



The Spontaneous Fulfillment of Desire: Harnessing the Infinite Power of Coincidence

Deepak Chopra

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The Spontaneous Fulfillment of Desire: Harnessing the Infinite Power of Coincidence Deepak Chopra
From Publishers Weekly Devotees of the bestselling author (The Seven Spiritual Laws of Success), who founded the Chopra Center for Well-Being, will welcome his latest ideas on how to live a more fulfilling life. He employs his familiar combination of scientific theory and new age mysticism to present this guide to harnessing what he calls synchro-destiny. According to Chopra, an important level of human existence consists of the nonlocal or spiritual domain. Drawing on the example of physics's unpredictable quantum leap, when an electron unpredictably jumps from one orbit to another, he maintains that our own lives too are unpredictable, that it is impossible know what direction life will take. However, such randomness in the universe is actually interconnected. Unpredictable coincidences are, the author maintains, important messages that can be used to achieve one's true destiny. This process of synchro-destiny consists of connecting the individual soul to the universal soul through a number of mental exercises, provided here. Although Chopra's theories are expressed in a confusing and repetitive manner, the techniques he advocates may prove interesting to those who enjoy his humanistic, if convoluted, approach to self-help. Among the seven principles for achieving synchro-destiny are the daily practice of meditation, a continued focus on one's deepest desires and the acknowledgment of emotional pain. Copyright 2003 Reed Business Information, Inc. -

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