INSPIRATIONAL QUOTES
FROM DEEPAK CHOPRA

Wisdom

FOR EVERY DAY

20TH

ANNIVERSARY

THE CHOPRA CENTER
Inspirational Quotes by Deepak Chopra is a book you can keep on your coffee table, by your bedside, or on your office bookshelf for a boost of inspiration whenever you need it. Deepak Chopra is a world-renowned pioneer in integrative medicine and personal transformation, and has authored more than 80 books translated into over 43 languages, including numerous New York Times bestsellers.

Chopra is the co-founder of the Chopra Center for Wellbeing, the premier provider of experiences, education, teacher trainings and products that improve the health and wellbeing of body, mind and spirit. Founded in 1996, the Chopra Center is celebrating its 20th anniversary—two decades of educating and inspiring seekers from around the globe to better their lives and the lives of those around them.
The less you open your heart to others, the more your heart suffers.
Nothing is more important than reconnecting with your bliss. Nothing is as rich. Nothing is more real.
Love doesn’t need reason. It speaks from the irrational wisdom of the heart.
Life gives you plenty of time to do whatever you want to do if you stay in the present moment.
The highest levels of performance come to people who are centered, intuitive, creative, and reflective - people who know to see a problem as an opportunity.
Nothing brings down walls as surely as acceptance.
Anything that is of value in life only multiplies when it is given.
EVERY TIME YOU ARE TEMPTED TO REACT IN THE SAME OLD WAY, ASK IF YOU WANT TO BE A PRISONER OF THE PAST OR A PIONEER OF THE FUTURE.
The purpose of life is the expansion of happiness.
People are doing the best that they can from their own level of consciousness.
The physical world, including our bodies, is a response of the observer. We create our bodies as we create the experience of our world.
HOLDING ON TO ANYTHING IS LIKE HOLDING ON TO YOUR BREATH. YOU WILL SUFFOCATE. THE ONLY WAY TO GET ANYTHING IN THE PHYSICAL UNIVERSE IS BY LETTING GO OF IT. LET GO AND IT WILL BE YOURS FOREVER.
In the midst of movement and chaos, keep stillness inside of you.
EVERY PERSON IS A GOD IN EMBRYO. ITS’ ONLY DESIRE IS TO BE BORN.
Karma, when properly understood, is just the mechanics through which consciousness manifests.
The real secret to lifelong good health is actually the opposite:

LET YOUR BODY TAKE CARE OF YOU.
To acquire

TRUE SELF POWER
you have to feel beneath
no one, be immune
to criticism, and

BE FEARLESS.
We have stopped for a moment to encounter each other; to meet, to love, to share. This is a precious moment. It is a little parenthesis in eternity.
ULTIMATELY
SPIRITUAL AWARENESS UNFOLDS WHEN YOU’RE FLEXIBLE,
WHEN YOU’RE SPONTANEOUS,
WHEN YOU’RE DETACHED,
WHEN YOU’RE EASY ON YOURSELF AND EASY ON OTHERS.
There is no right or wrong, only a series of possibilities that shift with each thought, feeling, and action that you experience.
The way you think, the way you behave, the way you eat, can influence your life by 30 to 50 years.
If you try to get rid of fear and anger without knowing their meaning, they will grow stronger and return.
Always go with your passions.
Never ask yourself if it’s realistic or not.
PURSUE EXCELLENCE
IGNORE SUCCESS.

SUCCESS IS A BY-PRODUCT OF EXCELLENCE.
Walk with those seeking truth... run from those who think they've found it.
DON’T TRY TO STEER THE RIVER
NEVER FORGET YOUR REAL IDENTITY.
YOU ARE A LUMINOUS CONSCIOUS STARDUST BEING FORGED IN THE CRUCIBLE OF COSMIC FIRE.
Whatever relationships you have attracted in your life at this moment, are precisely the ones you need in your life at this moment.
HAPPINESS is a CONTINUATION OF HAPPENINGS which are NOT RESISTED.
You must find the place inside yourself where nothing is impossible.