Spiritual Solutions Self Power Self Power Overcoming Addictions What Are You Hungry For? The Seven Spiritual Laws of Superheroes The Seven Spiritual Laws of Success The Seven Spiritual Laws of Success The Future of God Life After Death Abundance War of the Worldviews Fire in the Heart The Book of Secrets The Ultimate Happiness Prescription AARP The Seven Spiritual Laws of Yoga Total Meditation How to Know God The 13th Disciple Freedom from Addiction Creating Affluence The Seven Spiritual Laws of Success The Nature of Consciousness Radical Beauty Why Is God Laughing? Hiding Your Erection from God Power, Freedom, and Grace The Spontaneous Fulfillment of Desire The Shadow Effect LP The Seven Spiritual Laws of Success The Chopra Center Herbal Handbook The Path to Love The Seven Spiritual Laws Of Success For Parents You Are the Universe Metahuman The Way of the Wizard On My Way to a Happy Life There's a Spiritual Solution to Every Problem Peace Is the Way The Deeper Wound

This fake book is a hilarious prank to play on unsuspecting strangers, friends and family. The cover is sure to raise eyebrows on the bus or subway as you pretend to read the book, and cause people to laugh hysterically. The interior of the book is filled with dummy text, but the cover is what you want to buy it for. Makes a great gag gift too! This is a book you will cherish for a lifetime, for within its pages are the secrets to making all your dreams come true. Based on natural laws that govern all of creation, this book shatters the myth that success is the result of hard work, exacting plans, or driving ambition. Instead, Deepak Chopra offers a life-altering perspective on the attainment of success: When we understand our true nature and learn to live in harmony with natural law, a sense of well-being, good health, fulfilling relationships, and material abundance spring forth easily and effortlessly. Filled with timeless wisdom and practical steps you can apply right away, this pocketbook edition of Chopra’s classic bestselling book makes it easy for you to read and refer to again and again. Carry it with you in your purse or your pocket, and in less than one hour, learn the seven powerful principles that can easily be applied to create success in all areas of your life. Now available in a new format and a fresh package: a children’s book about how the world works from a spiritual perspective, by two New York Times best-selling authors. Newly repackaged with a fresh cover, this children’s book by New York Times best-selling authors Deepak Chopra and Kristina Tracy offers a simple guide to a happy, successful future. When kids understand how the world works from a spiritual point of view, it makes it easier for them to navigate life with joy and love. Vibrant illustrations by Rosemary Woods and simple rhymes help readers of all ages engage with the seven lessons on happiness, love, karma, dharma, acceptance, and more. As elegant as his bestselling How to Know God and as practical as his phenomenal The Seven Spiritual Laws of Success, this groundbreaking new book from Deepak Chopra contains a dramatic premise: Not only are everyday coincidences meaningful, they actually provide us with glimpses of the field of infinite possibilities that lies at the heart of all things. By gaining access to this wellspring of creation, we can literally rewrite our destinies in any way we wish. From this realm of pure potential we are connected to everything that exists and everything that is yet to come. “Coincidences” can then be recognized as containing precious clues about particular facets of our lives that require our attention. As you become more aware of coincidences and their meanings, you begin to connect more and more with the underlying field of infinite possibilities. This is when the magic begins. This is when you achieve the spontaneous fulfillment of desire. At a time when world events may leave us feeling especially insignificant and vulnerable, Deepak Chopra restores our awareness of the awesome powers within us. And through specific principles and exercises he provides the tools with which to create the magnificent, miraculous life that is our birthright. “DeepakChopra has developed his own unique form of complementary, mind-body medicine.”—U.S. News & World Report Theworld needs heroes, and, as spiritual authority Deepak Chopra demonstrates in this gripping and deeply perceptive meditation on our potential to excel, everyone of us possesses the power to help save the planet—and the strength to claimour
