



## Timeless Wisdom

By Eknath Easwaran

Nilgiri Press. Paperback. Book Condition: new. BRAND NEW, Timeless Wisdom, Eknath Easwaran, These are passages that inform and transform: enjoy their poetry, study their wisdom, or use them for Easwaran's "Passage Meditation". "Timeless Wisdom", the companion volume to Easwaran's "Passage Meditation", is a rich collection of spiritual texts from all the world's great traditions, selected by Easwaran for study and for his method of meditation. Here are flashes of insight from the Hindu Upanishads; prayers of comfort from the Christian saints; psalms from the Old Testament; songs of praise from the Sufis; and, deep wisdom from the Buddhist and Taoist traditions. Some of these passages, such as the Prayer of St. Francis, the Buddha's "Twin Verses", and the Twenty-third Psalm, are familiar and well loved, others may be fresh discoveries - all are beautiful. Short texts, easy to read and memorize, are interspersed with longer ones, which the reader can study in depth. "Passage Meditation", together with its companion volume, "Timeless Wisdom", are the first two books in Nilgiri Press' "Essential Easwaran Library", a series of ten books that defines Easwaran's legacy and represents the heart of Easwaran's teachings for the serious reader, based on the theme of timeless wisdom for daily...



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