

# [PDF] How To Know God: The Soul's Journey Into The Mystery Of Mysteries

**DEEPAK CHOPRA - pdf download free book**

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**Books Details:**

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**Description:**

God is not a person or a thing but rather a process, according to world-renowned author and spiritual leader Deepak Chopra. The purpose of this ambitious book is to assure readers that anyone can engage in this process--"it isn't a matter of faith, religious teaching, innate goodness, luck or some other mysterious factor," Chopra explains. "Our brains are hardwired to find God." This hardwiring is deftly explored as Chopra lists the seven ways humans know God and how they

correspond to the anatomy of our human brains. He devotes a chapter to each of the seven visions of God: "Protector," "Almighty," "God of Peace," "Redeemer," "Creator," "God of Miracles," and "Pure Being--I am." In every chapter he asks and answers the same questions for the readers: "Who am I?" "How do I fit in?" "How do I find God?" The format works well, helping to tame this broad discussion while also illuminating the different personality types that are attracted to these seven different visions.

Fortunately, Chopra is a gifted narrator, able to make human anatomy and quantum physics understandable while also keeping spiritual and metaphysical discussions grounded. As he drifts through the cloudy realms of ESP, telepathy, clairvoyance, miracles, obedience, loyalty, evil, ego, addictions, and mentors, readers can trust that there is a competent pilot at the helm, deftly guiding this excellent book. Plan to take some time with this one. It is perhaps his best yet and as such deserves a slow and steady commitment. --*Gail Hudson* --This text refers to an out of print or unavailable edition of this title.

**From Publishers Weekly** Prolific author Chopra (*The Seven Spiritual Laws of Success*, *Creating Health*, etc.) explores the different ways people apprehend God. Chopra contends that there are seven responses to God and that "the brain cannot register a deity outside the list of seven responses." Chopra's seven include: fight or flight (a God who can save us from danger), reactive (a rule-giving God), restful awareness (a God who brings tranquility out of chaos), intuitive (a good and forgiving God), creative (God as Creator), visionary (God as exalted) and sacred (God as the source of everything). Different personalities envision God differently, says Chopra; a go-getter determined to shape his own destiny will imagine a creative God, whereas someone who feels she is just barely getting through the day will have the stage-one "fight or flight" response, envisioning a God who can rescue her. For Chopra, these seven ascending stages are normative; someone who has reached stage seven is more in tune with God than someone stuck at stage one. (Readers from law-based religions may feel dismayed that Chopra so devalues their "stage two" conception of God.) To help spiritual pilgrims reach the seventh stage, Chopra recommends that they see themselves and others "in the light," forgive themselves when they err and seek out the sacred and the unknown. Like most theories that claim to be all-encompassing, Chopra's scheme is often reductive, but this will nonetheless be a worthwhile addition to the spiritual seeker's library. (Feb.)

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