THE SEVEN SPIRITUAL LAWS OF SUCCESS

BASED ON THE BOOK BY DEEPAK CHOPRA
These are practical guidelines for success in all areas of Life

The Laws by which *we* create the Universe around us

The whole Universe is a reflection of our Consciousness

There is nothing “out there” that’s not “in here”
WHAT DOES BEING SUCCESSFUL MEAN TO YOU?

I

OVERALL, DO YOU CONSIDER YOURSELF A SUCCESSFUL PERSON?

HAS SUCCESS BROUGHT YOU HAPPINESS?

Let Bliss be your guide
THE LAW OF PURE POTENTIALITY

OUR ESSENCE IS PURE CONSCIOUSNESS

KNOWING WHO WE ARE GIVES US THE ABILITY TO FULFILL OUR DREAMS

ALL RELATIONSHIPS ARE A REFLECTION OF OUR RELATIONSHIP WITH OURSELF
Rumi

“Awareness sleeps in minerals
It dreams in plants
It awakens in animals
Awareness becomes Self-aware in humans”
THE GOOD NEWS IS THAT WE ARE ALL ALREADY ENLIGHTENED

THE BAD NEWS IS WE’VE FORGOTTEN IT
In the silent spaces between thoughts is the potential for anything and everything.

By bringing this inner potential into our lives we can have and create whatever we want.

You have the power to make reality. Why make it inside boundaries, when the boundless is so near?

Know that by which everything becomes known.
How limited is your life?

Do you consider yourself a spiritual person?

When do you most feel Spirit in your life?

When do you feel Spirit is absent?

What is your spiritual goal(s)?
THE ETERNAL QUESTION
I am Eternal
I am Immortal
I am Being
ALL RELATIONSHIPS ARE A REFLECTION OF OUR RELATIONSHIP WITH OURSELF

We attract who we are
Intimacy with the Self is the path to true healing
The purpose of any relationship is Enlightenment
For just one minute out of the day
With all the rest of your time,
It would be best to try
Looking upon yourself more as God does.
For He knows your true royal nature.
God is never confused and can only see Himself in you.  - Hafiz
APPLYING THE LAW

1. Take time every day to be silent
   Meditation
   Listen
   Breathe, make space for Spirit
   Humility
   Present moment awareness

   Silence is God’s language, learn to speak His tongue

   Wherever you go, remain a hermit inwardly, then your world can never weaken you
2. Spend time communing with Nature  
   Get in tune with the rhythms of nature  
   Align with the abundance, joy and beauty of nature  
   Practice using all your senses

“If you have no relationship with nature, you have no relationship with man” - Krishnamurti

“When you are appreciating the creation as much as the Creator, then the Creator will ask, “Who is appreciating my creation as much as Me? Let Me see this person” - Maharishi Mahesh Yogi
APPLYING THE LAW

3. Practice non-judgment
   Every relationship is a mirror
   We attract who we are
   See the Divine in everything and everyone
   Be kind to yourself and others

Try to see everything as if for
the first time
Look for the miraculous in
everyday objects and events

Everyone is a genius. But if you judge a fish on its ability to climb a tree, it will live its whole life believing that it is stupid.

-A Einstein
The Lord passed by
Then a great wind tore the mountains apart
and scattered the rocks before the Lord
But He was not in the wind
After that, there was an earthquake
But the Lord was not in the earthquake
After that came a fire
But the Lord was not in the fire
After the fire came a gentle whisper

- 1 Kings, 19
THE LAW OF GIVING

OUR BODY, MIND AND THE UNIVERSE ARE IN CONSTANT DYNAMIC EXCHANGE

WE MUST LEARN TO GIVE WHATEVER WE WISH TO RECEIVE

THE INTENTION BEHIND GIVING SHOULD ALWAYS BE TO CREATE HAPPINESS
The only things that stop us from being generous are fear and ignorance

“There’s enough in this world for everyone’s need but not everyone’s greed”  
- Ghandi

“I don’t think there’s such a thing as an intelligent, mega-rich person. For who with a fine mind can look upon this world and hoard what can nourish a thousand souls?”  
- Kabir
Life is the harmonious interaction of all the forces on all levels of existence.

