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Fire in the Heart

Following the terrorist attack in New York on September 11, Deepak Chopra 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.

The Deeper Wound

Everybody is aware, all seven billion of us. We are aware of thoughts, feelings, sensations, and perceptions. All people share the experience of being aware, but relatively few people are aware that they are aware. Most people's lives consist of a flow of thoughts, images, ideas, feelings, sensations, sights, sounds, and so on. Very few people ask, 'What is it that knows this flow of thoughts, feelings, and perceptions? With what am I aware of my experience?' The knowing of our being—or rather, awareness's knowing of its own being in us—is our primary, fundamental and most intimate experience. It is in this experience that the peace, happiness and love for which all people long reside. The happiness we have sought so long outside of ourselves, in situations, objects and relationships, turns out to be always present and available in the simple knowing of our own being as it truly is. The knowing of our own being shines in each of us as the experience 'I am' or 'I am aware', or simply the knowledge 'I'. This obvious, familiar and intimate experience

has no objective qualities and is, therefore, overlooked or ignored by the majority of people. This overlooking of our own being is the ultimate cause of unhappiness. What is the nature of the experience of being aware or awareness itself? The exploration of this question is the subject matter of this book and the essence of the Direct Path to peace and happiness. * * * The Essence of Meditation Series presents meditations on the essential, non-dual understanding that lies at the heart of all the great religious and spiritual traditions, compiled from contemplations led by Rupert Spira at his meetings and retreats. This simple, contemplative approach, which encourages a clear seeing of one's experience rather than any kind of effort or discipline, leads the reader to an experiential understanding of their own essential being and the peace and fulfillment that are inherent within it. Being Aware of Being Aware is the first and introductory volume in The Essence of Meditation Series.

Everyday Immortality

Activate Your Goodness is a practical guide for doing good for yourself and others, offering you inspiration for immediate improvement of your own life and the lives of those around you. Author Shari Arison, visionary businesswoman and philanthropist, is candid about her own personal stories and also provides examples from others who have made a difference by thinking, speaking, and doing good. Shari boldly shares her own experiences of living an extraordinary life

– as one of the world’s most powerful women and the owner of a business empire that spans the globe – and how she has integrated the power of doing good in all aspects of her life and career. The unexpected and delightful insight that emerges from the book shows that when you find a way to do good for others, you also do good for yourself. This is a book to share with your loved ones and those who are partners in your desire to create a better world for future generations. You may even discover your own connections to make your life joyful beyond measure!

Activate Your Goodness

The definitive book of meditation that will help you achieve new dimensions of stress-free living For the past thirty years, Deepak Chopra has been at the forefront of the meditation revolution 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

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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.

Buddha

Join Deepak Chopra on a wondrous journey. . . " The Path to Love." Philosophical, inspiring, and ultimately very practical, The Path to Love is a book that can change lives as it invites the spirit to work its wonders on the most complex and richly rewarding terrain of all: the human heart. "From the Trade Paperback edition."

Total Meditation

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.

Self Power

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 ever truly healing. In *Freedom from Addiction*, Chopra and Simon offer a new way—a proven 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

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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

The Vortex

FIND YOUR SACRED PATH Widely recognized as one of the foremost teachers of Native American wisdom, Jamie Sams reveals the seven sacred paths of human spiritual development and explains how exploring each path leads to shifts in our personal relat

WorldShift 2012

Leadership is the most crucial choice one can make—it is the decision to step out of darkness into the light. Bestselling author and spiritual guide Deepak Chopra invites you to become the kind of leader most needed today: a leader with vision who can make that vision real. Chopra has been teaching leadership to CEOs and other top executives for eight years, and the path outlined in *The Soul of Leadership* applies to any business, but the same principles are relevant in every community and area of life, from family and home to school, place of worship, and

neighborhood. "At the deepest level," Chopra writes, "a leader is the symbolic soul of a group." With clear, practical steps, you are led through the crucial skills outlined in the acronym L-E-A-D-E-R-S: L = Look and Listen E = Emotional Bonding A = Awareness D = Doing E = Empowerment R = Responsibility S = Synchronicity After identifying your own soul profile and the core values you want to develop, you can use these seven skills to allow your potential for greatness to emerge. Only from the level of the soul, Chopra contends, are great leaders created. Once that connection is made, you have unlimited access to the most vital qualities a leader can possess: creativity, intelligence, organizing power, and love. The Soul of Leadership aims to fill the most critical void in contemporary life, the void of enlightened leaders. "You can be such a leader," Chopra promises. "The path is open to you. The only requirement is that you learn to listen to your inner guide." In this unique handbook you are shown how to do just that, in words as practical as they are uplifting. The future is unfolding at this very minute, and the choice to lead it lies with each of us, here and now. From the Hardcover edition.

