

Deepak Chopra Quotes

*Spiritual, Self, Thinking, People, Body, Mind, World, Past, Soul, Healing,
Reality, Heart, Giving, Consciousness, Creativity, Way, Choices, Real,
Inspirational, Meditation*

You alone are the judge of your worth and your goal is to discover infinite worth in yourself, no matter what anyone else thinks.

~Deepak Chopra

Everything that happens to us is a reflection of who we are.

~Deepak Chopra

No matter what the situation, remind yourself "I have a choice."

~Deepak Chopra

Be happy for no reason, like a child. If you are happy for a reason, you're in trouble, because that reason can be taken from you.

~Deepak Chopra

The love you feel in life is a reflection of the love you feel in yourself.

~Deepak Chopra

Although we take it for granted, sanitation is a physical measure that has probably done more to increase human life span than any kind of drug or surgery.

~Deepak Chopra

Meditation is not a way of making your mind quiet. It is a way of entering into the quiet that is already there - buried under the 50,000 thoughts the average person thinks every day

~Deepak Chopra

Treat every moment as a gift, that is why it is called the present.

~Deepak Chopra

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.

~Deepak Chopra

Take responsibility for your last bad decision, and then let it go. Don't blame others or make excuses for yourself.

~Deepak Chopra

However good or bad you feel about your relationship, the person you are with at this moment is the "right" person, because he or she is the mirror of who you are inside.

~Deepak Chopra

The ultimate goal of all goals is to be happy. If you want to be happy make someone else happy.

~Deepak Chopra

In the midst of movement and chaos, keep stillness inside of you.

~Deepak Chopra

When you struggle with your partner, you are struggling with yourself. Every fault you see in them touches a denied weakness in yourself.

~Deepak Chopra

You must find the place inside yourself where nothing is impossible.

~Deepak Chopra

The less you open your heart to others, the more your heart suffers.

~Deepak Chopra

There are no extra pieces in the universe. Everyone is here because he or she has a place to fill, and every piece must fit itself into the big jigsaw puzzle.

~Deepak Chopra

When you live your life with an appreciation of coincidences and their meanings, you connect with the underlying field of infinite possibilities.

~Deepak Chopra

You and I are essentially infinite choice-makers. In every moment of our existence, we are in that field of all possibilities where we have access to an infinity of choices.

~Deepak Chopra

You are the most important part of the family. Take care of yourself first. Then you'll be able to take care of everyone else even better.

~Deepak Chopra

If you want to be happy, make someone else happy. If you want to find the right person in your life, be the right person. If you want to see change in the world, become the change you want to see.

~Deepak Chopra

Had a powerful meditation just now - caused an earthquake in Southern California. Was meditating on Shiva mantra & earth began to shake. Sorry about that.

~Deepak Chopra

Nothing is more important than reconnecting with your bliss. Nothing is as rich. Nothing is more real.

~Deepak Chopra

The universe has much bigger plans for you than you ever dreamed of for yourself.

~Deepak Chopra

Negative people deplete your energy. Surround yourself with love and nourishment and do not allow the creation of negativity in your environment.

~Deepak Chopra

The purpose of life is the expansion of happiness.

~Deepak Chopra

In the process of letting go you will lose many things from the past, but you will find yourself.

~Deepak Chopra

There is a light within each of us that can never be diminished or extinguished. It can only be obscured by forgetting who we are

~Deepak Chopra

We are who we are, and when you accept people instead of trying to change them to fit your needs, your relationships can fully blossom.

~Deepak Chopra

You can free yourself from aging by reinterpreting your body and by grasping the link between belief and biology.

~Deepak Chopra

Meditation is a vital way to purify and quiet the mind, thus rejuvenating the body.

~Deepak Chopra

Happiness is a continuation of happenings which are not resisted.

~Deepak Chopra

We are not victims of aging, sickness and death. These are part of scenery, not the seer, who is immune to any form of change. This seer is the spirit, the expression of eternal being.

~Deepak Chopra

The soul knows everything. Be who you are and your life will transform forever.

~Deepak Chopra

All great changes are preceded by chaos.

~Deepak Chopra

If you take the the insults of your fellow human beings personally, you will be offended for the rest of your life.

~Deepak Chopra

Sex is always about emotions. Good sex is about free emotions; bad sex is about blocked emotions.

~Deepak Chopra

When you blame and criticize others, you are avoiding some truth about yourself.

~Deepak Chopra

Passivity is the same as defending injustice.

~Deepak Chopra

Being joyful is our natural state of being.

~Deepak Chopra

In our imaginations we believe that love is apart from us. Actually there is nothing but love, once we are ready to accept it. When you truly find love, you find yourself

~Deepak Chopra

If you have your full attention in the moment, you will see only love.

~Deepak Chopra

When you make a choice, you change the future.

~Deepak Chopra

The past is gone, the future is not here, now I am free of both. Right now, I choose joy.

~Deepak Chopra

Relinquish your attachment to the known, step into the unknown, and

you will step into the field of all possibilities

~Deepak Chopra

The way you think, the way you behave, the way you eat, can influence your life by 30 to 50 years.

~Deepak Chopra

Synchronicity is God sending us messages anonymously.

~Deepak Chopra

people are doing the best that they can from their own level of consciousness.

~Deepak Chopra

In my life nothing goes wrong. When things seem to not meet my expectations, I let go of how I think things should be. It's a matter of not having any attachment to any fixed outcome.

~Deepak Chopra

Mathematics expresses values that reflect the cosmos, including orderliness, balance, harmony, logic, and abstract beauty.

