

# How to Know God

by Deepak Chopra

I believe that the experience of God is available to anyone

regardless of their religious background or lack of it. The human nervous system is hardwired to experience God. God is defined as infinite intelligence and therefore infinite creativity. The universe is a manifestation of this infinite creativity. Whenever we create something new in our lives, we tap into the infinite mind. The miracles that are described in every spiritual tradition are manifestations of the creativity that we have access to when we tap into "the mind of God." Einstein once said "I want to know how God thinks, everything else is a detail." How do we know God?

All creative impulses share certain things in common. These include intended outcome, information gathering, incubation (as happens in meditation and prayer), insight, inspiration, implementation and integration. Creativity is a quantum leap in our consciousness. When we understand how miraculous healing occurs and why desires sometimes get fulfilled without any conscious effort on our part, then we have the ability to co-create (with God) anything in our lives.

Science has usually considered things like the remembrance of former lifetimes, synchronicities, telepathy, extra sensory perception, prophecy and remote healing, as anomalies. I believe if people understand the mechanics of such events, they too can consciously create them.

There are three levels of reality - physical, mental and spiritual (also called material, quantum and virtual). Our biological responses to reality and the more sophisticated responses of the human nervous system allow us to tap into the infinite mind. These responses are as follows:

- 1 · Restful Awareness, which is being centered in the midst of chaos and confusion.
- 2 · The Intuitive Response, which is using a non-rational, contextual, relational, holistic, nourishing intelligence that we all have, often described as a feeling from the heart or a gut feeling
- 3 · The Creative Response, which is the ability to create something that never existed before but also the ability to co-create the events of our life.
- 4 · The Visionary Response, which is the ability to access the mind of enlightened beings and also our spiritual inheritance.
- 5 · The Sacred Response, which is to become one with God or Infinite Mind.

As we become familiar with these higher states of consciousness our nervous system correspondingly changes so that we perceive things that we usually wouldn't in our normal waking state of consciousness. We begin to understand what Mohammed may have experienced when the angel Gabriel visited him, what Moses may have heard when he confronted God, or how Jesus may have performed the thirty-five miracles described in the New Testament. To Know God is to empower oneself and to understand that a spark of the divinity that great prophets experienced inside themselves is also present in every being. When we pay attention to this spark and nurture it, it can become a brilliant flame that can transform our lives and all those who are affected by them.

How to Know God is now available on DVD at: [www.chopra.com](http://www.chopra.com) or [www.Amazon.com](http://www.Amazon.com). \$19.98. Running time: 67 minutes. Produced by Chopra Media and Frank Productions. ©2006 Twentieth Century Fox Home Culture It!