The Soul of Leadership

Everyday Immortality contains a series of insights, known in Eastern wisdom traditions as sutras or koans. Like a string of pearls, each insight follows the next, page by page. Only when the lesson of one page is fully absorbed does the reader go on to the next. Through this process, the reader's thought patterns are literally

transformed, causing a permanent shift in perception. These exercises are a modern version of Gyana Yoga, India`s ancient Yoga of Knowledge, long considered the most direct path to attaining enlightenment and immortality.

Hungry Souls

“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 inthis 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 best possible lives. For readers who draw inspiration from comic books andmovies like Ironman, The Uncanny X-Men, and Superman, forthe Peter Parkers who wonder how to unlock their inner Spider-man, Choprailluminates the path to becoming a spiritual superhero, teaching us how towield the great power of the human heart to work real changes in ourselves andin the world around us.

Seven Thousand Ways to Listen

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.

Since Strangling Isn't an Option

"Evolving Dharma is a next-generation book about meditation, Buddhism, and the contemplative path. It explores how the dharma (the path, the way, the teachings of the Buddha) has evolved in astonishing ways and how dharma practice evolves in one's own life. Instead of approaching the dharma as spirituality, therapy, or self-help, scholar and practicing Buddhist Jay Michaelson presents it as a set of technologies for upgrading the brain, for physically enhancing its capacity for wisdom and compassion. In the last twenty years, Buddhism has exploded well beyond its former boundaries. Meditation is being taught to prisoners, cancer patients, and children. It is being practiced online--by geeks, hipsters, and punks; by atheists, Christians, and Jews; by people who are not "spiritual." It's not even "Buddhism" anymore, having evolved out of its original religious context and into

dozens of new ones. Evolving Dharma is the first book to take stock of these trends, and to speak in real-life terms about how they affect the practice of meditation and the path to upgrading the mind. Michaelson is fearless, unorthodox, and irreverent, yet his book is also based on his decade of meditation practice and teaching as well as his ten years of work as an LGBT activist. Including forays into neuroscience and cultural criticism and Michaelson's personal stories of his five months spent in silent retreat, life-changing realizations, pain, joy, and insight, this is not an ironic, wading-into-spirituality memoir but a thoughtful, important work that takes its subject seriously, both as discipline and as individual narrative. Chapter titles include "The Dharma Evolves By Disappearing," "The Evolution of Enlightenment," and "When Every Mystical State You've Ever Wanted Isn't Enough."--

Sacred Women Behind Bars

Deepak Chopra brings the Buddha back to life in this gripping New York Times bestselling novel about the young prince who abandoned his inheritance to discover his true calling. This iconic journey changed the world forever, and the truths revealed continue to influence every corner of the globe today. A young man in line for the throne is trapped in his father's kingdom and yearns for the outside world. Betrayed by those closest to him, Siddhartha abandons his palace and princely title. Face-to-face with his demons, he becomes a wandering monk and

embarks on a spiritual fast that carries him to the brink of death. Ultimately recognizing his inability to conquer his body and mind by sheer will, Siddhartha transcends his physical pain and achieves enlightenment. Although we recognize Buddha today as an icon of peace and serenity, his life story was a tumultuous and spellbinding affair filled with love and sex, murder and loss, struggle and surrender. From the rocky terrain of the material world to the summit of the spiritual one, Buddha captivates and inspires—ultimately leading us closer to understanding the true nature of life and ourselves.

Oneness with All Life

In *Seven Thousand Ways to Listen*, Nepo offers ancient and contemporary practices to help us stay close to what is sacred. In this beautifully written spiritual memoir, Nepo explores the transformational journey with his characteristic insight and grace. He unfolds the many gifts and challenges of deep listening as we are asked to reflect on the life we are given. A moving exploration of self and our relationship to others and the world around us, *Seven Thousand Ways to Listen* unpacks the many ways we are called to redefine ourselves and to name what is meaningful, as we move through the changes that come from experience and ageing and the challenge of surviving loss. Filled with questions to reflect on and discuss with others, and meditations on how to return to what matters throughout the day, this enlightening book teaches us how to act wholeheartedly so we can

inhabit the gifts we are born with and find the language of our own wisdom. Seven Thousand Ways to Listen weaves a tapestry of deep reflection, memoir and meditation to create a remarkable guide on how to listen to life and live more fully.

