

How to Know God: The Soul's Journey Into the Mystery of Mysteries [Abridged 5-CD Set] (AUDIO CD/AUDIO BOOK)

Deepak (Author); Chopra



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Read by the author Three CDs / approx. 5 hours The bestselling author Deepak Chopra is back with a new work that explores the seven ways we experience God. As Chopra explains, these experiences are shaped not by any one religion but by an instinct that is hard-wired into the brain. In this remarkable work, Chopra takes us step by step, from the first stage, where the brain's "fight or flight" response yields us the experience of a God who is an all-powerful parent, to the seventh stage, where the brain experiences God as pure being, a sacred presence that just is. All seven stages are available to us at all times. In How to Know God, Chopra charts a fascinating course for us, as we explore mysticism, religious ecstasy, genius, telepathy, multiple personality, and clairvoyance, drawing insights from psychology, neurology and physics as well as from the great religions.



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