermaids Singing* and *The Wire in the Blood* comes the ninth installment of her beloved series featuring psychologist Tony Hill and former DCI Carol Jordan. But when she gets an opportunity for a second chance, it's game on. Yet for profiler Tony Hill, who knows a thing or two about patterns in human behavior, something doesn't add up. The bestselling "Queen of Crime reigns again" when a profiler and an ex-cop investigate the suspicious deaths of women targeted by Internet trolls (Independent, UK) 8231c03973

Frantic and guilt ridden, Laura contacts the only person who may be able to help. A tale of dark secrets and redemption, where the past and present collide. to talk at all. A tale that's shrouded in silence. and that unbelievably links them all. Visiting Sarah Tolley seemed a small enough sacrifice to make. A man she's met only once — six years before. Laura Brandon's promise to her dying father was simple: to visit an elderly woman she'd never heard of before. A man who doesn't know he's Emma's real father. A woman who remembers nothing — except the distant past. And after their five-year-old daughter, Emma, witnesses her father's suicide, Emma refuses to talk about it. But Laura's promise results in another death: her husband's. Guided only by a child's silence and an old woman's fading memories, the two unravel a tale of love and despair, of bravery and unspeakable evil 8231c03973

THE MIND TREE is the work of an artist. The result of their efforts is this remarkable book-written when he was 8 to 11 years old-comprising profound and startling philosophical prose and poetry. Although he is severely autistic and nearly nonverbal, his ability to communicate through his extraordinary writing is astonishing. With each page, Tito bursts through his silence into a world of art, beauty and hope. Tito is such a person. His beautifully crafted language reveals how it feels to be locked inside an autistic body and mind. She also challenged him to write his own stories. At the age of three, Tito was diagnosed with severe autism, but his mother, with boundless hope and determination, read to him and taught him to write in English. Once in a great while, a special person emerges in the history of science and medicine whose unique set of characteristics sheds light on an entire disorder and sometimes even on the mysteries of the human brain 8231c03973

an exquisite literary thriller' PHILIPPA EAST 'Emotionally wrenching' WALL STREET JOURNAL 'Impossible to put down' TREVOR WOOD. I tore through it in a few days'

ESTHER FREUD 'Deeply engrossing. Longlisted for the New Blood Dagger Award 2021
'A darkly gripping and addictive read 8231c03973

From a Coptic desert community in Egypt to a retreat in the Japanese mountains, we follow Sands as she identifies the common characteristics of monastic life and the wisdoms to be learned from them; and as she discovers, behind the cloistered walls, a clarity of mind and an unexpected capacity for solitude which enable her, after years of insomnia, to experience that elusive, dreamless sleep. This book is a quest for that hidden knowledge - a pilgrimage to ten monasteries round the world. Inspired by the ruins of an ancient Cistercian abbey at the bottom of her Norfolk garden, she begins to research the lives of the monks who once resided there, and realises how much we may have to learn from monasticism. I loved every page of it. \

- Nicholas Hytner

Suffering from information overload, unable to sleep, Sarah Sands, former editor of the BBC's Today programme, has tried many different strategies to de-stress. only to reject them because, as she says, all too often they threaten to become an exercise in self-absorption. This wonderful book charts a journey to some of the most beautiful and tranquil places on earth, and introduces us to people whose inner peace is a balm for our troubled times. \

"Inspirational"

- The Daily Mail

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"Sarah Sands has written about stillness with an eloquence that fizzles with vitality and wit. Renouncing the world, monks and nuns have acquired a hidden knowledge of how to live: they labour, they learn and they acquire 'the interior silence' 8231c03973

His message is original and unique, as Ilie Cioara has never travelled to India and never belonged to any traditional school. . The Wondrous Journey is Ilie Cioara's follow up to The Silence of the Mind. A less rational and more poetic Eckhart Tolle; Kahlil Gibran meets Krishnamurti. By practising the silence of the mind, through an all-encompassing attention, we discover and fulfill our innermost potential of becoming one with the divine spark that lies dormant within us. It is a practical book on meditation and enlightenment, a must read for any spiritual seeker 8231c03973

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