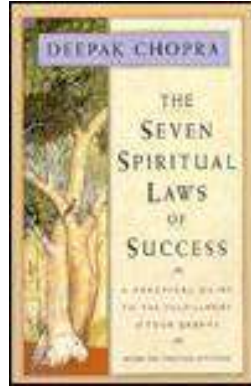




BestSummaries



THE SEVEN SPIRITUAL LAWS OF SUCCESS

A Practical Guide to the Fulfilment of your Dreams

Author: Deepak Chopra, M.D.

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About the Author



Deepak Chopra, M.D.

Deepak Chopra is a leading expert in mind/body medicine. As a physician, Dr. Chopra tackles far-reaching questions about our ability to heal ourselves. Blending his conventional training and the ancient science of healing from India, Ayurveda, Dr. Chopra captivates his audiences by explaining how to use the body's inner intelligence for self-healing.

Author of Ageless Body, Timeless Mind and Quantum Healing.

Wisdom in a Nutshell

Dr. Deepak Chopra is a well-known author of more than 25 books. He is one of the leading spokespersons for a growing movement of physicians who are combining modern Western medicine with ancient Eastern healing methods. Chopra was formerly the Chief of Staff at Boston Regional Medical Center, and he has taught at Tufts University and Boston University Schools of Medicine. The Seven Spiritual Laws of Success is a short but insightful book that explains how simple actions can make a big difference. Some parts of it may appear abstract to those who have not experienced Eastern philosophy.

Key Ideas

Based on natural laws which govern all of creation, this book shatters the myth that success is the result of hard work, exacting plans, or driving ambition.

Deepak Chopra offers a life-altering perspective on the attainment of success: Once we understand our true nature and learn to live in harmony with natural law, a sense of well-being, good health, fulfilling relationships, energy and enthusiasm for life, and material abundance will spring forth easily and effortlessly.

1. The Law Of Pure Potentiality

This law is based on the fact that we are, in our essential state, pure consciousness. According to Chopra, pure consciousness is pure potentiality, it is the field of all possibilities and infinite creativity. Being infinite and unbounded, it is also pure joy. Other attributes of consciousness are pure knowledge, infinite silence, perfect balance, invincibility, simplicity and bliss. The more you experience your true nature, the closer you are to the field of pure potentiality. The experience of the Self, or "self-referral", means that our internal reference point is our own spirit and not the object of our experience.

Another way to access the field of pure potentiality is through the practice of non-judgment.

Through meditation you will learn to experience the field of pure silence and pure awareness. In that field of pure silence is the field of infinite correlation, the field of infinite organizing power, the ultimate ground of creation where everything is inseparably connected with everything else. In the Bible is the expression, "Be still and know that I am God." This can only be accomplished through meditation. Spending time in nature will also give you access to the qualities inherent in the field: infinite creativity,

freedom and bliss.

Another way to access the field of pure potentiality is through the practice of non-judgment. Judgment is the constant evaluation of things as right or wrong, good or bad. When you are constantly evaluating, classifying, labeling, analyzing, you create a lot of turbulence in your internal dialogue. This turbulence constricts the flow of energy between you and the field of pure potentiality.

As you gain access to your true nature, you will also spontaneously receive creative thoughts, because the field of pure potentiality is also the field of pure infinite creativity and pure knowledge. The affluence of the universe - the lavish display and abundance of the universe - is an expression of the creative mind of nature. The more tuned in you are to the mind of nature the more you have access to its infinite, unbounded creativity.

2. The Law Of Giving

In order to keep energy and prosperity coming to us, we have to keep the energy circulating. A river must keep flowing, otherwise it begins to stagnate, to suffocate and strangle its very own life force. Circulation keeps a river and every living thing in it alive and vital. Giving and receiving are different aspects of the flow of energy in the universe. If you stop the flow of either, you interfere with nature's intelligence.

