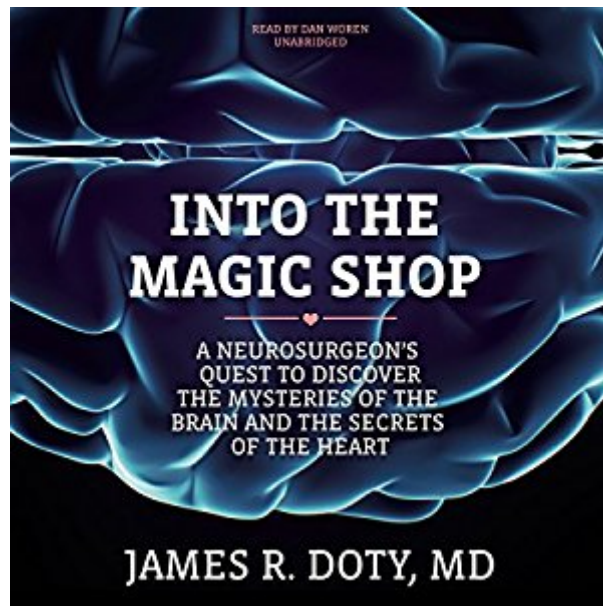


The book was found

Into The Magic Shop: A Neurosurgeon's Quest To Discover The Mysteries Of The Brain And The Secrets Of The Heart



Synopsis

Extraordinary things happen when we harness the power of both the brain and the heart. Growing up in the high desert of California, Jim Doty was poor, living with an alcoholic father and a mother chronically depressed and paralyzed by a stroke. Today he is the director of the Center for Compassion and Altruism Research and Education at Stanford University, of which the Dalai Lama is a founding benefactor. But back then his life was at a dead end - until at the age of 12, when he wandered into a magic shop looking for a plastic thumb. There he met Ruth, a woman who taught him a series of exercises to ease his own suffering and manifest his greatest desires. Her final mandate was that he keep his heart open and teach these techniques to others. Ruth gave Doty his first glimpse of the unique relationship between the brain and the heart. Doty would go on to put Ruth's techniques to work, bringing power and wealth that he could only imagine as a 12-year-old. But he neglected Ruth's most important lesson, to keep his heart open, with disastrous results - until he had the opportunity to make a spectacular charitable contribution that would virtually ruin him. Part memoir, part science, part inspiration, and part practical instruction, *Into the Magic Shop* shows us how we can fundamentally change our lives by first changing our brains and our hearts.

Book Information

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Customer Reviews

This book is an interesting one that I read in one night. It is both a memoir and a metaphysical book, and is written by a neurosurgeon. The introduction has a graphic description of brain surgery which I stopped reading long before it was over. Chapter One then goes back to Lancaster, California in

1968, where the author is a twelve-year-old who feels like he is most unlucky where his family is concerned. His father is an alcoholic with unsteady employment, his mother is depressed and sometimes suicidal, his older brother is always frightened, and eviction is always a possibility. But then he walks into a magic shop one day, where Ruth, the owner's mother, decides he would be a good candidate to teach the "magic" of metaphysics. What she basically teaches him is meditation and visualization. Those are two topics I've read much about, since I've read hundreds of metaphysical books, but have never been truly enticed to practice. No, I'm not going to add "until now". Although if you are interested in those two things and don't want to get bogged down in "heavy" reading, this book would be an excellent one to read. What you will learn is "relaxing the body", "taming the mind", "opening the heart" and "clarifying your intent". There are step-by-step instructions, of two to three pages, about each of those techniques after they are discussed. There are also audio versions of those instructions at a website mentioned in the book. Thus, this is a bit of a self-help book, too. Dr. Doty describes how his childhood is tremendously changed after spending six weeks learning Ruth's lessons. His family life doesn't really change, he is the one who changes.

Back in the 1970's, I took a meditation course with a well-known Hindu teacher named Swami Rama, who was one of the first yogis whose significant mental powers were studied by Western scientists. What I learned from him about the tools of relaxation, meditation, focusing on a mantra were very effective in my life. But like so many others, my best intentions were waylaid by daily living, and after a few years I stopped meditating. This was to my detriment since the constant stress of working, raising a family and trying to keep my head above water financially created havoc with my health. In the meantime, Swami Rama became a controversial character after being accused by several women of being sexually abused and exploited by the "holy man" in his Ashram. This kind of revelation has become almost common place as we've come to understand that great teachers can all-too-often possess a great ability to take advantage of those he or she teaches and who place so much trust and love in that person. Today, "mindfulness" is almost a buzzword in everything from sports to business as meditation has been studied and proven to be beneficial and rewarding to those who practice it. As I read through the first few chapters of "Into the Magic Shop", I felt a definite déjà vu as Dr. Doty describes the "magic" he was taught by Ruth in the magic shop of his youth. I purchased the book because the blurb about Dr.

From time to time, I think everyone dreams about finding some magic formula to solve all their

problems and create an ideal life. More often than not, those incidents only happen in fictional tales. But in the summer of 1968 when he was only 12, Jim Doty walked into a magic shop and it forever changed his life and the lives of countless other people. Into The Magic Shop, by Dr. James Doty, is the amazing story of what happened by that chance encounter. Jim was only 12 years old at the time. For some strange reason, Ruth, the mother of the magic shop owner saw some hidden potential in Jim and agreed to mentor him over the summer. What follows is one of the most remarkable and magical stories you will ever read. The story is so remarkable that about half way through the book, I Googled Dr. Doty to confirm the facts of the book. Jim came from a terribly dysfunctional family. It would have been exceptional for him to have achieved even a modest level of success. But based on the lessons Ruth taught him, he achieved success most people only dream about. Ruth taught Jim to meditate. She taught him how to focus, how to clear the mind, and how to set intentions. She tried to teach him to open his heart, but that was a lesson he would only learn much later in life. Jim's dream was to become a doctor. He was barely passing undergraduate studies in college. Getting into med school seemed totally out of the question. But because of the magic of meditation, focus and setting intentions, he achieved the impossible. He went on to become a neurosurgeon. One of the goals he set as a child was to become wealthy. He did that and more.

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