What Are You Hungry For?

Examines the traits that define most people who achieve success, heart, smarts, guts, and luck, and helps readers to determine which traits they possess.

The Return of Merlin

Presents author-selected inspirational passages from "A New Earth" enhanced by commissioned artwork.

The Power of Now

In The Seven Spiritual Laws of Success, Deepak Chopra distills the essence of his teachings into seven simple, yet powerful principles that can easily be applied to create success in all areas of your life. 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, 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 cherish for a lifetime, for within its pages are the secrets to making all your dreams come true. "A must-read for anyone who missed *The Prophet*, by Kahlil Gibran." — The New York Times

The Path to Love

Ervin Laszlo calls us to a profound shift in consciousness founded in the understanding that we are truly connected with each other and with the cosmos. *Worldshift 2012* describes the tools we have to make our world greener and our planet safer.

The 7 Secrets of Synchronicity

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, affluence 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.

The Seven Spiritual Laws Of Success For Parents

"When we are alert to the coincidences in our lives, we experience them more frequently - and they take on greater significance. And once we recognize synchronicities as meaningful, they open us to new information, new possibilities. We suddenly find that we're in the right place at the right time, meet the right people at the right moment, and our lives are changed for the better." --From the Introduction There are signs everywhere, pointing the way to a better life, if you know how to read them. Signs are the stuff that synchronicity is made of - harness the power of synchronicity, and you can transform your life. In this groundbreaking book, bestselling authors Trish and Rob MacGregor reveal the seven secrets that allow you to recognize synchronicity when it happens - and make the most of it. You'll learn to interpret the meaning of the signs you encounter every day, and use such tools as the tarot, I-Ching, and astrology to understand your past, inform your present, and guide your future. Synchronicity - your key to making magic in your own life! In *The 7 Secrets of Synchronicity*, you'll see why there really is no such

thing as coincidence - and how your life can be the better for it. Synchronicity is the universal language of transformation - and its secrets reveal how you can live a life rich in fulfillment and meaning and wonder. With this enlightening guide, you'll learn to read the signs all around you and transform your world - one amazing synchronicity at a time!

Evolving Dharma

Arthur McCallum, a young English policeman, discovers the truth about his own destiny when he and Melchior, apprentice to the wizard Merlin, battle the evil forces of Mordred, in a modern version of the Arthurian legend

Metahuman

The basis for the PBS Special, *What Are You Hungry For?* is the breakthrough book that can bring weight under effortless 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? In this manual for "higher health," 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. From the Hardcover edition.

The Seven Spiritual Laws of Success

BUT SHE HAD WINGS is a collection of verses by Dean Jackson including "Butterfly", "She Dances", "Gift from Child" and many more reader favorites.

The Third Jesus

In Deepak Chopra's groundbreaking and imaginative new work, a unique blend of storytelling and teaching, the New York Times bestselling author explores the evolution of God. By capturing the lives of ten historical prophets, saints, mystics, and martyrs who are touched by a divine power, Chopra brings to life the defining moments of our most influential sages, ultimately revealing universal lessons about the true nature of God.

But She Had Wings

Go on a fascinating scientific and spiritual journey in this eye-opening book that explores the body's incredible ability to heal itself—perfect for fans of Deepak Chopra and Anita Moorjani. When we receive diagnoses from medical professionals, we are often so overwhelmed that we give up authority over our own health and well-being. But the truth is, we have more control over our health and life than we have been led to believe, and that belief is at the core of our body's capacity to heal itself. Based on the groundbreaking documentary of the same name, *Heal* follows two people on their healing journeys, while combining science-backed research and real-world testimonials from experts like Marianne Williamson, Bruce Lipton, Deepak Chopra, Bernie Siegel, Anita Moorgani, Kelly

Brogan, and many others, to offer hope and alternative treatments for the many people suffering from a variety of chronic illnesses. By identifying the emotional roots of illnesses, we can tap into the body's healing powers and discover that although healing can be complex and deeply personal, it can also happen spontaneously in a moment. Heal shows us that science and spirituality are united and demonstrates that our thoughts, beliefs, and emotions have a huge impact on our overall health and the ability to recover from illness and injury.

