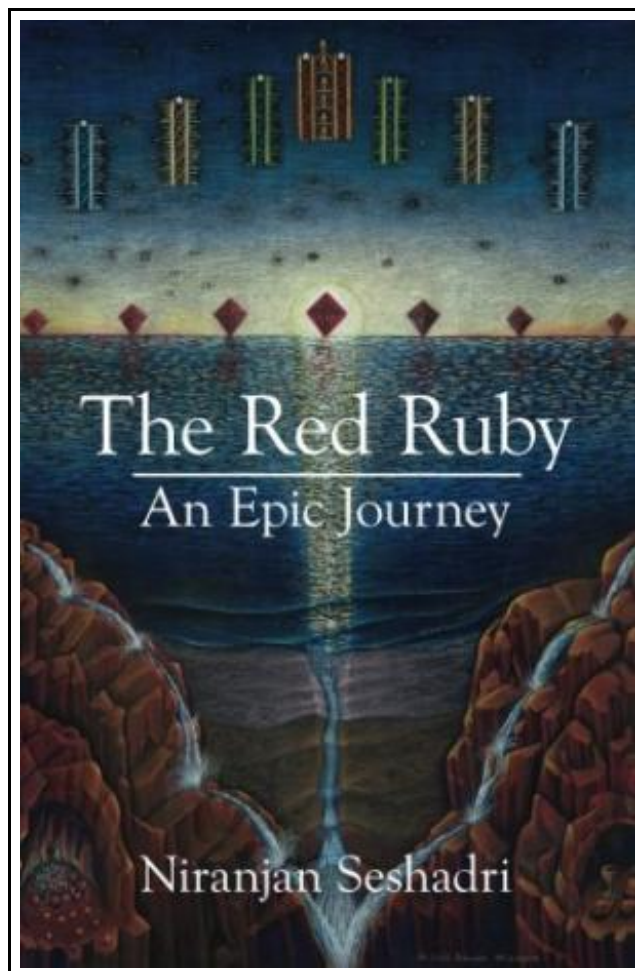


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CreateSpace Independent Publishing Platform, 2014. Book Condition: New. Brand New, Unread Copy in Perfect Condition. A+ Customer Service! Summary: In his debut book, Dr. Niranjan Seshadri's free verse poetry paints a metaphorical Odyssey through the mind. The mind is conditioned from birth by our likes and dislikes. Every experience is weighed on a scale of pleasant or unpleasant. The balance of the two ultimately determines our level of happiness. The road to greater joy travels through each individual's mind. Memorable events cloaked in sounds and visuals have the power to shape our thinking. Memories are created and enjoyed if there is a real life narrative to go along with it. Perhaps the greatest storyteller of all is our own minds. Effortlessly weaving past memories and future plots into the present context, the mind has the ability to make the imaginary appear very real. We are the protagonists in our own life story. The recital of thoughts going through our consciousness may never answer all the hard questions such as the deeper meaning of our existence, but it keeps life interesting. In the end, what really matters is a consciousness brimming with happiness. A careful inquest into why we don't have the happiness we desire will lead to discovering the answers within our own minds. The mind is not easily tamed. The mind has a beginning at birth and an inevitable end. We are caught in whirling rapids midstream, created by our entanglement with the senses. Fighting the pull of the senses saps our energy and leaves us with a feeling of incompleteness. We reach a fork in the road at this point, one leading to a search for greater happiness in the external world; the other in the opposite direction, within ourselves. The finitude of the world contrasts with the...

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