



Everyday Immortality: A Concise Course in Spiritual Transformation

Deepak Chopra

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In this wonderful gift of insight and understanding, best-selling author Deepak Chopra provides a meditative guide to a higher awareness of ourselves and a greater love for life. *Everyday Immortality* contains a series of insights, light a string of pearls that, page by page, offer a flash of awareness. Only when one lesson is fully absorbed does the reader's thought patterns are literally transformed, causing a permanent shift in perception. These exercises are a modern version of an Indian wisdom tradition, Gyana Yoga, long considered the direct path to enlightenment and immortality. As a result of the process, the reader's awareness and experience of himself and of the world will begin to change, and he will begin to slowly experience a state of joyful carefreeness and love that will stay with him more and more.

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