all of us. As Dyer writes, "Thinking is the source of problems. Your heart holds the answer to solving them. From the man who has inspired millions of people to transform their lives and create their heart’s desire comes his latest book on seeking and embracing the power source within. Deepak Chopra has made clear his conviction that it is within the potential of every human being to live an enriching, self-aware, magnificent life. But to reach that state of empowerment is a difficult task, calling for courage, will power and - often - guidance. In Self-Power, Chopra offers that guidance and encouragement, while inspiring his readers to take their lives into their own hands. "Practical wisdom is not necessarily easy; it is challenging and nothing short of extraordinary. It challenges relationship issues, health problems or spiritual questions. Chopra offers a life-altering perspective on the attainment of success. Filled with timeless wisdom and practical steps, the text blends physics and philosophy, the practical and the spiritual, venerable Eastern wisdom and cutting-edge Western science with dynamic results. ‘Deepak Chopra’s thoughts on spirituality and child rearing are original, profound and fascinating’ BENJAMIN SPOCK, MD Deepak Chopra’s Seven Spiritual Laws of Success have touched a chord around the globe because of their simplicity and trust. This parenting book takes those laws one by one and explores the many ways parents can bring them into the lives of their children. Explaining that success depends on who you are rather than what you do, this world-renowned physician and author shows how spirituality lies at the source of all achievement in life. Suggesting ways that parents can help their children absorb this timeless wisdom from an early age, Deepak Chopra offers a daily programme of ‘practical wisdom’ that parents can use to encourage their children how to live in the most effortful, harmonious and creative way - and thus know true abundance throughout their lives. NEW YORK TIMES BESTSELLER • Deepak Chopra joins forces with leading physicist Menas Kafatos to explore some of the most important and baffling questions about our place in the world. ‘A riveting and absolutely fascinating adventure that will blow your mind wide open!’ — Dr. Rudolph E. Tanzi What happens when modern science reaches a crucial turning point that challenges everything we know about reality? In this brilliant, timely, and practical work, Chopra and Kafatos tell us that we’ve reached just such a point. In the coming era, the universe will be completely redefined as a ‘human universe’ radically unlike the cold, empty void where human life is barely a speck in the cosmos. You Are the Universe literally means what it says—each of us is a co-creator of reality extending to the vastest reaches of time and space. This seemingly impossible proposition follows from the current state of science, where outside the public eye, some key mysteries cannot be solved, even though they are the very issues that define reality itself: • What Came Before the Big Bang? • Why Does the Universe Fit Together So Perfectly? • Where Did Time Come From? • What Is the Universe Made Of? • Is the Quantum World Linked to Everyday Life? • Do We Live in a Conscious Universe? • How Did Life First Begin? ‘The shift into a new paradigm is happening,’ the authors write. ‘The answers offered in this book are not our invention or eccentric flights of fancy. All of us live in a participatory universe. Once you decide that you want to participate fully with mind, body, and soul, the paradigm shift becomes personal. The reality you inhabit will be yours either to embrace or to change.’ What these two great minds offer is a bold, new understanding of what we are and how we can transform the world for the better while reaching our greatest potential. The author of the acclaimed New York Times bestsellers The Seven Spiritual Laws of Success and Ageless Body, Timeless Mind now presents a guide to using spiritual alchemy for awakening the magic in everyday life. A fifteen-year-old boy is walking through a swirling fog on his way to school when a voice calls out, “Come here. We need to talk.” Out of the mist emerges an old man with a white beard. He is a fantastic figure, as wizardly as Merlin, as wise as Socrates, as peaceful as Buddha. Whoever he is, the old man has appeared on that very day to change the boy’s life. “You are old enough to learn about things,” he says mysteriously. “And who is going to teach you but me?” The old man gives the boy four days of “soul training,” a time of riddles, tricks, parables, and incredible twists that brings out surprising answers to each of four burning questions about spirituality: Do I have a soul? How do wishes come true? What is the supreme force in the universe? How can I change the world? ‘The old man with the white beard showed me the spiritual side of life,” writes Deepak Chopra, “where real passion and excitement come from. So before you begin, take a deep breath. This story could turn out to be yours.” AARP Digital Editions offer you practical tips, proven solutions, and expert guidance. The remarkable benefits of yoga, which include improved flexibility, balance, muscle tone, endurance, and vitality, only hint at the extraordinary power of this deeply spiritual practice. When adhered to and practiced mindfully, yoga can unlock readers’ full creative potential, their capacity for love and compassion, and ability to find success in all areas of their lives. The Seven Spiritual Laws of Yoga brings spirituality back to yoga. It shows how the Seven Spiritual Laws play a crucial role in yoga’s path to enlightenment while providing readers with a wealth of meditation techniques, mantras, breathing exercises, and yoga poses. Whether a newcomer to yoga or an experienced practitioner, The Seven Spiritual Laws of Yoga is a portal to yoga’s deeper meaning, a way for the mind to lay a bridge between the non-ordinary experience of the physical world and that of the