Giving and receiving keep the exchange going.

Give generously  Receive graciously

*God withholds nothing*
What do you feel is lacking in your life?

Do you live in wealth or poverty consciousness?

Do you consider yourself generous?

Do you prefer to give or receive?
I am Abundance

I am Joy
WE MUST LEARN TO GIVE WHATEVER WE WISH TO RECEIVE

Thousands of candles can be lighted from a single candle and the life of the candle will not be shortened. Happiness never decreases by being shared.

- Lord Buddha

What am I grateful for?
What can you give away that would benefit another?

“I saw sorrow holding a cup of pain, I said hey sorrow, sorry to see you this way. What’s troubling you, what’s with the cup of pain? Sorrow said, what else can I do, all this joy you have brought into this world has killed my business completely.”
The tree laden with fruit bows low so we can pick it, the tree without stands tall and proud.

When we are grateful to the Divine, we receive the joy of Divine Happiness.
Every seed has the promise of a thousand forests but you must plant the seed

What do I want?
1. Give a gift to everyone you meet

Be generous with yourself, be easy
Be humble in your giving
Be generous in your thoughts and words
Practice Seva
Think with your heart, love with your mind

“Happiness depends on what you can give, not on what you can get” - Chinmayananda

“The more the sage gives to others, the greater his abundance” - Loa Tzu
APPLYING THE LAW

2. Gratefully receive the gifts offered you
   Enjoy the gift of Life, be glad to be alive
   Enjoy Nature’s bounty, thank the Universe
   Be grateful to your family, your lineage
   Don’t take things for granted, be grateful
   Appreciate all that you already have, thank your body
   The only mantra you need is “Thank you”
3. Keep wealth circulating
Don’t hold on to things, everything has a sell by date
Make a list of the things you can give effortlessly and freely
Offer something from your list every day
Tap into the Cosmic wealth
Pay it forward
Live in wealth consciousness
THE LAW OF KARMA
CAUSE AND EFFECT

AS YOU SOW SO SHALL YOU REAP

EVERYTHING THAT HAPPENS TO US IS THE RESULT OF OUR
PAST THOUGHTS AND ACTIONS

EVERY SITUATION IN LIFE CAN BE SEEN AS A PROBLEM OR
AN OPPORTUNITY FOR GROWTH
When the child emerges from the womb of its mother, one does not find any garland around its neck. There are no jewels made of pearls, nor are there glittering gold ornaments. There are no necklaces studded with precious stones like emeralds and diamonds. But there is one garland around its neck. Brahma (the Creator) strings together the consequences of one’s past deeds into a heavy garland and puts it around the neck at the time of birth - Telagu poem
Three types of Karma
- contracted for this life
- left behind in the karmic sack
- new Karma created during this life

The seeds of Karma are stored within our Soul

The Soul’s evolutionary journey is to wash its Karma
Everything in the relative world is the result of Karma collected over millions of lives.

Everyone we meet, every situation has a Karmic significance.

Everything happens for a reason

*The karmic curse is that we have forgotten who we really are*
Do you feel responsible for your life? If not, who is?

Do you make choices from your head or your heart?

Do you make choices easily or worry about having to make them?

Are you happy with your life?
Karma can be:
released in kind - suffering
transmuted or transformed - conscious living
transcended - meditation

Every action has the cause and effect within it
the situation is the result of a previous action
how we respond determines future consequences

We can never know who is simply delivering our Karma

Who do I need to forgive?

A successful man is one who can create a firm foundation from the bricks that others throw at him
1. Be conscious of the choices you make

Being fully conscious in the present allows us to best prepare for the future

Become a Master not a reactionary

Take a breath

Listen to your body

“Our life is shaped by our mind, we become what we think. Suffering follows and evil thought, joy follows a pure thought” - Buddha

My body is the most sacred place of pilgrimage I will ever come to. It is the dwelling place of the Divine
2. Ask yourself, “What are the consequences of my choices?”