Heal

We are sacred. Everything on earth is sacred. This truth has been forgotten. Hunger and sorrow are visiting the earth because of this forgotten knowledge-it will only cease when we remember. The only lesson worthy of remembering is how to love and care for the earth. It is written on the hearts of the women of this planet. The earth mother is waiting for her daughters to bring balance, once more, to the physical world, and your feminine energy is needed. Women are the key that unlocks the door to the evolutionary leap that will dance and awaken the golden dream on earth.

Heart, Smarts, Guts, and Luck

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."

Creating Affluence

After a week of hearing ghostly noises, a man is visited in his home by the spirit of his mother, dead for three decades. She reproaches him for his dissolute life and begs him to have Masses said in her name. Then she lays her hand on his sleeve, leaving an indelible burn mark, and departs A Lutheran minister, no believer in Purgatory, is the puzzled recipient of repeated visitations from "demons" who come to him seeking prayer, consolation, and refuge in his little German church.

But pity for the poor spirits overcomes the man's skepticism, and he marvels at what kind of departed souls could belong to Christ and yet suffer still. Hungry Souls recounts these stories and many others trustworthy, Church-verified accounts of earthly visitations from the dead in Purgatory. Accompanying these accounts are images from the "Museum of Purgatory" in Rome, which contains relics of encounters with the Holy Souls, including numerous evidences of hand prints burned into clothing and books; burn marks that cannot be explained by natural means or duplicated by artificial ones. Riveting!

The Seven Spiritual Laws of Superheroes

Traces the lives of the Chopra brothers from India to America, where they both excelled in healing, one as a world-renowned spiritual teacher, the other as a professor at Harvard Medical School. 100,000 first printing.

Freedom from Addiction

In Power, Freedom, and Grace, Deepak Chopra considers the mystery of our existence and its significance in our eternal quest for 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 now.” — Deepak Chopra

Being Aware of Being Aware

A literary and meditative guide to bringing purpose and meaning to every journey you take, now updated with a new preface by the author. We are descendants of nomads. And although we no longer partake in this nomadic life, the instinct to travel remains. Whether we're planning a trip or buying a secondhand copy of Siddhartha, we're always searching for some kind of pilgrimage. With remarkable stories from famous travelers, poets, and modern-day pilgrims, *The Art of Pilgrimage* is for the mindful traveler who longs for something more than diversion and escape. Through literary travel stories and meditations, award-winning writer, filmmaker, and host of the acclaimed *Global Spirits* series Phil Cousineau shows readers that travel is worthy of mindfulness and spiritual examination. Whether traveling to Mecca or Memphis, Stonehenge or Cooperstown, one's journey

becomes meaningful when the traveler's heart and imagination are open to experiencing the sacred. This edition of *The Art of Pilgrimage* includes a new preface by the author, more than seventy illustrations, and stories, myths, parables, and quotes from many travelers and many faiths.

God

Is it possible to venture beyond daily living and experience heightened states of awareness? In his latest book, 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, say, 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 make sense 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. Advance praise for Metahuman “Our world is preoccupied with material progress, yet too often we overlook the miracle of our very existence. In this remarkable book, Deepak Chopra reminds us not to be distracted by the idols of our age but to marvel at the deep truths of being. Metahuman is a handbook to becoming fully alive.”—Arthur C. Brooks, PhD, Professor, Harvard Kennedy School; author of Love Your Enemies

Dancing the Dream

To make the journey into the Now we will need to leave our analytical mind and its false created self, the ego, behind. From the very first page of Eckhart Tolle's extraordinary book, we move rapidly into a significantly higher altitude where we

breathe a lighter air. We become connected to the indestructible essence of our Being, “The eternal, ever present One Life beyond the myriad forms of life that are subject to birth and death.” Although the journey is challenging, Eckhart Tolle uses simple language and an easy question and answer format to guide us. A word of mouth phenomenon since its first publication, *The Power of Now* is one of those rare books with the power to create an experience in readers, one that can radically change their lives for the better.

Quiet Mind, Fearless Heart

This Leading Edge work by Esther and Jerry Hicks, who present *The Teachings of Abraham*, will help you understand every relationship you are currently involved in as well as every relationship you have ever experienced. This book uncovers a myriad of false premises that are at the heart of every uncomfortable relationship issue, and guides you to a clear understanding of the powerful creative Vortex that has already assembled the relationships that you have desired. Abraham will show you how to enter that Vortex, where you will rendezvous with everything and everyone you have been looking for. Included is a link to download audio on the Law of Attraction!