inner world of the soul. In this refreshing new take on spirituality, bestselling author Deepak Chopra uses a fictional tale of a comedian and his unlikely mentor to show us a path back to hope, joy, and even enlightenment—with a lot of laughter along the way. Meet Mickey Fellows. A successful L.A. comedian, he’s just a regular guy, with his fair share of fears, ego-centricities, and addictions. After his father’s death, Mickey meets a mysterious stranger named Francisco, who changes his life forever. The two begin an ongoing discussion about the true nature of being. Reluctantly at first, Mickey accepts the stranger’s help and starts to explore his own life in an effort to answer the riddles Francisco poses. Mickey starts to look at those aspects of himself that he has hidden behind a wall of wisecracks all his life. Eventually Mickey realizes that authentic humor opens him up to the power of spirit—allowing him to finally make real connections with people. After taking the reader on a journey with Mickey, Chopra then spells out the lessons that Mickey’s story imparts to us: • The importance of personal responsibility • The truth that the power of spirit is always a reason to be grateful, that every possibility holds the promise of abundance, and that obstacles are simply opportunities in disguise. In the end, we really don’t need a reason to be happy. The power of happiness lies within each of us, just waiting to be unleashed. And Mickey Fellows’s journey shows us the way. Is it possible to venture beyond daily living and experience heightened states of awareness? Deepak Chopra says that higher consciousness is available here and now. “Metahuman helps us harvest peak experiences so we can see our truth and mold the universe’s chaos into a form that brings light to the world.” — Dr. Mehmet Oz, attending physician, New York-Presbyterian, Columbia University New York Times bestselling author Deepak Chopra unlocks the secrets to moving beyond our present limitations to access a field of infinite possibilities. How does one do this? By becoming metahuman. To be metahuman, however, isn’t science fiction and is certainly not about being a superhero. To be metahuman means to move past the limitation constructed by the mind and enter a new state of awareness where we have deliberate and concrete access to peak experiences that can transform people’s lives from the inside out. Humans do this naturally—to a point. For centuries the great artists, scientists, writers, and many so-called ordinary people have gone beyond the everyday physical world. But if we could channel these often bewildering experiences, what would happen? Chopra argues we would wake up to experiences that would blow open your body, mind, and soul. Metahuman invites the reader to walk the path here and now. Waking up, we learn, isn’t just about mindfulness or meditation. Waking up, to become metahuman, is to expand our consciousness in all that we think, see, and do. By going beyond, we liberate ourselves from old conditioning and all the mental constructs that underlie anxiety, tension, and ego-driven demands. Waking up allows life to function as never before. To make this as practical as possible, Chopra ends the book with a 31-day guide to becoming metahuman. Once you wake up, he writes, life becomes transformed, because pure consciousness—which is the field of all possibilities—dawns in your life. Only then does your infinite potential become your personal reality. Deepak Chopra’s passionate new book, Peace Is the Way, was inspired by a saying from Mahatma Gandhi: “There is no way to peace. Peace is the way.” In a world
where every path to peace has proved futile, the one strategy that hasn't been tried is the way of peace itself. “We must not bring one war to an end, or thirty,” Chopra tells us, “but the idea of war itself.” How can this be done? By facing the truth that war is satisfying, and then substituting new satisfactions so that violence is no longer appealing. “War has become a habit. We reach for it the way a chain smoker reaches for a cigarette, promising to quit but somehow never kicking the habit.” But Chopra tells us that peace has its own power, and our task now is to direct that power and multiply it one person at a time. Behind the numbing headlines of violence running out of control there are unmistakable signs of a change—Chopra believes that a majority of people are ready to see an end to war. “Right now 23 million soldiers serve in armies around the world. Can’t we find ten times that number who will dedicate themselves to peace? A hundred times?” Peace Is The Way challenges each of us to take the next leap in personal evolution. “You aren’t asked to be a saint, or to give up any belief. You are only asked to stop reacting out of fear, to change your allegiance from violence to peace.” In a practical seven-step program, Chopra shows the reader how to become a true peacemaker. “Violence may be innate in human nature, but so is its opposite: love. The next stage of human evolution is a way of being which we have not yet achieved. This is more than a hope or an aspiration. It is a new way of being in the world, giving each individual the power to end war in our time. In Power, Freedom, and Grace, Deepak Chopra considers the mystery