

Instructing Our Mind to Attain Peace through Authenticity



- * Affection and passion: genuine love of ourselves and others
- * Respect and integrity: escaping the pitfalls of arrogance and deceit
- * Metaphor and poetry: using literary ornaments and visual art to unlock our potential

A presentation of a classic guidebook to mental balance and peace, as interpreted by contemporary international philosophers and visual artists. The seminar is based on Manah-siksa [Instructions to the Mind] by Raghunatha Dasa Gosvami (1495-1586).



- ॐ What we talk about: How speech is the key to spiritual wealth or poverty—the prostitute, the tigress, the goddess' husband, and the jewel
- ॐ What we do: matching our actions and words—the thieves on the shining path of love, ropes woven out of actions, the cheating crane, and the protectors
- ॐ What we want: when speech and action in spiritual life have hidden motives—the burning donkey urine, the ocean of love, the artistic singer, and the mountain holder
- ॐ What we crave: the deepest hidden desire that blocks full internal absorption in divine loving service—the dead dog, the dance of a wild woman, the army general, and the lady of pure love
- ॐ Deep authenticity: the humble soul—purity, glowing nectar to drink, and the service of the supreme artistic singer