

Chapter 1 : Golf for Enlightenment (Audiobook) by Deepak Chopra MD | calendrierdelascience.com

*Golf for Enlightenment: The Seven Lessons for the Game of Life [Deepak Chopra, Jesper Parnevik] on calendrierdelascience.com *FREE* shipping on qualifying offers. Deepak Chopra has discovered the delights and frustrations of golf, and he is passionate about the game.*

And when nothing but the best advice will do, along comes M. In *Golf and the Spirit*, M. Scott Peck writes a book for beginners and masters alike--and even for nongolfers. It goes beyond mechanics to explore the deeper issues, ways of successfully managing the emotional, psychological, and spiritual aspects of this most wonderful, maddening, deflating, and inspiring game. Playing side by side with M. Scott Peck on an imaginary course of his own design--complete with illustrations of each hole--you will come to see the profound truths in this seemingly simple game. Appreciate that life is not linear. Come to understand your own anger and how to heal that which gets in your way. Accept the gifts of humility. Appreciate kenosis, the process by which the self empties itself of self. Know that in weakness often there is strength. Realize that to experience the blessings of golf and life fully, you must accept the divinity that underlies all things. Like the best-selling volumes of Harvey Penick and Michael Murphy, *Golf and the Spirit* makes a unique contribution to the literature of golf and life. It goes beyond the body to address the heart and soul of the game, creating a rare opportunity for transformation in the lives of its readers, both on and off the fairway. We live in the tension between our will and reality. Sometimes with great effort and expertise, we can change reality or bend it to our will. At other times--also with great effort and expertise--it is we who must change by coming to accept the limitations of the world and of ourselves. How we do this--how we deal with the hazards of life--is quite akin to how we deal with the hazards of a golf course. Sooner or later golfers who stick with the game long enough will almost always come to see it as a metaphor for life. But the word metaphor fails to do justice to all that golf has to teach us. I would go even further and say that, in its own way, golf is life and, not only that, life condensed. From the Trade Paperback edition.

Chapter 2 : Golf for Enlightenment: The Seven Lessons for the Game of Life by Deepak Chopra

Golf for Enlightenment offers a unique perspective on the game by matching some universal tenets on the balance of life to a balance in one's game. Chopra does well in creating an outline of the important actions one would take to achieve balance in their lives and distills them into seven lessons in a Covey-esque manner.

Feb 13, Zurino rated it really liked it The way Dr. This man speaks so clearly that I find myself rereading this book for the simple pleasure of reading his words. That, and I find his perspective rather brilliant. Its not that I fully endorse his way of thinking or beliefs, its that I find this work of value in providing a clear succinct perspective on a life well lived. Surrender is the dominant theme of the book, and is the only thin The way Dr. Surrender is the dominant theme of the book, and is the only thing that makes any sort of sense to me. That is one thing even from my religious childhood that I feel they got right. Not much else, but that one stuck. Over the years, I must have read this book at least a dozen times now, probably more. Each time is just as profound. The constant reminder is timeless. And as the intro says, this book is more about the game of life, and less about the game of golf. Enjoy good people, enjoy. Good to provoke some thought. I shake my head at some of the people I see at the driving range who show their frustrations audibly. There are many similarities between golf and life. I think this book does a nice job of reminding us of what is and is not in our control. I have enjoyed my golf game more and in turn my scores have improved Dec 23, Amelia rated it liked it This was a cute book, though I probably would have liked it more if I understood the philosophy on a more fundamental level. Now full disclosure is probably in order here. I admit itâ€™I am a golfer. Okay, glad I got that out of the way. Back to the book. First of all, reading this book I could tell very early-on that Deepak is a very new golfer. So there, the book stunk, right? The dude me and Deepak are pretty tight. Anyone who truly desires to take nothing from others will have the whole universe at his disposal. But it also seems like it could be true and is inspiring. Receive whatever is trying to come in. It will simply appear before you at the right time. But it is kind of Zen-y when applied to golf. Let the game play you.

Chapter 3 : Download [PDF] Golf For Enlightenment Free Online | New Books in Politics

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Chapter 4 : Golf for Enlightenment by Deepak Chopra, M.D. | calendrierdelascience.com

About Golf for Enlightenment. Deepak Chopra has discovered the delightsâ€™and frustrationsâ€™of golf, and he is passionate about the game. Confronted by the wild ups and downs of his own play, he consulted with golf professionals and developed a new approach to the game that any golfer can followâ€™from the novice to the expert.

Chapter 5 : Book golf for enlightenment pdf free download

Golf for Enlightenment is the story of an Everyman named Adam who begins with a terrible round of golf and ends up mastering the game, an achievement he never dreamed possible. He does this through an extraordinary and mysterious teacher, a young woman named Wendy.