

## Deepak on Meditation

Dear Friends,

When we opened the Chopra Centre for Well Being in San Diego, I joined forces with a group of very special people and set about creating programs to bring fulfilment to all levels of existence. We soon realized, however that primary to all our programs is the process of self-knowledge. The re-discovery of who we really are opens the door to an infinite world of better health, more satisfying relationships, greater success and creativity, unbounded happiness and, ultimately, enlightenment.

I began my own spiritual journey many years ago and soon realized that the most powerful tool for my own, or anyone else's spiritual transformation, is meditation. Meditation takes us beyond the confines of doubt, fear and judgment of the mind, to the silence of our soul, our Spirit. Just a few minutes every day allows us to experience wholeness in our lives and unlocks a realm of infinite possibilities.

Since beginning my journey, I have experienced magic, wonder and bliss beyond my wildest dreams. I know that you too can share this abundance of life where anything is possible.

Love,

Deepak Chopra