of our existence and its significance in our eternal pursuit of happiness. Who am I? Where did I come from? Where do I go when I die? Chopra draws upon the ancient philosophy of Vedanta and the findings of modern science to help us understand and experience our true nature, which is a field of pure consciousness. When we understand our true nature, we begin to live from the source of lasting happiness, which is not mere happiness for this or that reason, but true inner joy. By knowing who we are, we no longer interfere with the innate intelligence of the cosmos. Instead, we allow the universe to flow through us with effortless ease, and our lives are infused with power, freedom, and grace. "This book captures the essence of all of my talks over the last 20 years. It is the distillation of almost everything I have taught up to this point."— Deepak Chopra

Now available in B format, Overcoming Addictions shows how to escape dependency on the many mood-altering, and potentially harmful, substances now available. Many of us are addicted to all sorts of things: food, alcohol, coffee, cigarettes and drugs. According to Dr Chopra, many conventional forms of treatment for addiction are negative and fear-based, and therefore less likely to succeed long-term than a more positive, life-enhancing approach. In this programme, based on ancient principles of Ayurvedic mind-body medicine, he enables the reader to become more attuned to the needs and benefits of the spirit, allowing the mind and body to shed destructive dependencies and move on to more satisfying alternatives. Deepak Chopra and Kimberly Snyder propose a “program to help transform you from the inside out. Through six pillars of healthy living that focus on internal and external nourishment, sleep, living naturally, avoiding excessive stress, and better understanding the relationship between emotions and inflammatory foods, the authors offer... tips, tools, innovative routines, and foods that will allow you to achieve your highest potential of beauty and health”– The basis for the PBS Special, What Are You Hungry For? is the breakthrough book that can bring weight control under control by linking it to personal fulfillment in every area of a reader’s life. After promoting this message worldwide for thirty years, bestselling author Deepak Chopra focuses on the huge problem of weight control in America with exciting new concepts. What are you hungry for? Food? Love? Self-esteem? Peace?, based on the latest findings in both mainstream and alternative medicine, Deepak Chopra creates a vision of weight loss based on a deeper awareness of why people overeat - because they are trying to find satisfaction and wind up using food as a substitute for real fulfillment. Repudiating the failed approaches of crash dieting and all forms of deprivation, Chopra’s new book aims directly at the problem of finding fulfillment. When that problem is solved, he argues, normal eating falls into place automatically, and the entire system of mind and body achieves what it really desires. “Everyone’s life story is complicated, and the best intentions go astray because people find it hard to change,” writes Chopra. "Bad habits, like bad memories, stick around stubbornly when we wish they’d go away. But you have a great motivation working for you, which is your desire for happiness. I define happiness as the state of fulfillment, and everyone wants to be fulfilled. If you keep your eye on this, your most basic motivation, then the choices you make come down to a single question: "What am I hungry for?" Your true desire will lead you in the right direction. False desires lead in the wrong direction.” Wherever you are in life, this book will help point you in that right direction. You don’t have to believe in God in order to experience God. — Deepak Chopra The celebrated author of Ageless Body, Timeless Mind and The Seven Spiritual Laws of Success has written his most ambitious and important work yet, a runaway international bestseller that has inspired hundreds of thousands of readers to rethink their concept of God. According to Chopra, the brain is hardwired to know God. The human nervous system has seven biological responses that correspond to seven levels of divine experience. They are shaped not by any one religion (they are shared by all faiths), but by the brain’s need to take an infinite, chaotic universe and find meaning in it. How to Know God describes the quest each of us is on, whether we realize it or not. For, as Chopra puts it, “God is our highest instinct to know ourselves.” This book makes a dramatic and enduring contribution to that knowledge. NEW YORK TIMES BESTSELLER • A remarkable fusion of Eastern wisdom and Western practicality that offers strategies for clearing away the obstacles to love your life, for restoring the boundless soul of love, and for finding romance that will last a lifetime. Drawing on the Vedic texts of India and other great wisdom traditions, Dr. Deepak Chopra describes the seven stages of the return to love, each of which is necessary for the achievement of love. The first stage is the self examination of love, the second is the transformation of love, the third is the formation of love, the fourth is the achievement of love, the fifth is the