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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.

Learning to Silence

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of the world in which

we live. The difficulty,

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however, is that instead of using the mind as a helpful servant we have largely allowed it to become the master of our lives.

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Blissful, peaceful silence. Learning how to quiet the mind takes

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How To Quiet The Mind That Won't Shut Up

Finding the switch that can silence the mind - not by force or performing some exotic ritual, but

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step to trusting
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and Say More. In that
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words, that sweet and
sacred space, it's
where we find
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scientists have been studying the effects that silence has on the human mind and body, its power to calm our bodies, turn up the volume on our inner thoughts, and attune our connection to the world. Their findings start where we would expect them to, with noise.

Silence Has Some Incredible Effects on the ... - Learning

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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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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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function at the peak of its unique intelligence—is the potential.

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A sharper, more relaxed and creative mind—one that can function at the peak of its unique intelligence—is the potential.

**Learning to Silence
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Learning to Silence the Mind | One of the twentieth century's greatest spiritual teachers will show you

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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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Mind Quotes Showing
1-8 of 8 “God is not an
ascetic, otherwise
there would be no
flowers, there would be
no green trees, only
deserts. God is not an
ascetic, otherwise
there would be no song
in life, no dance in
life—only cemeteries

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and cemeteries. God is not an ascetic; God enjoys life.”

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