



# Power, Freedom, and Grace: Living from the Source of Lasting Happiness

*Deepak Chopra M.D.*

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## **Power, Freedom, and Grace: Living from the Source of Lasting Happiness** Deepak Chopra M.D.

Deepak Chopra considers the mystery of our existence and its significance in our eternal quest for happiness. Who am I? Where did I come from? Where do I go when I die? Chopra draws upon the ancient philosophy of Vedanta and the findings of modern science to help us understand and experience our true nature, which is a field of pure consciousness.

When we understand our true nature, we begin to live from the source of true happiness, which is not mere happiness for this or that reason, but true inner joy. When we know who we are, we allow the universe to flow through us with effortless ease, and our lives are infused with power, freedom, and grace.

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