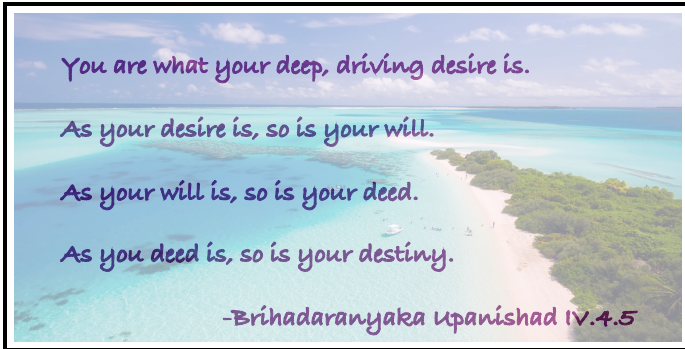


THE SEVEN SPIRITUAL LAWS

by Deepak Chopra



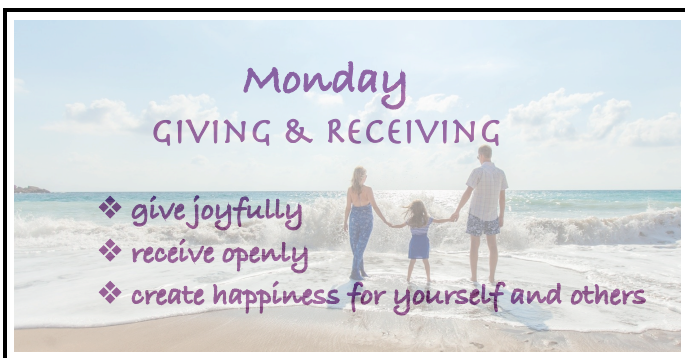
You are what your deep, driving desire is.
As your desire is, so is your will.
As your will is, so is your deed.
As you deed is, so is your destiny.

-Brihadaranyaka Upanishad IV.4.5



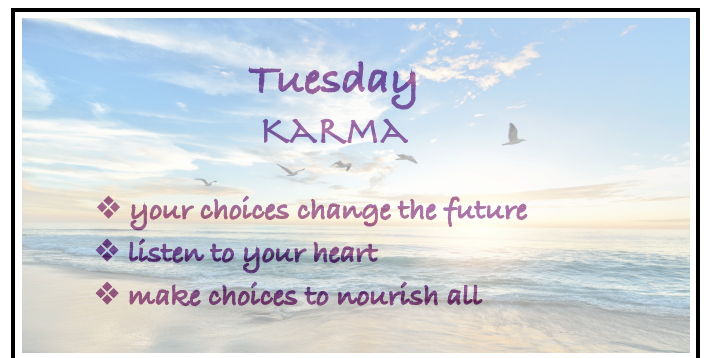
Sunday
PURE POTENTIALITY

- ❖ just BE
- ❖ judge nothing
- ❖ witness the beauty of nature



Monday
GIVING & RECEIVING

- ❖ give joyfully
- ❖ receive openly
- ❖ create happiness for yourself and others



Tuesday
KARMA

- ❖ your choices change the future
- ❖ listen to your heart
- ❖ make choices to nourish all



Wednesday
LEAST EFFORT

- ❖ be responsible and defenseless
- ❖ do less, accomplish more
- ❖ accept everything



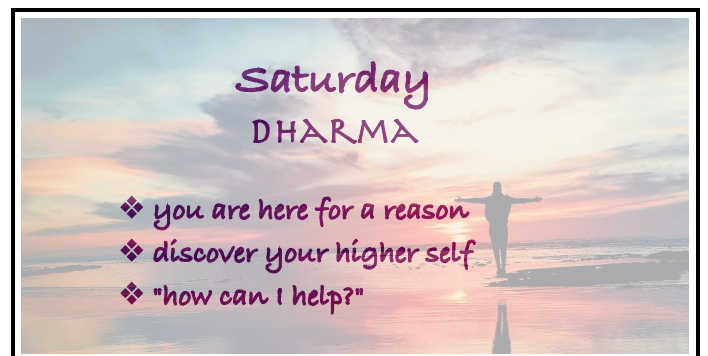
Thursday
INTENTION & DESIRE

- ❖ accept the present and intend the future
- ❖ choose the seeds to sow
- ❖ nourish the seeds and allow them to bloom



Friday
DETACHMENT

- ❖ enjoy the journey
- ❖ embrace uncertainty
- ❖ give up attachment to the result



Saturday
DHARMA

- ❖ you are here for a reason
- ❖ discover your higher self
- ❖ "how can I help?"