The Art of Pilgrimage

'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 that 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, thought-provoking ideas for the whole family to follow. In this way, parents can teach their children how to live in the most effortless, harmonious and creative way - and thus know true abundance throughout their lives.

Brotherhood

Who is Jesus Christ? In *The Third Jesus*, bestselling author and spiritual leader Deepak Chopra provides an answer to this question that is both a challenge to current systems of belief and a fresh perspective on what Jesus can teach us all, regardless of our religious background. There is not one Jesus, Chopra writes, but three. First, there is the historical Jesus, the man who lived more than two thousand years ago and whose teachings are the foundation of Christian theology and thought. Next there is Jesus the Son of God, who has come to embody an

institutional religion with specific dogma, a priesthood, and devout believers. And finally, there is the third Jesus, the cosmic Christ, the spiritual guide whose teaching embraces all humanity, not just the church built in his name. He speaks to the individual who wants to find God as a personal experience, to attain what some might call grace, or God-consciousness, or enlightenment. When we take Jesus literally, we are faced with the impossible. How can we truly “love thy neighbor as thyself”? But when we see the exhortations of Jesus as invitations to join him on a higher spiritual plane, his words suddenly make sense. Ultimately, Chopra argues, Christianity needs to overcome its tendency to be exclusionary and refocus on being a religion of personal insight and spiritual growth. In this way Jesus can be seen for the universal teacher he truly is—someone whose teachings of compassion, tolerance, and understanding can embrace and be embraced by all of us. From the Hardcover edition.

Overcoming Addictions

"Reading Quiet Mind, Fearless Heart is like eavesdropping on a conversation between Lao Tzu and Joseph Campbell--a pure pleasure to read!" --Deepak Chopra, M.D., coauthor of The Seven Spiritual Laws of Yoga and author of The Spontaneous Fulfillment of Desire "Quiet Mind, Fearless Heart is an enchanting piece of wisdom that combines ancient insights with practical solutions to the stress epidemic that permeates our culture. Brian Luke Seaward is a master teacher, skillful guide, and

true healer." --Larry Dossey, M.D., author of *Healing Words* and *Reinventing Medicine* "The perfect antidote for these acceleratingly stressful post-9/11 times with fearmongers accosting us everywhere, *Quiet Mind, Fearless Heart* artfully and wisely blends stress relief with spirituality. Keeping us constantly uplifted and engaged, this book is filled with witty sayings, practical, powerful exercises, and personal stories that ring with heartfelt authenticity." --Candace B. Pert, Ph.D., author of *Molecules of Emotion* With graceful wisdom and gentle humor, Dr. Brian Luke Seaward helps you see past the limitations of the ego to the highest potential of the human spirit at the core of your very being. Through a unique alchemy of the ancient Chinese philosophy of Taoism and the timeless insights of the visionary Joseph Campbell, Seaward shows you how to harness this potential so that you may find the courage to be a victor, not a victim of life's problems. Through the realization of this alchemy you will become the hero at the center of your own mythical life journey. Using simple but powerful exercises, meditations, and self-exploration techniques, you will learn to reconnect and harmonize with the universal spirit energy, or Tao, that flows through you to achieve inner balance, the joy of life, and optimal health. This book gives you the tools and skills to overcome adversity, resolve the emotional and psychological obstacles keeping you from realizing your potential, and vanquish stress, bringing peace to your heart and soul. Featuring the insights of renowned spiritual luminaries and philosophers from around the world and throughout the ages as well as many inspirational stories from women and men just like you, this powerful motivational guide shows you

how to cope with everyday stress, embrace your divinity, and find true harmony in your life.

Power, Freedom, and Grace

For those who feel like they are expending too much energy either engaging in conflict or desperately trying to avoid it, this refreshing, realistic guide provides accessible solutions. Readers will learn why dealing with a difficult person doesn't have to ruin their day, the habits that cause conflict, and the techniques that can turn things around. It also gives readers insight into their own power in shaping relationships, and specific advice for handling different personality types. There really is a better way!

The Spontaneous Fulfillment of Desire

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

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encouragement, while inspiring his readers to take their lives into their own capable hands no matter what challenges they may confront--job loss, financial difficulties, relationship issues, health problems or spiritual questions.

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