



Ocean in a Bowl: Everything Is Here

By Awadh Kumar

Createspace, United States, 2015. Paperback. Book Condition: New. Large Print. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.A book, like ocean in a bowl - provide you everything with very simple words. It is meditation. Your every work can be the meditation. You no need to sit like a monk. Whatever you are doing just concentrate you mind and soul on a real work without imagination, without past or future. Now is the only time which you got. Your cooking, dancing, singing, reading, gaming or even washing can be the meditation but need to know they should perform with the free mind without any fear, without any greed. Even you should not care for the result. Since result is not in your hand but work is in your hand. Suppose I eat my food. On the time of eating, our mind should be fully concentrated on the food itself. Each step by step one should feel the taste of food. When food is in the mouth chew it with your full attention. Feel its taste. No need to worry about the future that-you have to go to office tomorrow. You have to work a...



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Reviews

Complete guide! Its such a great study. I am quite late in start reading this one, but better then never. It is extremely difficult to leave it before concluding, once you begin to read the book.

-- **Dr. Hermann Marvin PhD**

Without doubt, this is actually the greatest operate by any writer. It is really basic but surprises within the 50 percent of the ebook. I discovered this ebook from my i and dad recommended this ebook to understand.

-- **Mrs. Chelsea Hintz**