



The Book of Secrets: Unlocking the Hidden Dimensions of Your Life

Deepak Chopra

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From Reader Review The Book of Secrets: Unlocking the Hidden Dimensions of Your Life for online ebook

Oswald says

This is a self-help book, but it truly teaches you how to be in a perpetual positive mode. It teaches you how to not sweat the little things in life. These are my favorite quotes from this book:

"Transformation means radical change of form, the way a caterpillar transforms into a butterfly. In human terms, it means turning fear, aggression, doubt, insecurity, hatred, and emptiness into their opposites".

"Your purpose in life is to help creation to expand and grow".

"Every cell in your body agrees to work for the welfare of the whole; its individual welfare comes second. If necessary, it will die to protect the body, and often does - the lifetime of any given cell is a fraction of our own lifetime. Skin cells perish by the thousands every hour, as do immune cells fighting off invading microbes. Selfishness is not an option, even when it comes to a cell's own survival".

The primary activity of cells is giving, which maintains the integrity of all other cells. Total commitment to giving makes receiving automatic - it is the other half of a natural cycle".

"When an experience is so powerful that it motivates people to change the whole pattern of their lives, we call that a breakthrough, or an epiphany".

"Let the center be your home: To be centered is considered desirable; when they feel distracted or scattered, people often say, 'I lost my center'."

"The beginning of suffering is often a refusal to look at how the situation really is."

"There are only three kinds of people in your life: those who leave you alone, those who help you , and those who hurt you."

"If you find yourself blocked by your suffering, returning to the same old thoughts again and again, a belief system has trapped you. You can escape the trap only by ending your need to cling to these beliefs".

Samskara - "A samskara is a groove in the mind that makes thoughts flow in the same direction. Buddhist psychology makes sophisticated use of the concept by speaking of the samskara as imprints in the mind that have a life of their own. Your personal samskaras, built up from memories of the past, force you to react in the same limited way over and over, robbing you of free choice."

"Control is the great mask of insecurity."

"Everyone knows how to choose; few know how to let go. But it's only by letting go of each experience that you make room for the next. The skill of letting go can be learned; once learned, you will enjoy living much more spontaneously."

"It's hard to let go when you don't know if you have made the right choice in the first place. Doubt lingers

and ties us to the past. When you are in doubt, however, you put the universe on hold for a while. It favors no particular direction."

"The universe has more in store for us than we can ever predict, and bad choices frequently smooth out in the end because our hidden aspirations know where we are going."

"For most people, the strongest externals come down to what other people think because fitting in is the path of least resistance. But fitting in is like embracing inertia. Social acceptance is the lowest common denominator of the self-it's you as a social unit rather than you as a unique person. Find out who you really are; let fitting in be the last thing on your mind."

"The purpose of death is to imagine yourself into a new form with a new location in space and time."

"Time is meant to be the vehicle for evolution, but if you misuse time, it becomes a source of fear and anxiety."

"If you can learn from your mistakes you haven't failed".

Julie Laporte says

This is the first book I've read by Deepak Chopra...which seems odd since I've been wanting to read him for at least 10 years! I must say, I'm hooked! I love that he's an MD as well, as he speaks my language! I love when scientists back up their spirituality thus. I read this book as I fell asleep each night and had the most fantastic of dreams, and woke up feeling wonderful! The content didn't contain much new information for me, but it was told in a great way that helped remind me of what I believe and will help me to express it to others. Awesome book. Contains some nice mental exercises, too.

Heather says

I thought this book was a little hard to get into, and some sections I appreciated more than others. Overall I enjoyed the book.

My favorite section was on decision making....

"If you obsess over whether you are making the right decision, you are basically assuming that the universe will reward you for one thing and punish you for another...This isn't a correct assumption because the universe is flexible - it adapts to every decision you make."

"Who you are is far more than any single choice you have ever made or ever will make."

As someone who agonizes and overthinks almost every decision, I definitely felt like I took away some insights.

Gina says

Very, very deep. I need to be in a certain frame of mind to really get into this one. This is something that if I'm interested in, I could read over & over again because there is so much information to take in. I got about halfway through and realized I really am not in the mood at this point in my life.

Xavier Guillaume says

This is not one of those books you can just read once and take all you need to know from it. You really would have to read this book several times to fully understand what Deepak Chopra is saying because the book is just so jam-packed with information on basically everything: how to bring unity to your life, how to remove suffering from your life, how the Universe works, what the meaning of life is, how our standard notion of evil is an illusion, how to understand time, and how to come to terms with death.

My favorite chapters of the book, in particular, were the chapters teaching you how to let go of pain (Secret #5: The Cause of Suffering is Unreality, pp. 65-80) and how to accept death (Secret #10: Death Makes Life Possible, pp. 161-177). Both of those chapters were very well written, and I think a lot of people can benefit greatly from reading these sections at the very least.

