



Words to Live By: Short Readings of Daily Wisdom

Ekhnath Easwaran

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In the midst of our busy world we need islands of calm, where we can seek refuge and find wise guidance. Easwaran's short spiritual readings, one for each day of the year, can be read in the morning to start the day in the right direction, or in the evening to prepare for a peaceful night.

This encouraging collection includes inspirational quotations from sages of all ages and all traditions. Emily Dickinson and Catherine of Genoa, John Milton and Jalaluddin Rumi, Augustine and Einstein, the Hindu Upanishads and the Hasidic proverbs, Buddhist sutras and Biblical verses can all be found in this varied collection of thoughts for each day.

Each quote is accompanied by Easwaran's short commentary. Some days we are offered a gentle reminder to slow down, to discover the richness of being mindful and patient. Other days give inspiration to change habits, or advice about mending a relationship. At times we read the words of a sympathetic friend who can help us through a dark day.

For those wishing to explore a particular theme further, each page includes references to related entries for other days of the year. Some readings refer to Easwaran's method of passage meditation, and a brief summary of his program is included at the end of the book.

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Richard Ortega:

Spent a free time for you to be fun activity to try and do! A lot of people spent their spare time with their family, or their own friends. Usually they accomplishing activity like watching television, likely to beach, or picnic from the park. They actually doing same every week. Do you feel it? Will you something different to fill your own personal free time/ holiday? Might be reading a book is usually option to fill your free time/ holiday. The first thing you will ask may be what kinds of e-book that you should read. If you want to try look for book, may be the book untitled Words to Live By: Short Readings of Daily Wisdom can be good book to read. May be it could be best activity to you.

Scot Vines:

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Corey Watts:

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