



# How to Know God

*Deepak Chopra*

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## **How to Know God** Deepak Chopra

The best-selling 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, in which the brain's "fight or flight" response yields us the experience of a God who is an all-powerful parent, to the seventh stage, in which 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 the great religions.

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