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Thought leader Deepak
Chopra says spirit is
life—it's the source of
our values, inspirations
and intuition. Watch as

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he explains how being spiritually aware will help resolve any problem or fear....

Spiritual Practices for Anxiety-Packed

Moments - Oprah.com

Deepak Chopra shows us how to bring lasting joy back into our lives. Join Oprah & Deepak on a transformational journey to be the person you were born to be in Desire and Destiny, an all-new

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meditation experience.

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How to Love Yourself

Unconditionally -

Deepak Chopra Advice

Oprah Talks to Deepak

Chopra. On her first

visit to India, Oprah

discovers a country

buzzing with energy

and full of magic— and

speaks with one of its

favorite sons about

truth, wisdom, and joy.

... Deepak: My mother

was a very spiritual

person, and she taught

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me even as a child
about consciousness,
though she couched it
in mythical stories ...

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wisdom, clarity,

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connection, and purpose.... Dr. Deepak Chopra, learn how to leave struggle behind for good, create the destiny you desire with joy and ease, and ...

Super Soul

Conversations - EP.#9:

Deepak Chopra:

Meditation 101

Deepak Chopra (/ ' d i :

p ɑ : k ' tʃ oʊ p r ə /;

Hindi: [d̪i:pək tʃo:pɾaː];

born October 22, 1946)

is an Indian-born

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American author and alternative medicine advocate. A prominent figure in the New Age movement, his books and videos have made him one of the best-known and wealthiest figures in alternative medicine.. Chopra studied medicine in India before immigrating to the United ...

Personal Growth &
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Popular Deepak Chopra
& Meditation videos

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Oprah Winfrey &

Deepak Chopra 21 Day

Meditation Challenge

by Kara "KJ" Miller.

3:04. ... Spiritual guru

Deepak Chopra

conducts a 10 minute

meditation session by

Pradeep Mens Health.

Dr. Deepak Chopra:

"Spiritual Solutions" |

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Talks at Google

Oprah Winfrey, Deepak

Chopra, and Chopra

Center Meditation

present the “Oprah &

Deepak’s 21-Day

Meditation Experience”

mobile app. Get easy

access to the complete

online experience

from...

Guided Meditations |

The Chopra Center

But one lesson from

Oprah and her guest

Deepak Chopra, a

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world-renowned expert on mind, body and spiritual wellness, resonated above all others: One of the most powerful life-shifting tools available is gratitude. How can you make your life happier, healthier and more fulfilling? Oprah's Lifeclass is exploring the answer to this question.

Lessons on gratitude from Oprah and

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Deepak Chopra ...

As Deepak Chopra

observes in his transformational work, *The Seven Spiritual Laws of Success*, such desperate striving isn't necessary or even desirable. In the natural world, creation comes forth with ease. A seed doesn't struggle to become a tree—it simply unfolds in grace.

Oprah's Trip to India -

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Oprah's Interview with
Deepak Chopra

The Chopra Center is a nurturing place where people come to find balance, ... Spiritual retreats for your journey to inner wisdom, clarity, connection, and purpose. ... Ayurvedic Lifestyle Certification Master the Teachings of Ayurveda with Deepak. The Chopra Center's foundational teacher training in the

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principles and
practices of Ayurveda
...

21-Day Meditation
Experience - Apps on
Google Play

Is there a best time of day to meditate? How much time do you need to meditate each day? Watch as Deepak Chopra answers your most burning meditation FAQs. For more on

#supersoulsunday,

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visit ...
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How to Stop Anxiety
and Obsessive
Thoughts - Deepak
Chopra

Each week, spiritual teacher Deepak Chopra responds to Oprah.com users' questions with enlightening advice to help them live their best lives. Q: I just turned 63 years old last week. I live alone with two dogs and one cat in sort-of rural

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Montana. My son and
only child died on
September 19, 2002 ...

Online Library | The
Chopra Center

In his latest book,
Spiritual Solutions, Dr.
Deepak Chopra
explains how many of
life's challenges can
best be addressed
from a spiritual
perspective. "The
secret is that the level
of the problem ...

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Listen as renowned
spiritual pioneer

Deepak Chopra

demystifies meditation

and answers the most
frequently asked

questions. Oprah has

known Deepak for 25

years, and she says he

has "inspired her ...

Oprah And Deepak

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Chopra Spiritual

Deepak Chopra shares

his insight on how to

deal and

decompress—even

during times of

excruciating stress. ...

3 Spiritual Practices for

Anxiety-Packed

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We are excited to bring you the Chopra Center Online Library! We hope this resource helps to answer your questions about mind-body health, meditation, personal growth, nutrition, and more.

The Spiritual Side of
Grief - Ask Deepak -

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Oprah.com

Summary of the video

with Deepak Chopra
and Oprah in India:

India's Spiritual

Essence. India's

spiritual essence is a

living mythology. It is a

living historical

connection to its great

teachers about time,

space, causality, karma

and the connection to

the spirit

consciousness.

Deepak Chopra -

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Wikipedia

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Meditation can remove stress and replace it with a dose of inner peace. But it can be tough to meditate without a teacher or guide. Guided meditations literally walk you through a meditation and help you find a calm and peaceful state—one step at a time. Try one of these unique guided meditations, ranging from five minutes to

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one hour each.
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Deepak Chopra Defines
Spirit | Oprah's Life
Class | Oprah Winfrey
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Deepak Chopra, MD, is the author of more than 75 books, including 22 New York Times best-sellers such as Super Brain, co-authored with Rudolph E. Tanzi, PhD. Join the WeightlessProject.org to eradicate obesity and malnutrition. For

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