

Journey Into Healing

DEEPAK CHOPRA



Penguin
Random House
EBURY PUBLISHING

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About the Book

PERFECT HEALTH, PURE AND INVINCIBLE, IS THE STATE WE HAVE LOST. REGAIN IT, AND WE REGAIN A WORLD.

In this volume, essential ideas from the work of Deepak Chopra are arranged to create a transcendent experience for the reader, a journey into healing. Along the path, we discover that what we think and feel can actually change our biology. We learn to go beyond self-imposed limitations that create disease, and to seek that place inside ourselves that is at one with the infinite intelligence of the universe, the source of life. By the end of this book, our consciousness will have been altered by the experience of the journey itself. Such change has the power to transform our lives, to grace us with the gifts of lasting peace and perfect health.

Dr Deepak Chopra is the bestselling author of twenty-one books, including *Ageless Body, Timeless Mind* and *The Path To Love*. He is director of educational programmes at the Chopra Center for Well Being in La Jolla, California.

About the Author

Acknowledged as one of the world's greatest leaders in the field of mind/body medicine, Dr Deepak Chopra trained as an endocrinologist in India and the United States, and now runs the Chopra Center for Well Being in California. He has written over 50 books, which have been translated into 35 languages. He lectures and conducts seminars and workshops around the world, is a regular guest on e.g. CNN, and is a regular blogger on huffingtonpost.com, belief.net, Yahoo Answers, Yahoo Health and Intent Blog. Visit his website at www.deepakchopra.com.

Other books by Deepak Chopra



AGELESS BODY, TIMELESS MIND

RESTFUL SLEEP

PERFECT WEIGHT

PERFECT DIGESTION

BOUNDLESS ENERGY

THE WAY OF THE WIZARD

THE PATH TO LOVE

OVERCOMING ADDICTIONS

HEALING THE HEART

THE LOVE POEMS OF RUMI

THE SEVEN SPIRITUAL LAWS OF SUCCESS

FOR PARENTS

JOURNEY INTO HEALING



AWAKENING THE
WISDOM WITHIN YOU

Deepak Chopra



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MY SPECIAL GRATITUDE TO
HENRY BLOOMSTEIN FOR HIS SKILLFUL
ASSISTANCE IN COMPILING THE
SELECTIONS FOR THIS BOOK.

INTRODUCTION

*I*nsights are inner visions and they change our lives. The cosmic mind whispers to us in the silent spaces between our thoughts and there is a sudden knowingness and we are transformed. Insights are mutations in consciousness that can radically change our physical bodies and alter our experiences of the world. When a flash of insight first comes, it is not verbal, not linguistically structured—it is a feeling of sudden knowledge and it is liberating, because without words we know it as truth. Later, this knowledge is put into words and the words reinforce the knowingness that has already occurred. I hope the words expressed in the following pages will remind you of the truth that is already known to you.

I

*P*erfect health, pure and invincible, is a state we have
lost. Regain it, and we regain a world.

*H*health is not just the absence of a disease. It's an inner joyfulness that should be ours all the time—a state of positive well-being.

*T*he healing mechanism inside us perfectly matches the one outside. The human body does not look like the green meadow, but its breezes, its laughing water, sunlight, and earth were merely transformed into us, not forgotten.

We all need to be healed in the highest sense by making ourselves perfect in mind, body, and spirit. The first step is to realize that this is even possible.

To create health, you need a new kind of knowledge,
based on a deeper concept of life.

Although our package of skin and bones looks very convincing, it is a mask, an illusion, disguising our true self, which has no limitations.