power of love, the sixth is the ultimate bliss of love, and the seventh is the triumph of love. This fusion of Eastern wisdom and contemporary real-life examples, then guides us step by step on the path to love. And once we discover the love inside ourselves, we start to see it everywhere—in lovers, husbands, wives, mothers, fathers, brothers, sisters, friends, family, and our own lives become self-sustaining acts of passion, romantic and fulling and mutual... Self Love. Self Love: One Step at a Time. This is the ultimate love story, the story of the quest for love that addresses the feelings it caused in all of us: fear, the meaning of death and how to find your "higher self" under catastrophic circumstances. The sort of questions he asks are: is there a deep wound at the heart of humanity? Will revenge salve this wound or aggravate it? He also comments "if you and I are having a single thought of violence or hatred against anyone in the world at this moment, we are contributing to the wounding of the world." Although this book has grown out of a tragedy that has affected us all, its spiritual message is also of general application in situations where one might be feeling extremely vulnerable, frighteningly angry, deeply sad and trying to make sense of a terrible situation. In this remarkable book lies the secret to fulfillment on all levels of our lives... With clear and simple wisdom, Deepak Chopra explores the full meaning of wealth consciousness and presents a step-by-step plan for creating affluence. According to Chopra, afluencc is our natural state, and the entire physical universe with all its abundance is the offspring of an unbounded, limitless field of all possibilities. Through a series of A-to-Z steps and everyday actions, we can learn to tap into this field and create anything we desire. From becoming Aware of all possibilities to experiencing Zest and joy in life, these uncommon insights gently foster the wealth consciousness needed to create wealth effortlessly and joyfully. BASED ON NATURAL laws which govern all of creation, this book shatters the myth that success is the result of hard work, exacting plans, or driving ambition. In The Seven Spiritual Laws of Success, Deepak Chopra offers a life-altering perspective on the attainment of success: Once we understand our true nature and learn to live in harmony with natural law, a sense of well-being, good health, fulfilling relationships, energy and enthusiasm for life, and material abundance will spring forth easily and effortlessly. Filled with timeless wisdom and practical steps you can apply right away, this is a book you will want to read and refer to again and again. Two bestselling authors first met in a televised Caltech debate on "the future of God," one an articulate advocate for spirituality, the other a prominent physicist. This remarkable book is the product of that serendipitous encounter and the...contentious—but respectful—clash of worldviews that grew along with their friendship. In War of the Worldviews these two great thinkers battle over the cosmos, evolution and life, the human brain, and God, probing the fundamental questions that define the human experience. How did the universe emerge? What is the nature of time? What is life? Did Darwin go wrong? What makes us human? What is the connection...
between mind and brain? Is God an illusion? This extraordinary book will fascinate millions of readers of science and spirituality alike, as well as anyone who has ever asked themselves, What does it mean that I am alive? Happiness is something everyone desires. Yet how to find happiness—or even if we deserve to—remains a mystery. Still more mysterious is the secret to a lasting happiness that cannot be taken away.

In The Ultimate Happiness Prescription, bestselling author Deepak Chopra shows us seven keys to uncover the true secrets of joy in the most difficult times. The goal of life is the expansion of happiness, he contends. But in today’s demanding world, that goal seems elusive, if not impossible out of reach. Society reinforces the belief that fulfillment comes from achieving success, wealth, and good relationships. Yet Chopra tells us that the opposite is true: all success in life is the by-product of happiness, not the cause. So what is the cause? The Ultimate Happiness Prescription shares spiritual principles for a life based on a sense of your “true self” lying beyond the ebb and flow of daily living. Simple daily exercises lead to eliminating the root causes of unhappiness and letting a deeper level of bliss unfold. After all avenues to happiness have been explored and exhausted, only one path is left: the journey to enlightenment. In The Ultimate Happiness Prescription, Chopra teaches us how to best resist the temptation of meditation as a one-stop fix. We are taken on an inspiring journey to the true self, the only place untouched by trouble and misfortune. On the way we learn the secrets for living mindfully and with effortless spontaneity. Now happiness is no longer hostage to external events but an experience we carry with us always. As Chopra inspirationally concludes, “Everything we fear in the world and want to change can be transformed through happiness, the simplest desire we have, and also the most profound.”

