



DEEPAK CHOPRA'S

**Seven Spiritual laws
of Success**

Pure Potential	-	Sunday
Giving	-	Monday
Karma	-	Tuesday
Least Effort	-	Wednesday
Intention/Desire	-	Thursday
Detachment	-	Friday
Dharma	-	Saturday

These are practical guidelines for success in all areas of Life

The Laws by which *you* create the Universe around you

The whole Universe is a reflection of your Consciousness in motion

There is nothing “out there” that’s not “in here”

What does being successful mean to you?

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 ourselves

the eternal question

I am Silence
I am Infinite
Possibilities
I am Eternal
I am Immortal
I am Being
Ahum Brahma Smi

Applying the Law

Take time every day to be silent

Meditation

Listen

Breathe

Be aware of the moment

Spend time communing with Nature

In tune with the rhythms of nature

Align with the abundance, joy and beauty of nature

Use all your senses

Practice Non-Judgment

Every relationship is a mirror

See the Divine in everything and everyone

Be kind to yourself and others

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

"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

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

**Life is the harmonious interaction of all
the forces on all levels of existence**

**Giving and receiving keep the exchange
going**

**Give generously
graciously**

Receive

God withholds nothing

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

**Every seed has the promise of a thousand
forests but you must plant the seed**

What do I want?

What can I give?

What am I grateful for?

I am Abundance

I am Joy

Applying the Law

Give a gift to everyone you meet

Be generous in your thoughts and words

Practice Seva - selfless service

Be humble in your giving

Gratefully receive the gifts offered you

Enjoy the gift of Life, be glad to be alive

Enjoy Nature's bounty, thank the Universe

Appreciate all that you already have

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

Tap into the Cosmic wealth - Energy, Love, Light

Live in wealth consciousness

“Thousands of candles can be lighted from a single candle and the life of the candle will not be shortened” - Lord Buddha

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

*The karmic curse is that we
have forgotten who we really are*

Karmic software

Action - Memory - Desire

Three types of Karma

- contracted
- the karmic sack
- new Karma

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

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?

Applying the Law

Be conscious of the choices you make

Be fully conscious in the present

Become a Master not a reactionary

Listen to your body

“What are the consequences?”

Do the choices serve me?

What is the opportunity for growth?

Will they bring happiness?

Ask your Soul for guidance

Listen to the first impulse - intuition

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

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

*Any fool can make something easy appear
complicated but the wise make the complicated
look easy.*

NATURE FUNCTIONS WITH EFFORTLESS EASE

Be Graceful
Keep it simple
Look for the path of least resistance
Meditation is the path to effortlessness

The stronger your absolutes and expectations, the more emotional your life will be

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

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

Instead of running after happiness, tap into
the happiness that surrounds you

Love expands, fear contracts
Love is the path of least resistance
Love connects us with cosmic energy

*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*

Applying the Law

Practice acceptance

This moment is always perfect
You are eternal, you can wait forever
Being peaceful requires no effort

Take responsibility

No blame
Discover the opportunities
All relationships are a mirror

Give up the need to defend your point of view

Be open to people, ideas, be open to life
Relinquish the need to control, convince, or judge
Be defenseless, stop resisting

The law of intention and desire

what we put our attention on grows stronger

intentions and desires released into Silence have infinite organizing power

we can create the future we want by living in the present

“What’s the use of a shower of rain if you keep your bucket upside-down? - Sai Baba

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

We can fulfill our desires, transform them or move beyond them, all disease is our inability to fulfill our desires

What you put your attention on grows

Be careful what you wish for

First deserve, then desire

***“The whole Universe exists within us,
ask all from yourself” - Rumi***

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

Applying the Law

Make a list of your desires

Knowing your desires brings focus

Let Nature know what you're thinking

Be bold

Release your desires to the Universe

Read your list before meditation and sleep

Plant the seeds of desire into the field of infinite organizing power

Allow the Universe to handle the details

Practice present-moment awareness

Live in the perfect NOW

Don't be influenced by others unless they can help

Remain detached from the goals of your desires

Accept that the Universe sometimes has greater plans than you can possibly imagine

Your desires are who you are

What will you create?

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

*“It’s hard to be happy if you refuse to
throw away all the things that make
you sad”*

Live life with passion but be dispassionate about the outcome

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

The known is our prison, the unknown is freedom

Trust in the infinite organizing power
of the Universe

Welcome everything

Trust in the Divine but look
for the clues

Infinite flexibility is the key to immortality

What can you release?

I want to sing like birds, not worrying about who is listening or what they think

- Rumi

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

Don't rigidly impose your idea of how things should be

Don't force solutions on problems

Don't try to control everything. You have nothing to prove

Embrace the “Wisdom of Uncertainty”

Become comfortable with the unknown

Accept that there is a greater force
than you at work

Enjoy the fun and magic life offers

Remain open to an infinity of choices

Give up ownership of everything

Accept everything

Break free of self-imposed boundaries

“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

the law of dharma

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 means righteousness, justice,
support, honor, purpose, Truth

Actions in Dharma are spontaneously correct

Dharma is harmony with the Laws of nature

Life becomes effortless complete

The highest Dharma is non-violence

Outward Dharma leads to inner Moksha (Freedom)

How can I serve?

“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

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

Be awake to the energies within you

Identify the archetypes with which you resonate
Begin to nurture these energies

Make lists of your talents and the things you love to do

Items on both list are clues to Dharma
Dharma is using your talents to serve selflessly

Ask, “How can I serve”

Whatever you do, do it fully
Become a Master of everything you do
Accept everyone without judgment
Your true wealth is the good you 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

*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

“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