



Everyday Immortality: A Concise Course in Spiritual Transformation

By Deepak Chopra

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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.

As you go through the pages of this book you will find a series of sentences that will serve as primary statements or insights. Each statement also may be regarded as a sutra or a koan. As you consider the meaning of the sentence and pay attention to it, eventually a flash of insight will come into your awareness. As a result of that epiphany, your awareness and your experience of yourself and of the world will begin to change, and you will begin to slowly experience a state of joyful carefreeness and love that will stay with you more and more.

--Deepak Chopra

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Editorial Review

Amazon.com Review

In ancient yoga traditions, a sutra is like a pearl of wisdom--a spiritual commandment to ponder. Deepak Chopra has assembled a selection of modern translations from India's Gyan Yoga, known as the "yoga of knowledge." Each page contains a simple statement--intended to be read slowly and absorbed one reading at a time. "Each sentence must be fully understood and comprehended and give you a new insight before you move onto the next," instructs Chopra. "As you progress through these exercises, understanding and insight unfold in sequence."

On the surface, many of the sutras seem obvious, especially to experienced spiritual thinkers. For example, the lead-in sutra states: "The material universe and the physical body that I experience through my senses are only one aspect of reality." Chopra encourages readers not to be deceived by the simplicity. Ultimately, it is the process, he explains, not the individual sutras that lead to enlightenment. --*Gail Hudson*

From Publishers Weekly

In a collection of koans or sutras, popular New Age guru Chopra (Ageless Body, Timeless Mind, etc.) offers what he believes is the key to enlightenment. In a brief introduction, Chopra explains that reading and pondering each koan in the book can lead one to higher states of consciousness and awareness. He notes that such practice is the modern version of Gyana yoga, or the yoga of knowledge. If one page is read daily, he says, knowledge will unfold progressively and will lead to flashes of insight. Chopra places one koan on each page so that readers can focus their attention, and he advises readers to relax before reading each sutra. If the meaning of the sutra is immediately obvious, he urges readers to proceed to the next. Most of the sutras are so self-evident, however, that it is difficult to see how any enlightenment can come from them: "Some thoughts are experienced more personally. I call them mine"; "When I quantify myself I create a person"; "All experiences are space-time events." In the end, this collection of sutras is simplicity masquerading as profundity. (June)

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From the Inside Flap

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David Russell:

Information is provisions for people to get better life, information today can get by anyone with everywhere. The information can be a know-how or any news even an issue. What people must be consider if those information which is from the former life are challenging be find than now could be taking seriously which one is suitable to believe or which one typically the resource are convinced. If you receive the unstable resource then you get it as your main information we will see huge disadvantage for you. All those possibilities will not happen within you if you take *Everyday Immortality: A Concise Course in Spiritual Transformation* as your daily resource information.

Douglas Barney:

Reading a publication tends to be new life style in this particular era globalization. With examining you can get a lot of information that can give you benefit in your life. Together with book everyone in this world can easily share their idea. Books can also inspire a lot of people. Plenty of author can inspire their very own reader with their story as well as their experience. Not only the storyplot that share in the publications. But also they write about the ability about something that you need illustration. How to get the good score toefl, or how to teach your young ones, there are many kinds of book which exist now. The authors on this planet always try to improve their skill in writing, they also doing some analysis before they write on their book. One of them is this *Everyday Immortality: A Concise Course in Spiritual Transformation*.

Teresa Graham:

The particular book *Everyday Immortality: A Concise Course in Spiritual Transformation* has a lot associated with on it. So when you read this book you can get a lot of help. The book was authored by the very famous author. The writer makes some research prior to write this book. This kind of book very easy to read you can get the point easily after scanning this book.

Deandre Freeman:

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