The New York Times bestselling author of Buddha and Jesus weaves together historical narrative, mystery, exciting adventure, and intrigue in this masterfully told novel that reveals surprising discoveries about the unknown last disciple of Christ, and a new understanding of who Jesus was in his final days. When a solid gold reliquary missing from a church in Belgium suddenly resurfaces in America, a young newspaperman begins to investigate the story. At first, it seems like just another case of a treasure stolen during World War II that has resurfaced. But it becomes clear that much more is at stake. Happiness is the key. chopra on the role of meditation in the West. Total Meditation offers a complete exploration and reinterpretation of the physical, mental, emotional, relational, and spiritual benefits that this practice can bring. Deepak guides readers on how to wake up to new levels of awareness that will ultimately cultivate a clear vision, heal suffering in your mind and body, and help recover who you really are. Readers will undergo a transformative process, which will result in an awakening of the body, mind, and spirit that will allow you to live in a state of open, free, creative, and blissful awareness twenty-four hours a day. With this book, Deepak elevates the practice of meditation to a life-changing quest for higher consciousness and a more fulfilling existence. He also incorporates new research on meditation and its benefits, provides practical awareness exercises, and concludes with a 52-week program of meditations to help revolutionize every aspect of your life. Deepak Chopra, Debbie Ford, and Marianne —New York Times bestselling authors and internationally acclaimed teachers—have joined together to share their knowledge on one of the most crucial obstacles to happiness we face—the shadow. These three luminaries, each with a signature approach, bring to light the parts of ourselves we deny but that still direct our life. For it is only when we embrace our shadow that we discover the gifts of our authentic nature. The shadow exists within all of us. It is a part of us and yet we spend most of our life running from it. But far from being scary, our dark side holds the promise of a better, more fulfilling life. Our shadow makes itself known every day. It is the reason we get furious over a friend showing up ten minutes late, yell at our parents or kids when they have done nothing wrong, and sabotage our own success at the worst possible time. Until we are able to embrace our dualistic nature, we will continue to hurt ourselves and those closest to us and fall short of our potential. Combining the wisdom of three experts, The Shadow Effect is a practical and profound guide to discovering the gifts of our shadow. These three authors powerfully pierce the veil of our unclaimed self, releasing us from the past and propelling us on a journey to wholeness. No longer living a half life, we are capable of achieving our dreams and reclaiming the happiness that is our birthright. Millions of people have embarked on a Twelve-Step Program, whether it’s Alcoholics Anonymous, Nicotine Anonymous, or Alateen. However, there are millions of others who are unable or unwilling to accept these programs because of religious overtones or a rigid approach to recovery. Deepak Chopra and David Simon contend that Twelve-Step methods don’t work for everyone because they emphasize personal powerlessness; it’s this admission of powerlessness that keeps many people from enrolling and functions as an emotional barrier from step one. The method based on the program at the renowned Chopra Center in Carlsbad, California. Combining the best of eastern and western medicine, they teach readers how to cleanse their bodies and minds through nutrition, supplements, and meditations, and they walk readers through their 7-Step Framework: 1. Commit to transformation 2. Commit to ending repeat mistakes 3. Face the harsh reality of the past 4. See the infinite possibilities available in the present moment 5. Envision where you want to be 6. Ask yourself what choices need to be made to actualize vision 7. Create an action plan “I’ve gained deeper understanding listening to Rupert Spira than I have from any other exponent of modern spirituality. Reality is sending us a message we desperately need to hear, and at this moment no messenger surpasses Spira and the transformative words in his essays.” —Deepak Chopra, author of You Are the Universe, Spiritual Solutions, and Super Brain Our world culture is founded on the assumption that the Big Bang gave rise to matter, from which in time evolved into the world, into which the body was born, inside which a brain appeared, out of which consciousness at some state developed. As a result of this “matter model,” most of us believe that consciousness is a property of the body. We feel that it is “I,” this body, that knows or is aware of the world. We believe and feel that with which we are aware of our experience is located in and shares the limits and destiny of the body. This is the fundamental presumption of mind and matter that underpins almost all our thoughts and feelings and is expressed in our activities and relationships. The Nature of Consciousness suggests that the matter model has outlived its function and is now destroying the very values it once sought to promote. For many people, the debate as to the ultimate