Is the choice evolutionary, does it serve me and others?

What is the opportunity for growth?

Am I choosing from love or fear?

There is never a loss, only transformation

“The mind creates the abyss and the heart crosses over it” - Mother Teresa
3. I will ask my heart or Higher Self for guidance

Listen to the first impulse - intuition

Ask for advice but don’t let others decide your life

Ask, “Is this my Higher Self or my ego talking”

God is not bound by the Laws of Karma, love keeps no record of right and wrong

Have the courage to follow your choices

Avert the danger which has not yet come - Yoga Sutras
THE LAW OF LEAST EFFORT

DO LESS AND ACCOMPLISH MORE. DO NOTHING AND ACCOMPLISH EVERYTHING

WHEN ACTIONS ARE MOTIVATED BY LOVE, THERE IS NO EFFORT

THE MOMENT IS EXACTLY AS IT SHOULD BE
NATURE FUNCTIONS WITH EFFORTLESS EASE

Rivers don’t flow uphill
Flowers don’t try to smell
Grass doesn’t try to grow

When we align with the harmony and joy of Nature, we become effortless

Be graceful
Keep it simple
Look for the path of least resistance

Meditation - do less accomplish more
Love expands, fear contracts

Love is the path of least resistance

Love connects us with cosmic energy

Fear, ego and control deplete our energy

Emotions are reactions to the rules your personality has created. The stronger your absolutes and expectations, the more emotional your life will be

“To everything there is a season and a time for every purpose under Heaven” - Ecclesiastes

Any fool can make something easy appear complicated but the wise make the complicated look easy.
Is there someone in your life you feel you need to change?

How do you feel when others try to change you?

Are you defensive and argue a lot?

Do you often feel exhausted at the end of the day?

When does your life flow effortlessly?
Instead of running after happiness, tap into the happiness that surrounds you.

*My every thought and action, my very breathing and moving, come from God and belong to God. Everything I do is a Divine movement of the Eternal*

**What is my purpose?**

“In this life we cannot do great things, we can only do small things with great love”  - Mother Teresa
1. I will practice acceptance
   Accept people and things as they are

   This moment is always as it should be

You are eternal, you can wait forever

Being peaceful requires no effort

When you struggle against the moment, you struggle against the Universe. The Universe always wins

   “To find God you must welcome everything” - Tagore

   Patience is the key to joy, haste is the key to sorrow - Arabic saying
2. I will take responsibility for my life

Take responsibility for every situation and your emotions

No blame

Discover the opportunities

All relationships are a mirror, learn from them

Make everyone your teacher

“In your hopelessness is the only hope, in your desirelessness is your fulfillment and in your tremendous helplessness, suddenly the whole existence starts helping you - Osho
3. I will give up the need to defend my point of view
   Be open to people, ideas, be open to life

   Relinquish the need to control or convince
   Be defenseless, stop resisting
   Act from your heart
   Practice humility
   Pride and arrogance require a lot of energy

“Be like an imbecile twenty fours hours a day. Be spontaneous and buoyant, your mind like space, year in year out. If anything is not forgotten, you’ve spent your life in vain” - Ch’ing-Tu

Happiness is not having to know what happens next
THE LAW OF INTENTION AND DESIRE

WHATEver we put our attention on grows stronger in our lives.

Intentions and desires released into silence have infinite organizing power.

We can create the future we want by living in the present.
The field of Pure Potentiality has infinite organizing power
Releasing an intention into that field activates this power

Attention and Intention - power tools for transformation

Attention brings the energy into the present moment
Intention transforms it for future fulfillment
The future can only be created in the present

One-pointed attention is completely focused and passionate

God gives her mysteries to those who allow themselves to be transformed by them

When we tap into the Unified Field at any point, we instantly know everything at every other point in the Field

“*The whole Universe exists within us, ask all from yourself*” - Rumi
We can fulfill our desires, transform them or move beyond them in some way.

