

Taming Our Monkey Mind: Insight, Detachment, Identity - Phyllis Krystal

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In Taming Our Monkey Mind, Phyllis Krystal explains how we often allow ourselves to get trapped by our desires. She equates this behavior to the monkey jar or gourd. The fistful of candy is too big to go through the small opening and he can't run from the hunters because his fist is stuck in the jar. Impulsive, curious, impatient, and driven by its senses, the monkey serves to illustrate how the undisciplined mind's attachments can become a prison. By taming our monkey mind-overcoming our greed and desire-we find the way to free ourselves from the material world so we can enter the world of the Divine. Phyllis Krystal shares Sai Baba's insights along with her own growth techniques in this exciting and very practical book. Author: Krystal, Phyllis Publisher: Weiser Books Illustration: N Language: ENG Title: Taming Our Monkey Mind: Insight, Detachment, Identity Pages: 00224 (Encrypted EPUB) On Sale: 1994-02-01 SKU-13/ISBN: 9780877287933 Lib Category: Spiritual life - Hinduism Lib Category: Sathya Sai Baba Category: Body, Mind & Spirit : Spiritualism - General

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