~Deepak Chopra

The three things you can offer your children to change them: attention, appreciation and affection.

~Deepak Chopra

The most satisfying project you will ever undertake-and a mark of a complete human being-is to discover how to build a sense of happiness that no one can take away from you.

~Deepak Chopra

Once you know who you really are, being is enough. You feel neither superior to anyone nor inferior to anyone and you have no need for

approval because you've awakened to your own infinite worth.

~Deepak Chopra

The world "out there" won't change until the world "in here" does.

~Deepak Chopra

Walk with those seeking truth... RUN FROM THOSE WHO THINK THEY'VE FOUND IT.

~Deepak Chopra

Aromatherapy is extremely useful. If you want to go to sleep at night, and you have an aroma that calms your mind, it will help you sleep.

~Deepak Chopra

Impermanence is not something to be afraid of. It's the evolution, a never-ending horizon.

~Deepak Chopra

The person you call an enemy is an exaggerated aspect of your own shadow self.

~Deepak Chopra

Gratitude opens the door to... the power, the wisdom, the creativity of the universe. You open the door through gratitude.

~Deepak Chopra

Every person is a God in embryo. Its only desire is to be born.

~Deepak Chopra

See the world as if for the first time; see it through the eyes of a child, and you will suddenly find that you are free.

~Deepak Chopra

The Universe contains three things that cannot be destroyed; Being,

Awareness and LOVE

~Deepak Chopra

Instead of asking "what's the problem?" ask "what's the creative opportunity?"

~Deepak Chopra

Multitasking divides your attention and leads to confusion and weakened focus.

~Deepak Chopra

When you meet someone, you can silently send them a blessing, wishing them happiness, joy and laughter. This kind of silent giving is very powerful.

~Deepak Chopra

If you focus on success, you'll have stress. But if you pursue excellence, success will be guaranteed.

~Deepak Chopra

Even when you think you have your life all mapped out, things happen that shape your destiny in ways you might never have imagined.

~Deepak Chopra

Our brains are too slow to register that every concrete object is winking in and out of existence at the quantum level thousands of times per second.

~Deepak Chopra

Nature goes to the same place to create a galaxy of stars: a cluster of nebulas, a rain forest, a human body, or a thought. That place is Spirit.

~Deepak Chopra

I teach people that no matter what the situation is, no matter how

chaotic, no matter how much drama is around you, you can heal by your presence if you just stay within your center.

~Deepak Chopra

Change your story, change your life. Basically, that's what it is.

~Deepak Chopra

Before making a decision, ask inside for guidance. Be patient and await an answer. Act only when you feel calm and certain.

~Deepak Chopra

The most creative act you will ever undertake is the act of creating yourself.

~Deepak Chopra

Life gives you plenty of time to do whatever you want to do if you stay in the present moment.

~Deepak Chopra

I remember the past, and I learn from it. I rejoice and celebrate in the present, and I re-imagine the future. Now is the moment that never ends.

~Deepak Chopra

You are not creating a new you; you are releasing a hidden you. The process is one of self discovery. The hidden you that wants to emerge is in perfect balance.

~Deepak Chopra

It is much more beneficial to your health if you feel your way through life than think your way through life.

~Deepak Chopra

Life is a field of unlimited possibilities.

~Deepak Chopra

Love is the ultimate truth at the heart of the universe and transcends all boundaries.

~Deepak Chopra

Our thinking and our behaviour are always in anticipation of a response. It is therefore fear-based.

~Deepak Chopra

It is the nature of babies to be in bliss.

~Deepak Chopra

To think is to practice brain chemistry.

~Deepak Chopra

Tune into the presence of miracles, and in an instant, life can be transformed into a dazzling experience, more wondrous and exciting than we could even imagine.

~Deepak Chopra

I can give you high blood pressure just on the phone by criticizing you. On the other hand, I can send a tweet to somebody in China and give them a dopamine hit.

~Deepak Chopra

The secret of attraction is to love yourself. Attractive people judge neither themselves nor others.

~Deepak Chopra

The possibility of stepping into a higher plane is quite real for everyone. It requires no force or effort or sacrifice. It involves little more than changing our ideas about what is normal.

~Deepak Chopra

We have a pharmacy inside us that is absolutely exquisite. It makes the right medicine, for the precise time, for the right target organâ€”with no side effects.

~Deepak Chopra

Giving connects two people, the giver and the receiver, and this connection gives birth to a new sense of belonging.

~Deepak Chopra

The inward journey is about finding your own fullness, something that no one else can take away.

~Deepak Chopra

If you restore balance in your own self, you will be contributing immensely to the healing of the world.

~Deepak Chopra

You can't make positive choices for the rest of your life without an environment that makes those choices easy, natural, and enjoyable.

~Deepak Chopra

Miracles happen every day. They bubble up from their hidden source, surround us with opportunities and disappear.

~Deepak Chopra

The gifts of caring, attention, affection, appreciation, and love are some of the most precious gifts you can give, and they don't cost you anything.

~Deepak Chopra

In every failure lies the seeds of success.

~Deepak Chopra

Instead of thinking outside the box, get rid of the box.

~Deepak Chopra

When we experience the power of the Self, there is an absence of fear, there is no compulsion to control, and no struggle for approval or external power.

~Deepak Chopra

Language creates reality. Words have power. Speak always to create joy.

~Deepak Chopra

If you had all the money and all the time in the world, what would you do?!

~Deepak Chopra

Awareness is the birthplace of possibility. Everything you want to do, everything you want to be, starts here.

~Deepak Chopra

The world is more than the sum of its suffering.

~Deepak Chopra

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