We cannot suppress a desire, all disease is our inability to fulfill our desires.

What you put your attention on grows.

Worrying is praying for what you don’t want.

“Faith is to believe what you do not see, the reward of faith is to see what you believe” - Chinmayananda
Do you spend a lot of time thinking about the past or the future?
Are your material desires more important than your spiritual ones?
Do your desires tend to be more selfish or selfless?
Is it easy to fulfill your desires?
What frustrates you the most?
It’s your creation
Command the laws of Nature to do your bidding

What will I create?

“What’s the use of a heavy shower of rain if you keep your bucket upside-down?” - Sai Baba
1. I will make a list of my desires and view it regularly

Knowing your desires brings focus to your life
Let Nature know what you’re thinking
Be bold, weak desires create a weak life

“If you do not bring forth what is within you, what you do not bring forth will destroy you. If you bring forth what is within you, what you bring forth will save you” - Jesus Christ
2. I will release my desires to the Universe

Read your list before meditation and sleep
Plant the seeds of desire into the field of infinite organizing power
Let them go, don’t keep digging up the seeds
Allow the Universe to handle the details
Be open to greater fulfillments

Whatever lies behind us and whatever lies before us are tiny matters compared to what lies within us
3. I will practice present-moment awareness

I will be careful with whom I share my dreams
I will remain detached from the goals of my desires
I accept that the Universe may block
desires that don’t serve me
I will accept the present-moment as
always perfect
I accept that the Universe sometimes
has greater plans for me than I can
possibly imagine

*Your desires are who you are*
THE LAW OF DETACHMENT

DETAChMENT IS BASED ON OUR UNQUESTIONING BELIEF IN THE POWER OF OUR OWN SELF

DETAChMENT IS TO LIVE IN WEALTH CONSCIOUSNESS

THE WISDOM OF UNCERTAINTY ALLOWS US TO STEP INTO THE FIELD OF ALL POSSIBILITIES
Live life with passion but be dispassionate about the outcome

The fear of not having, disguises the reality that we have everything

When we are connected to Self, we know we have access to everything

Detachment means to live your life NOW

Trust in the infinite organizing power of the Universe

Welcome everything with the sacred “Yes”

_I want to sing like birds, not worrying about who is listening or what they think_

- Rumi
The known is our prison, the unknown is freedom

Attachment is based on fear and insecurity

Find your security within

Trust in the Divine but look for the opportunities

*It’s hard to be happy if you refuse to throw away all the things that make you sad*
What is your greatest fear?
What makes you feel most secure?
What do you need to hold onto?
Do you create your own problems?
Do new ideas excite or frighten you?
Do you consider yourself stubborn or flexible?
If money and time weren’t an issue, what would you do?
Don’t put things off.

Luck is when opportunity meets preparedness

Infinite flexibility is the key to immortality

What can I release?

*If you love something, let it go. If it stays away, it was never yours. If it returns, it’s yours forever.*
THE DELUSIONS

**Space** - we are here but not everywhere (we are non-local)

**Time** - there is a beginning, middle and end (time is a concept)

**Attachment** - I need this to be complete (we already have everything)

**Knowledge** - I know this but not that (we have access to the Unified Field at any point)

**Creativity** - I can do this but not that (we are surrounded by All Possibilities)

**Fear** - there are things to be afraid of (I am the Universe)
APPLYING THE LAW

1. I will not rigidly impose my idea of how things should be

   I won’t force solutions on problems
   I won’t try to control everything
   I’ll stop trying to “understand” everything
   I have nothing to prove

“If you let go a little you’ll be a little happy. If you let go a lot, you’ll be a lot happy. If you let go completely, you’ll be completely happy” Ajahn Chah
2. I will embrace the “Wisdom of Uncertainty”

