



The Essential How to Know God: The Essence of the Soul's Journey Into the Mystery of Mysteries (Essential Deepak Chopra)

Deepak Chopra

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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. These 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.

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Carole Garner:

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