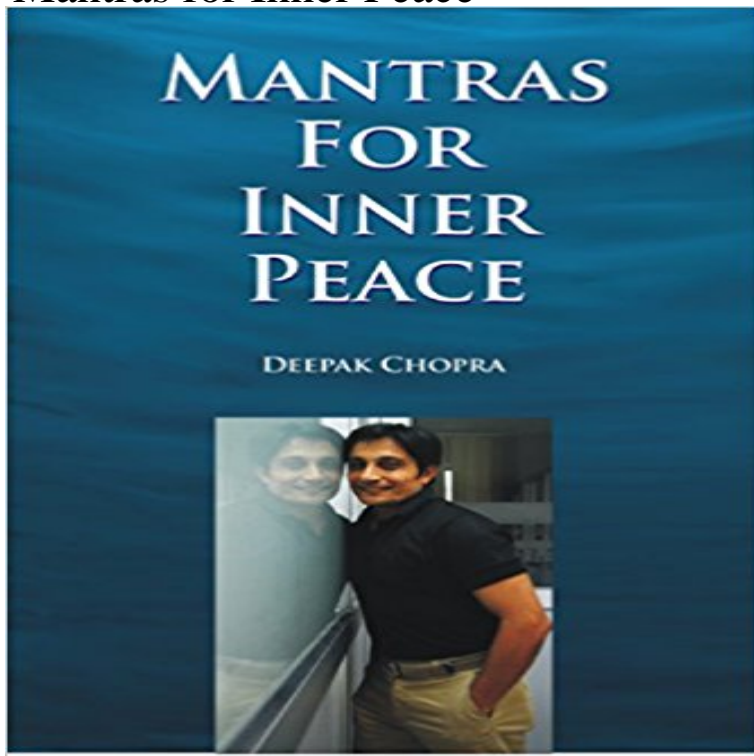


Mantras for Inner Peace



I honour you for reading up about this book. In doing so, you have made the decision to connect with your SELF i.e. the Divine. The content of this book is an outcome of a lot of soul searching done by me during my trek through the vicissitudes of life and my dialogue with HIM , my sole companion, to seek answers to volcanic eruptions of queries in the mind and a path of righteousness. The book offers a perspective and some mantras to cope with the dilemmas in our walks of life when our existence is eclipsed and challenged by the shadows of uncertainty. The words and expression used are captivating, disturbing, challenging and uplifting. Captivating since they reflect the harsh realities of life. Disturbing because they remind you of your dilemmas . Challenging since it requires taming of the mind. Uplifting as they enhance your inner strength. The thoughts will add value , bring an insight along with a deeper understanding , produce an awakening , spark a renewed desire and vigour , and promote a fruitful change in your daily life on this earth to attain inner peace and live a more meaningful and fulfilling life . Deepak Chopra, Chandigarh, India.

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