I’ll become comfortable with the unknown

I’ll accept that there is a greater force than me at work

I’ll look for creative solutions when things seem confused and uncertain

I won’t blame myself or anyone for my situation. I am doing the best I can

“There is no joy in smallness, joy is in the infinite” - Upanishads
APPLYING THE LAW

3. I will remain open to an infinity of choices

I’ll do something everyday just for fun
I will give up ownership of everything
I’ll accept everything
I’ll accept that everything may be gone tomorrow

The miracle is not to walk on water, it’s to walk on the green earth in the present moment - Thich Nhat Hanh
THE LAW OF DHARMA
PURPOSE IN LIFE

WE ALL HAVE UNIQUE TALENTS AND A UNIQUE WAY TO EXPRESS THEM

WE ARE HERE TO REDISCOVER OUR HIGHER OR SPIRITUAL SELF

SERVING HUMANITY TAKES US BEYOND THE EGO AND REUNITES US WITH SPIRIT
Dharma is the essence or virtue of something

That which makes it what it is

Dharma means righteousness, justice, honor, purpose rather than choice

Dharma means truth in the sense of right action

“The seeker after Truth should be humbler than dust. The world crushes the dust under its feet but the seeker after Truth should be so humble that even the dust crushes him” - Gandhi
When we are in Dharma, actions are spontaneously correct.
We automatically know what to do in any situation.
Our life is supported by everything around us.
We are complete within ourselves.
Life becomes effortless.
If there is light in the Soul,  
There will be beauty in the person.  
If there is beauty in the person,  
There will be harmony in the home.  
If there is harmony in the home,  
There will be order in the nation.  
If there is order in the nation,  
There will be peace in the world.  

- Chinese Proverb
What do you enjoy doing most?
Do you feel satisfied with what you do now?
Do you have any regrets?
What would you change in your life?
What is your best quality?
Do you take enough time to simply enjoy Life?
Are you glad to be alive?
The highest Dharma is non-violence

Discover your unique talents and use them to serve selflessly

Serving others brings untold rewards in all areas of life

Outward Dharma leads to inner Moksha (Freedom)

**How can I serve?**
Be a Master in everything you do
Awareness - Discernment - Focus - Realization

Qualities of a Spiritual Warrior - Carlos Castaneda

**Ruthlessness without harshness** - ruthless in destroying self-importance and ego

**Cunning without nastiness** - only share your dreams with those bonded in love

**Patience without apathy** - there is a season for everything

**Sweetness without foolishness** - we don’t have the luxury of losing our temper

**One-pointed focus**

“Where there is Dharma, there will be victory” - Gita
APPLYING THE LAW

1. I will be awake to the energies within me

   I will identify the archetypes with which I resonate

   I will begin to nurture these energies

   I will get in touch with Spirit through stillness

   I will understand that I have been HERE all the time

   “The goal is to let go of being anyone special and meet each moment with a beginner’s mind” - Suzuki Roshi
Applying the Law

2. I will make lists of my talents and the things I love to do

Items on both list are clues to my Dharma

Dharma is using my talents to serve selflessly

I will look for my inner power, my unlimited potential

In the process I will gain complete knowledge of who I am
3. I will ask, “How can I serve”

Whatever I do I will do it fully - full attention, full effort, full passion
I will become a Master of everything I do
I will accept everyone without judgment
My true wealth will be the good I do in the world

Better one’s own Dharma though imperfect, than the Dharma of another well performed. He who does the duty of his own nature incurs no sin (Karma) - Lord Krishna
“Everyone has the birthright to enjoy abiding peace and unbounded joy, which is the essential nature of our Soul. Everybody already possesses the capacity of enjoying because it’s already there in the recess of everybody’s heart. Nothing from outside can stop us from enjoying lasting peace and permanent joy for life, that’s the essential nature of the Soul. The doors of Sat Chit Ananda, pure, bliss, consciousness, are wide open for one and all.

- Maharishi Mahesh Yogi
NAMASTE