reality of the universe is an academic one, far removed from the concerns and demands of everyday life. After all, life happens independently of our models of it. However, The Nature of Consciousness will clearly show that the materialist paradigm is a philosophy of despair and, as such, the root cause of unhappiness in individuals. It is a philosophy of conflict and, as such, the root cause of hostilities between families, communities, and nations. Far from being abstract and philosophical, its implications touch each one of us directly and intimately. An exploration of the nature of consciousness has the power to reveal the peace and happiness that truly lie at the heart of experience. Our experience never ceases to change, but the knowing element in all experience—consciousness, or what we call “I”—itself never changes. The knowing with which all experience is known is always the same knowing. Being the common, unchanging element in all experience, consciousness does not share the qualities of any particular experience: it is not qualified, conditioned, or limited by experience. The knowing with which a feeling of loneliness or sorrow is known is the same knowing with which the thought of a friend, the sight of a sunset, or the taste of ice cream is known. Just as a screen is never disturbed by the action in a movie, so consciousness is never disturbed by experience; thus it is inherently peaceful. The peace that is inherent in us—indeed that is us—is not dependent on the situations or conditions we find ourselves in. In a series of essays that draw you, through your own direct experience, into an exploration of the nature of this knowing element that each of us calls “I,” The Nature of Consciousness posits that consciousness is the fundamental reality of the apparent duality of mind and matter. It shows that the overlooking or ignoring of this reality is the root cause of the existential unhappiness that pervades and motivates most people’s lives, as well as the wider conflicts that

exist within all of us. It is a part of us and yet we spend most of our life running from it. But far from being scary, our dark side holds the promise of a better, more fulfilling life. Our shadow makes itself known every day. It is the reason we get furious over a friend showing up ten minutes late, yell at our parents or kids when they have done nothing wrong, and sabotage our own success at the worst possible time. Until we are able to embrace our dualistic nature, we will continue to hurt ourselves and those closest to us and fall short of our potential. Combining the wisdom of three experts, The Shadow Effect is a practical and profound guide to discovering the gifts of our shadow. These three authors powerfully pierce the veil of our unclaimed self, releasing us from the past and propelling us on a journey to wholeness. No longer living a half life, we are capable of achieving our dreams and reclaiming the happiness that is our birthright. Millions of people have embarked on a Twelve-Step Program, whether it’s Alcoholics Anonymous, Nicotine Anonymous, or Alateen. However, there are millions of others who are unable or unwilling to accept these programs because of religious overtones or a rigid approach to recovery. Deepak Chopra and David Simon contend that Twelve-Step methods don’t work for everyone because they emphasize personal powerlessness; it’s this admission of powerlessness that keeps many people from enrolling and functions as an emotional barrier from step one. The method based on the program at the renowned Chopra Center in Carlsbad, California. Combining the best of eastern and western medicine, they teach readers how to cleanse their bodies and minds through nutrition, supplements, and meditations, and they walk readers through their 7-Step Framework: 1. Commit to transformation 2. Commit to ending repeat mistakes 3. Face the harsh reality of the past 4. See the infinite possibilities available in the present moment 5. Envision where you want to be 6. Ask yourself what choices need to be made to actualize vision 7. Create an action plan “I’ve gained deeper understanding listening to Rupert Spira than I have from any other exponent of modern spirituality. Reality is sending us a message we desperatl
exist between communities and nations. Conversely, the book suggests that the recognition of the
fundamental reality of consciousness is the first step in the quest for lasting happiness and the foundation
for world peace. What happens to the spirit after the body dies? In Life After Death, Deepak Chopra draws
on cutting-edge scientific discoveries and the great wisdom traditions to provide a map of the afterlife. He
tells us there is abundant evidence that “the world beyond” is not separated from this world by an
impassable wall; in fact, a single reality embraces all worlds, all times and places. “A must-read for
everyone who will die.” —Candace B. Pert, Ph.D., author of Molecules of Emotion “A penetrating and
insightful investigation into the greatest mystery of existence. This is an important book because only by
facing death will we come to a deeper realization of who we are.” —Eckhart Tolle, author of A New Earth
and The Power of Now “If I had any doubts about the afterlife, I don’t have them anymore. Deepak Chopra
has cast his inimitable light on the darkened corners of death. I think this is his greatest contribution yet.”
