



Win The Battle of Conflicts Within: Ways of surviving the Tsunami of mind

Dr. Ram Sharma

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Our mind creates our world continuously, day and night, till we breathe last. Our intellect creates our Karma. Our wild desires and ego produce conflicts by absurd and self-contradictory demands. Hence we remain unhappy and agitated even though we may possess enormous prosperity and power! Such a 'Battle of conflicts within' goes on all through life and we are tossed in the tsunami â€œtornado of our longings in the mindâ€œ. How to be victorious in this battle? How to attain tranquil happiness, stable fulfilment and the purpose of our coming on to this planet, the earth? This book provides answers to such and similar hard questions. Herein the wisdom of the Ancient, an analysis of the Self, connected with the source of power and total alteration of our attitude towards our short and uncertain existence have been blended together to achieve practical as well as spiritual enlightenment.

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