



## Shri Manache Shloka: English Translation of Smarath Swami Ramdas Shri Manache Shlok from Marathi

By Mrs Geeta Sureshkumar Bhatt

Createspace, United States, 2014. Paperback. Book Condition: New. Large Print. 203 x 127 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.The most popular book Manache Shlok or Manobodh includes 205 shloka with 4 lines each. Since the 17th century, Manache Schlok are being recited by common people in Maharashtra. Many have learnt them by heart, since the style of schlokas is unique, easy, beautiful and simple, though artistic and meaningful. Manache Shlok teaches your mind to change yourself gradually. The great saint Samartha Ramdas teaches us to have dialogue with our own mind. Your own mind is your friend, your enemy and your own mind can be also your Guru. Find out the reasons of your anger, jealousy, greed, sorrow, depression, fear, because these are the negative emotions, which you have to face constantly in your life. Convince your mind with Ramdas s words as he says, O you, my coward mind, why are you afraid of worldly sorrows? Get rid of fear and hold courage.

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