



Dynamics of Spiritual Life In How to Know God Written By Deepak Chopra

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ABSTRACT

Spirituality means knowing that we are a significant part of a purposeful unfolding of life in our universe. Being a spiritual person is synonymous with being a person whose highest priority is to love oneself and others. Spirituality has different meanings for different people. For some it's primarily about a belief in God and active participation in organized religion. For others, it's about non-religious experiences those help them to get in touch with their spiritual selves through quiet reflection, time in nature, worshiping any God or Goddess, private prayer, yoga, or meditation. Many people identify it, as spiritual but not religious with a few exceptions, the percentage of adults who identify as religious in many industrialized countries is declining, while remaining generally high in less developed Nations. The purpose of this paper is to explore the spiritual elements used by Deepak Chopra in his work 'How to Know God'.

KEY WORDS – Spirituality, Supreme Power, recognition of a belief, love, knowledge

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I. INTRODUCTION

Spirituality has different meanings for different people. For some it's primarily about a belief in God and active participation in organized religion. For others, it's about non-religious experiences that help them get in touch with their spiritual selves through quiet reflection, time in nature, worshiping any God or Goddess, private prayer, yoga, or meditation. Many people identify it, as spiritual but not religious with a few exceptions, the percentage of adults who identify as religious in many industrialized countries is declining, while remaining generally high in less developed Nations.

Basically, it is a feeling or sense or belief that there is something greater than ourselves, and that the greater whole of which we are part is cosmic or divine in nature. Spirituality means knowing that our lives have significance in a context beyond a mundane everyday existence at the level of biological needs that drive selfishness and aggression. Spirituality covers some feelings or themes – love, compassion, altruism, and life after death, wisdom and truth, with the knowledge. Some people like saints or enlightened individuals have achieved and manifested higher levels of development than the ordinary person. Aspiring to manifest the attributes of such inspirational examples often becomes an important part of the journey through life for spiritually inclined people.

While talking about the spirituality, there are seven principles of this divine theme

- The Fatherhood of God.
- The Brotherhood of Man.
- The Communion of Spirits and the Ministry of Angels.
- The continuous existence of the human soul.
- Personal responsibility.

- Compensation and retribution hereafter for all the good and evil deeds done on earth.
- Eternal progress opens to every human soul.

ABOUT THE AUTHOR (DEEPAK CHOPRA)

Deepak Chopra (October 22, 1946) is an Ayurvedic Doctor, motivational speaker, writer, internist and lecturer specializing in the area of quantum medicine. He was born in New Delhi, India. Currently, he lives in La Jolla, California, U.S. Chopra was a student from such a family that managed to assure him an acceptable education, knowing that in his city and in general in India the situation of poverty, inequality, and illiteracy is great.

After completing his graduation, he studied medicine from the public university in his city. After finishing his study, he travelled to U.S. After few Months, he got a job and was promoted in a short time. Stress and long working hours led him little by little to go to the cigarette and drink. Chopra had to fight a great battle against these addictions that affecting his personal, emotional, physical and professional life. He returned to the foundation of natural medicine in his homeland. Improvements began to emerge in his life. This incidents and bad experiences or affects of those on his life and health, brought him very closer to spirituality. As it is said that if a person is sad or in grief, only than s/he recalls God so Deepak Chopra was also one of them. After taking such bad experiences from life, he turned towards spirituality.

He has also been accused by some people who have been taken workshops at his Chopra Centre but this center is very popular and constantly hosts an impressive number of patients from various parts of the world. Sometime later he was accused of plagiarism in several books. But the accusation did not matter to Chopra and his readers. His followers have defended him staunchly because they considered him as a mentor and protector. His books have also managed to be sold in various parts in the world and each book is getting good response and love from readers.

Deepak Chopra has introduced literally millions of people to the spiritual path and for this we all should be profoundly grateful to him. Although everyone knows about God yet we only know about him that he is the supreme power of this universe and he is handling everything in his invisible form.

SPIRITUALITY IN HOW TO KNOW GOD

Spirituality means knowing that we are a significant part of a purposeful unfolding of life in our universe. Being a spiritual person is synonymous with being a person whose highest priority is to love to all creatures of this universe. A spiritual person cares about people, animals and the planet. S/he knows that we are all one, and consciously attempts to honor this oneness. A spiritual person is a kind person. He can't even think to hurt anyone. In "How to Know God" Deepak Chopra provokes us to enlighten the light of knowledge. But today's time is just different because everyone is busy in this materialistic world, nobody has the time to sit and think about God. I am very surprised that a person has time for everything but not for the creator producer of this earth, universe or even that person who is a petty thing before the Almighty.

Deepak Chopra's "How to Know God" is tremendous work, in which he tries to tell us that how can we go to God? How can we know God? How can we achieve God? So he shows some ways to walk on it so that we can reach there. The experience of God feels like flying. It feels as if I'm walking above the ground with such equilibrium that nothing can sway me from my path. I see without judgment or opinion. I just watch as everything passes in and out of my awareness like clouds. We are living in the transition zone, and this is where God's presence is felt or seen.

Deepak Chopra has blessed the world by spreading the light of spirituality by his ultimate work and he inspired and transformed the lives of the devotees who are searching for God for thousands of years. Chopra defines the Seven Stages of God which can be associated with organized faiths in which God is represented by seven forms, which remove the dark sides of life. My own opinion about God and spirituality is very vast and infinite. It is impossible to reach God but we can do some efforts by which we can get a glimpse of those divine moments. I can say that when we are facing any complexity then leave it to God, he will handle himself and show a right path to go there, No need to be troubled or puzzle. It is a very straight path but we don't want to go there because we have indulged in this worldly life, false relations and false existence. God has planned the best way which will be fruitful.

God is a protector who will keep us safe from all hidden dangers and from all deadly disease. He will take out from all vices and troubles. God is Almighty, he is so powerful that he can do anything , the whole universe is under that Almighty. He is the supreme power. A proverb is very famous for Almighty "Man proposes or God disposes. We plan like a God but the real God washes every plan. God is love, and do peaceful things, pray to God, ask him to help make us stronger. Know who God is, look up to him and he will help you find peace. One thing which we can do is try to replace any negative thoughts you have about a person with "I hope they are happy" or "May they find peace".

God is the creator who creates the universe beautifully. He creates, sustains and destroys the whole universe. Our brains are hardwired to find God. In "How To Know God", he turns to religion, quantum, physics and neuroscience to present a complex portrait of divine soul. He gave the major emphasis of this blend of science and new age spirituality is upon the seven stages of God as Protector, Almighty, Peace, Redeemer, Creator, Miracle Maker and Pure being. God is the highest instinct to know ourselves. I find the idea of having a relationship with God, Mysterious or Fascinating. We give ourselves to God and then ourselves to God and then struggle profoundly with the relationship, we are drawn in and then want to flee in fear. We move from faith to doubt, trust to confusion, and intimacy to a feeling of abandonment. Coming to faith is like falling in love.

Sainthood is "How to Know God" is the path shower to the devotees, Saint is the only source who tells us how to know God, because we need a medium, so that we can feel God, achieve God. In HOW TO KNOW GOD Chopra identifies us by the miracles of God. Sometimes in life we feel that something is going wrong with us but miraculously those wrong things convert into right things only because of our faith in God.

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