Unfortunately, there are sections of the book that I did not understand, and not through lack of trying. Even after reading whole sections twice and thrice, I still don't understand what he was trying to say. For example, there is a section of the book Deepak Chopra says how we need to stop thinking of ourselves as a person (p. 76). He says when we think of ourselves as a person we see the world as ourselves and then everything else. In reality it is that everything is one. I don't understand this. How can I not be a person? How can I not have been born? It just seems so illogical, and he doesn't explain it well enough in my opinion.

There were, however, many great quotes that I was able to take from this book that I would like to share with you. Hopefully, you, the reader of my review, can connect with these quotes and take something from them. Maybe you will even appreciate them so much that you would then like to read this book also.

"To seek who you are, you have to let go of old images about yourself" (p. 56).

"The road to freedom is not through feeling good; it is through feeling true to yourself" (p. 57).

"To be centered is like saying I want to feel my home in creation" (p. 61).

"Suffering is pain that we hold onto. It comes from the mind's mysterious instinct to believe that pain is good, or that it cannot be escaped, or that the person deserves it" (p. 65).

"Most of us take for granted that time flies, meaning that it passes too quickly. But in the mindful state, time doesn't really pass at all. There is only a single instant of time that keeps renewing itself over and over with infinite variety" (p. 198).

"You can't have a relationship with someone you don't pay attention to, and in your relationship to the universe, attention is paid here and now, or not at all" (p. 204).

"What people experience as obstacles in life are reflections of a decision to shut out understanding" (p. 239).

"At least once every day, do something that looks like a success in your eyes and that earns you praise from either yourself or someone else. Be sure that the external praise is sincere" (p. 242).

"Don't let a day go by without asking who you are" (p. 260).

Beth Oppenheim says

What a great book. I think that Deepak's writing style is a bit challenging, but the ideas are all there - finding the strength to push through the bullshit and see who you really are. Some of the things I particularly liked about it:

- The bullet point format of each chapter made it easy to figure out the concepts (which are, by default, a bit cerebral)
- The stories about Chopra's life, particularly the description of the death of his father, were very compelling. I wanted more of them, and think it would have strengthened the narrative.
- Understanding that we have limited control over things, and seeing the connectedness among people and objects, is a good way to figure out what to stress about. It sounds dumb, but in a world so based on hierarchy, figuring out the way to make things flat is a really good stress relief.
- There are not as many concrete things TO DO that you expect from a Chopra book (or any self-help book for that matter), but I think if you are okay with that, it is a great and compelling read.

Amber says

He leido 2 libros de Deepak Chopra anteriormente y me habían gustado. Este me ha gustado mucho más. Me agrada la mezcla con la que explica todo fusionando armoniosamente la ciencia y el misticismo que envuelven ciertos temas. son 15 secretos no tan secretos que te ayudan a cambiar de perspectiva....

Pankaj says

Sometimes I think Deepak Chopra has no idea about what he's writing. All time borrower of old knowledge that guy is.

Stefani Akins says

It all began when I recently joined a group meditation with Deepak Chopra. I'd heard the name, of course, and seen his books in the bookshop, but never really had the desire to pick any of them up. The message just didn't seem for me. Meditation, on the other hand, is something I've long known would be good to pursue, as a way to calm the anxious mind and "get over myself", as it were. Surprisingly, Mr Chopra really appealed to me with his demeanor and lack of pretentiousness. If I had to pick a guru (I won't), he'd be pretty close to what

I'd be looking for.

I've been doing his guided 21-day meditation for the past 12 days, and sometimes, his little notes of introduction really struck a note with me, so I checked the library for available titles by him. Predictably, I still didn't feel drawn to most of them, but this one intrigued me because it pointed exactly at the kinds of explorative questions I've been dealing with lately. The Book of Secrets has given me a lot of food for thought. It's certainly not something to be read and cast aside as part of a to-read list. I'm sure I will come back to it again in the future. For readers who fear the mysterious blather of esoterism, I can honestly say, give it a try anyway. No magical trappings are required to explore the possibilities of transcendence (scary term, I know).

Matthewmartinmurray murray says

Possibly the worst book I've ever even attempted to read. Too much b.s. for me to even mention. Just awful. If I could rate this lower I would. There needs to be some sort of negative star system because of this book. Honestly, I've never gotten angry reading any other book before.

Jacqueline says

This book changed my life. Deepak Chopra shows you an entirely new way of thinking and I'm so excited to read other books of his. He teaches you a new appreciation for life, different ways to turn all of the negatives into positives. His writing is very intense and I often had to go back and read sentences several times before I felt like I fully grasped the concept he was trying to make. I definitely think this is a must read for anyone who doesn't realize their full potential. It gave me an entirely different view on myself, the universe and everyone around me. I hope to be as wise as him one day in my writing.

