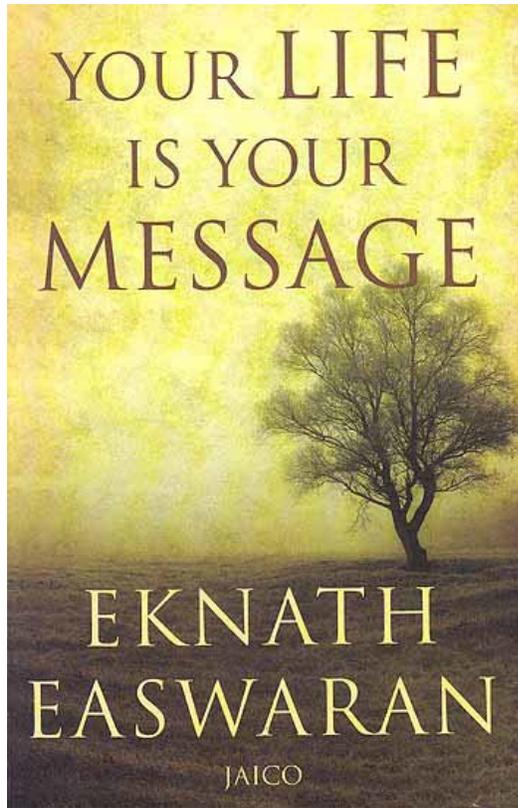


Change Magazine, Feb. 2006
Review by Sue Mayfield Geiger

Your Life is Your Message **Finding Harmony with Yourself, Others & the Earth**

By Eknath Easwaran



Once, while Mahatma Gandhi's train was pulling slowly out of the station, a European reporter ran up to his compartment window. "Do you have a message I can take back to my people?" he asked. It was Gandhi's day of silence, a vital respite from his demanding speaking schedule, so he did not reply. Instead, he scrawled a few words on a scrap of paper and passed it to the reporter. It read: "My life is my message."

Everything you do influences those around you – and everything you think and feel influences what you do.

This practical and inspiring book shows how you can live in harmony with your highest ideals. You can find harmony with yourself by gaining mastery of your internal environment, a world within of thought, desires, and feelings as real as the world outside.

You can build harmony in your relationships with family, neighbors, and colleagues by learning to love more fully than you had thought possible. You can establish harmony with the physical environment by living your life to ensure, in every way, a bright future for all our children. You can learn to make your life a message of hope, love, and purpose.

This book offers a vision of personal growth that brings together the quest for inner fulfillment, the desire to contribute to the world, and the need to enrich personal relationships. By showing us how interconnected these three are, Eknath Easwaran persuades us that making small daily changes in the way we think and live can change the world around us. He says, "There is no instrument of change more powerful than the well-lived life."

The key to healing our environment, our relationships, and ourselves, writes Easwaran, is a change of heart. With that change of heart comes a richer understanding and appreciation for the earth, for the people we live with, and for our own deepest self.

Throughout the book Easwaran refers to his simple Eight-Point Program of spiritual growth, a program he taught for over forty years. The program is aimed at helping ordinary people conquer physical and emotional problems, release creativity, and pursue life's highest goal: Self-realization.

* * *

Ekknath Easwaran is respected around the world as one of the great spiritual teachers. Although he did not travel or seek large audiences, his 27 books on meditation and the classics of world mysticism have been translated into 26 languages in Europe, China, Japan, India, and Latin America, with over one million copies currently in print. Easwaran's method of meditation consists of going slowly into the mind through the words of inspirational passages that express one's highest ideals, chosen from scriptures and mystics of all religions. For forty years he devoted his life to teaching the practical essentials of the spiritual life as found in every religion. He taught their universal message that although the body is mortal, within every creature there is a spark of divinity that can never die.