DEEPAK CHOPRA'S SEVEN SPIRITUAL LAWS OF SUCCESS

The Law	Applications	Insights
<p>Sunday: The Law of Pure Potentiality The source of all creation is pure consciousness ... pure potentiality seeking expression from the unmanifest to the manifest.</p> <p>And when we realize that our true Self is one of pure potentiality, we align with the power that manifests everything in the universe.</p>	<ol style="list-style-type: none"> 1) Just Be ... access true consciousness thru meditation 2) Judge nothing that occurs 3) Carry stillness at all times so that in the midst of chaotic movement you will not overshadow your access to the reservoir of creativity or the field of pure potentiality. 4) Commune with nature daily and witness the intelligence within every living thing 	<p>Everything is Possible... Just Be... Meditate ... Be Silent ... Practice Non-Judgment ... Witness the Beauty of Nature</p> <p>Your Soul = field of unbounded awareness, and expression of infinite field of conscious intelligence, creativity and bliss.</p>
<p>Monday: The Law of Giving and Receiving The universe operates through dynamic exchange ... giving and receiving are different aspects of the flow of energy in the universe.</p> <p>And in our willingness to give that which we seek, we keep the abundance of the universe circulating in our lives.</p>	<ol style="list-style-type: none"> 1) Bring a gift - a compliment, a flower or a prayer - to every encounter 2) Gratefully and openly receive all gifts that life has to offer from nature and others 3) Circulate the joy, wealth, and affluence in all lives by giving and receiving life's most precious gifts: the gifts of caring, affection appreciation and love. Silently wish happiness, joy and laughter at each encounter. 	<p>Give that which we seek ... Give Joyfully ... Give Everyday ... Receive Openly ... The more we give the more we receive ... Give with true intention to create happiness for giver and receiver</p> <p>The act of giving has to be joyful. If you want joy, give joy to others; if you want love, learn to give love; if you want attention and appreciation, learn to give it; if you want material affluence, help others to achieve it.</p>
<p>Tuesday: The Law of Karma or Cause and Effect Every action generates a force of energy that returns to us in like kind ... what we sow is what we reap.</p> <p>And when we choose actions that bring happiness and success to others, the fruit of our karma is happiness and success.</p>	<ol style="list-style-type: none"> 1) Witness the choices made each moment and bring them to conscious awareness 2) Ask: - "What are the consequences of this choice?" and "Will it bring fulfillment and happiness to me and those affected by this choice?" 3) Ask the heart for guidance and be guided by its message of comfort or discomfort. If discomfort, pause and see the consequences with inner vision. 	<p>Karma = The action of conscious choice making</p> <p>Our Choices Change the Future ... Our Heart Knows the Right Choice ... Witness the Choices ... Make Choices that Nourish all</p> <p>Become conscious of the seeds of karma, and thus become a conscious generator of reality.</p>
<p>Wednesday: The Law of Least Effort Nature's intelligence functions with effortless ease ... with carefreeness, harmony, and love.</p> <p>And when we harness the forces of harmony, joy, and love, we create success and good fortune with effortless ease.</p>	<ol style="list-style-type: none"> 1) Practice Acceptance - accept people, situations, circumstances and events as they occur, as they are, not as wished for. Do not struggle with the universe. 2) Having accepted things as they are, take responsibility for the situation, which is not blaming yourself or anyone. Every problem is an opportunity in disguise to transform into a greater benefit. 3) Relinquish the need to defend and justify points of view. Remain open to all points of view and not be rigidly attached to any one of them. 	<p>Principle of Least Action with No Resistance ... Do Less, Accomplish More ... Let Actions be Motivated by Love ... Each Moment is As It Should Be ... Take Responsibility</p> <p>Observe nature: Fish don't try to swim, they just swim; grass doesn't try to grow, it just grows.</p> <p>Force and struggle cannot open the door to higher states of awareness.</p>