—Marianne Williamson, author of The Age of Miracles and The Gift of Change From the New York Times
Bestselling Author. Can God be revived in a skeptical age? What would it take to give people a spiritual life
more powerful than anything in the past? Deepak Chopra tackles these issues with eloquence and insight in
this book. He proposes that God lies at the source of human awareness. Therefore, any person can find the
God within that transforms everyday life. God is in trouble. The rise of the militant atheist movement
spearheaded by Richard Dawkins signifies, to many, that the deity is an outmoded myth in the modern
world. Deepak Chopra passionately disagrees, seeing the present moment as the perfect time for making
spirituality what it really should be: reliable knowledge about higher reality. Outlining a path to God that
turns unbelief into the first step of awakening, Deepak shows us that a crisis of faith is like the fire we must
pass through on the way to power, truth, and love. “Faith must be saved for everyone’s sake,” he writes.
“From faith springs a passion for the eternal, which is even stronger than love. Many of us have lost that
passion or have never known it.” In any age, faith is a cry from the heart. God is the higher consciousness
that responds to the cry. “By itself, faith can’t deliver God, but it does something more timely: It makes God
possible.” For three decades, Deepak Chopra has inspired millions with his profound writing and teaching.
With The Future of God, he invites us on a journey of the spirit, providing a practical path to understanding
God and our own place in the universe. Now, is a moment of reinvigoration, he argues. Now is moment of
renewal. Now is the future. An enlightening guide to success, fulfillment, wholeness, and plenty, offering
practical advice on how to cultivate a sense of abundance in times of fear and insecurity, from New York
Times bestselling author Deepak Chopra “To attain wealth of the lasting kind, the kind that gives your life
meaning, value, and sustenance, base your daily existence on the generosity of spirit.”—Deepak Chopra
Many of us live and operate from a mind-set of lack, scarcity, and limitation. We focus on what we don’t
have—financial security, confidence, an intimate relationship—which keeps us feeling insecure and
inadequate. We think “if only I could have those things, I could be happy.” But measuring wealth by money
or material possessions leaves us feeling drained and spiritually empty. Constantly striving for more often
means our ego is driving our thoughts, actions, and reactions, which prevents us from reaching something
greater: a true sense of inner peace, acceptance, and fulfillment. Yet, there is an inner path to prosperity
and wealth that, once charted and explored, provides access to the great riches of the universe and life’s
unbounded possibilities. In Abundance, international bestselling author Deepak Chopra illuminates this
road to success and wholeness, helping readers tap into a deeper sense of awareness to become agents of
change in their own lives. Mixing ancient teachings and spiritual practices with the wisdom he’s garnered
over four decades as the leading figure in mind-body medicine, Deepak demonstrates how to transcend self-
generated feelings of limitation and fear in order to experience true abundance in all aspects of life. To do
so, he offers a seven-step plan along with meditations and mindfulness techniques to help you focus and
direct your attention, energy, and intuition so you can experience stability, affluence, insight, creativity,
love, and true power. People around the world are increasingly working with their own bodies to restore
balance. They’re using medicinals found in nature to avoid the side effects of antibiotics and turning to
traditions that have passed the test of time. The oldest medical system of all is Ayurveda, which dates back
5,000 years to its origins in India. In The Chopra Center Herbal Handbook, Deepak Chopra, M.D., and
David Simon, M.D., draw on the forty most important herbs of Ayurveda, from aloe and amrit to ginger and
winter cherry, to create a practical, popular reference book that shows how to strengthen immunity,
rejuvenate the body, boost energy, and detoxify the system. Each listing in The Chopra Center Herbal
Handbook contains botanical information, scientific research, instructions on using the herb, a line
drawing, precautions, and most important, the specific ailments each herb is best suited to remedy,
including those involving digestion, mind and emotions, women’s and men’s health matters, metabolism,
pain, arthritis and inflammation, circulation, and many more.

idahotrout.org