Jules says

Given the amount of information in this book I expect to read it several times again. Essentially, I intend to study it, not only for review but also to check the validity of certain parts. There are things stated in this book that I'm skeptical about, for example Deepak's endorsements of several Hindu beliefs and ideologies.

Nonetheless, even with the more doubtful parts taken in consideration the overall benefits in thought, conscious, and ideas that I walked away with made the read worth the effort.

Deepak's ability to correlate complex ideas with simplified examples from everyday life is impressive and engaging. I didn't dread reading this book at all. If anything I figure I was so caught up that I read it too quickly, anticipating whatever chapters came next.

But again, after having finished reading it I'm determined to go back and go deeper.

Riley Haas says

I wrote the following review about one of Chopra's books that I've read, but I don't remember which one. It stands for all of them, I believe:

"The advice is usually good advice. I often agree with him about how people should/can change their lives. I have done many of the things he's suggested. Somehow I've come to this from a completely different point of view.

This is my problem: Chopra is intellectually dishonest and he lies about the world. Here are some of my many many quibbles:

He flagrantly contradicts himself from page to page and chapter to chapter. One second "You" are extremely important and next second "You" aren't important at all. One second cells have "intelligence" and the next second its hormones.

He claims there is an embarrassing problem of people being unable to prove existence (which is ridiculous, but is something philosophers and religious people have insisted on forever) at then we confronts the problem of explaining how this can all be the imagination of every living thing in the universe; he just dismisses it as not being a problem, there is no argument. There can't be, of course, because it's absurd to claim that the pigeons on my balcony, the grass behind my apartment, and I are all combining to create a false reality. He can't argue this because he doesn't have an argument.

He makes so many claims about what "Science" knows and what it doesn't know (as if Science were a person) but he backs none of it up. We have to take everything he says on faith, on his rep as a spiritual leader and a doctor. But that's all we have, his word. He does this in all his books (that I've read).

I could spend weeks researching his claims and refuting them but I don't care enough. I know he's twisting facts to suit his own ends. I've caught him before. His great (deliberate?) misunderstanding of the observer effect underlies most of his claims about the nature of the universe (the claims are old, the defense is more recent).

He talks about entropy, but he doesn't understand the concept. Scientists do actually have a reasonable guess about the end of this universe, it might not be right, but it's a better guess than Chopra's.

How can something so large its unfathomable behave like a person?

His chapter on evil is best. He understands it to a great degree, and I agree with him there more than anywhere else. Yet he doesn't offer solutions. Also, his understanding of evil is a lot more earthly and sounds at odds with the rest of the book.

He says he can't be alive if the whole universe isn't alive. This statement makes no sense. He is using life in such a wide sense that the word loses all meaning. According to him, atoms are alive. Really? I think that's what we all mean when we talk about life, we mean atoms. Absolutely, Deepak. Hit the nail on the head there. Does anyone honestly believe that the hydrogen atoms are living inside them but dead outside of them? What is this nonsense?

How does he know why time exists? How can anyone?

He is guessing, but by telling us he knows for a fact, he is lying to us. He says everything is connected, everything has a purpose, and so on. Then he uses a phrase like "pure chance." If everything is directed, there is no such thing as pure chance. Yet the book is riddled with such mistakes.

It is an act of willpower for me just to finish this rubbish. His comments regarding apoptosis are misleading if not wholly inaccurate. Just as with his concept of the universe, he imbues very small things (cells, proteins, genes) with human traits as well.

That's just a sample."

Alicia says

I often wonder why people read and I imagine there are many reasons. I know for myself I'm often selfish about it. I look for the aha moment and those things I see in myself, the answers to my own personal questions. Sometimes it's no more than the entertainment value. More often than not I don't give the author much thought as I move to the next read. This book, this author is different. Deepak Chopra gives generously of himself. The words ring true to being his own deeply felt beliefs and the things he lives his life by. The author has an uncanny way of dissecting difficult topics succinctly. I took much away from this read and will most likely revisit it again at a later date. I won't expound on what things I learned here as I would suspect each reader will find their own truth between these pages or at the very least a start to "peeling back the onion" to the core of their personal truths.

Lindsay says

This book, like many "new age" books, law of attraction books, self-help books, or whatever name you want to use for them, did not add anything new to the book world. It did not even say things in a unique or different way. In fact, this book is written as if Chopra is trying to sound better than the reader. I have a degree in physics and years of reading these types of books, and even I could barely follow what he was saying - not because I didn't understand, but because it seemed he was trying to make it more difficult to understand. At least with "The Secret" a good attempt was made to make it understandable for everyone, even if nothing new was added to the field.

Not recommended for beginner or average readers in metaphysics, new age, or law of attraction.