<p>Thursday: The Law of Intention and Desire Inherent in every intention and desire is the mechanics for its fulfillment ... intention and desire in the field of pure potentiality have infinite organizing power.</p> <p>And when we introduce an intention in the fertile ground of pure potentiality, we put this infinite organizing power to work for us.</p>	<ol style="list-style-type: none"> 1) Carry a list of desires at all times. Look at it before going into meditation, before going to sleep and upon waking. 2) Release this list of desires and surrender it to the universe, trusting that when things don't go along these lines, there is a reason, the cosmic plan has grander designs. 3) Practice present-moment awareness in all actions. Refuse to allow obstacles to consume and dissipate the quality of attention in the present moment. Accept the present as it is and manifest the future through the deepest and most cherished intentions and desires. 	<p>Intention organizes it's own fulfillment ... The quality of INTENTION on the object of ATTENTION will orchestrate the desired outcome ... Accept the present and intend the future ... Live in the wisdom of uncertainty ... Let the universe handle the details</p> <p>Becoming aware of desires and intentions is to choose the seeds to sow. Plant those seeds into the fertile field of pure consciousness. Nourish them with regular visits to the Gap to allow them to blossom when the season is right.</p>
<p>Friday: The Law of Detachment In detachment lies the wisdom of uncertainty ... in the wisdom of uncertainty lies the freedom from our past, from the known, which is the prison of past conditioning.</p> <p>And in our willingness to step into the unknown, the field of all possibilities, we surrender ourselves to the creative mind that orchestrates the dance of the universe.</p>	<ol style="list-style-type: none"> 1) Commit to detachment. Allow everyone the freedom to be as they are. Do not rigidly impose ideas of how things should be. Do not force solutions on problems. 2) Embrace uncertainty so that solutions will spontaneously emerge out of the problem, out of the confusion, disorder and chaos. Through the wisdom of uncertainty lies security. 3) Step into the field of all possibilities and anticipate the excitement than can occur when remaining open to an infinity of choices, thus experiencing all the fun adventure, magic, and mystery of life. 	<p>Enjoy the Journey and the Freedom to Create in the Uncertainty ... Give up attachment to a result ... Participate in everything with detached involvement ... Look towards the excitement of uncertainty ... Stay alert to opportunities as they arise ... Uncertainty → Path to Freedom → Security</p> <p>Attachment to a known is attaching to the past, which is a stale repetition of outworn memories and victimhood.</p>
<p>Saturday: The Law of Dharma Everyone has a purpose in life ... a unique gift or special talent to give to others.</p> <p>And when we blend this unique talent with service to others, we experience the ecstasy and exultation of our spirit, which is the ultimate goal.</p>	<ol style="list-style-type: none"> 1) Nourish the goddess in embryo that lies deep in the soul. Pay attention to the mind/body spirit. Awaken to the deep stillness in the heart. Carry the consciousness of timeless eternal Being in the midst of time-bound experience. 2) Make a list of unique talents. List all the things that you love to do while expressing those unique talents. When these talents are expressed and used in the service of humanity, you lose track of time and create abundance in your life and the lives of others. 3) Ask daily: "How can I help?" and "How can I serve?" The answers will help serve others with love. 	<p>We are Here for a Reason ... The Divine takes a human form to fulfill a purpose ... Expressing talents to fulfill needs creates unlimited wealth and abundance ... Discover our True Self, Spiritual Self, or Higher Self ... Discover our unique talents ... Our purpose takes us to Timeless Awareness</p> <p>When our purpose is merged with service to humanity we make full use of the Law of Dharma</p>