The universe operates through dynamic exchange, giving and receiving are different aspects of the flow of energy in the universe. In our willingness to give that which we seek, we keep the abundance of the universe circulating in our lives. The more you give, the more you will receive, because you will keep the abundance of the universe circulating in your life. Anything that is of value in life only multiplies when it is given.

The flow of life is nothing other than the harmonious interaction of all the elements and forces that structure the field of existence. This harmonious interaction of elements and forces in our life operates as the Law of Giving.

It is the intention behind your giving and receiving that is the most important thing. The intention should always be to create happiness, because happiness is life-supporting and life-sustaining and therefore generates increase. The return is directly proportional to the giving when it is unconditional and from the heart.

Practicing the Law of Giving is actually very simple: 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 the same, if you want material abundance, help others to get material abundance. The easiest way to get what you want is to help others get what they want. If you want to be blessed with all the things in life, learn to silently bless everyone with all the good things in life.

Chopra suggests that the best way to put the Law of Giving into operation is to make a decision that anytime you come in contact with anyone, you will give them something. It doesn't have to be in the form of material things. It could be a flower, a compliment or a prayer. The most powerful forms of giving are non material. The gift of caring, attention, affection, appreciation and love are some the most precious gifts you can give. They don't cost you anything. When you meet someone, you can silently send them a blessing wishing them happiness, joy and laughter. This kind of silent giving is very powerful. As long as you are giving you will be receiving. Our true nature is one of affluence and abundance. We are naturally affluent because nature supports every need and desire.

3. The Law of Karma

Every action generates a force of energy that returns to us in like kind - what we sow is what we reap. When we choose actions that bring happiness and success to others, the fruit of our karma is one of happiness and success.

Karma is cause and the effect of your actions simultaneously. Every action generates a force of energy that returns to us in the same way we are sending it out. Karma implies the action of conscious choice-making. Some of these choices are made

consciously, while others are made unconsciously. The best way to maximize the use of karmic law is to become consciously aware of the choices we make in every moment. Everything that is happening in this moment is a result of the choices you have made in the past.

Our reactions often seem to be automatically triggered by people and circumstances. We often are making these choices unconsciously. If you step back for a moment and witness the choices you are making while you make them, you take the whole process

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from the unconscious realm into the conscious realm. This procedure conscious choice-making and witnessing is very empowering. Ask yourself about the consequences of every choice you make. "Will this choice bring me and others happiness?" Listen to your heart and body for feedback. The heart has a computing ability that is far more accurate and far more precise than anything within the limits of rational thought.

You can use the Law of Karma to create money and affluence and the flow of all good things to you any time you want. But first you must become consciously aware that your future is generated by the choices you are making in every moment of your life. If you do this on a regular basis, then you are making full use of the Law of Karma. The more you make conscious decisions the more you will make those choices that are spontaneously correct - both for you and those around you.

What about past karma? One way to relieve it is to ask those to whom you did wrong for forgiveness, consciously and sincerely. The Law of Karma says no debt in the universe ever goes unpaid. There is a perfect accounting system in the universe. Everything is in constant exchange of energy. Ask

yourself as you are paying your karmic debt: "What can I learn from this experience? Why is this happening and what is the message the universe is

The most powerful forms of giving are non-material.

giving to me? How can I make this experience useful to my fellow human beings?"

Another way to deal with past karma is to transcend it. You transcend the seeds of your karma by going into the gap and coming out again. This is done through the practice of meditation. The essence of the Law of Karma is the idea of cause and effect. By taking the steps necessary to bring happiness and success to others, the universe will reciprocate by providing you with happiness and abundance.

4. The Law of Least Effort

There is a natural effortless ease in many things. If you observe nature at work, you will see that least effort is expended. Grass doesn't try to grow, it just grows. Fish don't try to swim, they just swim. Flowers don't try to bloom, they just bloom. This is their essential nature. It is also the nature of the sun to shine. It is human nature to make our dreams manifest into physical form, easily and effortlessly.

Least effort is expended when your actions are motivated by love, because nature is held together by the energy of love. When you attempt to get power and control over other people you waste energy. When you seek money or power for the sake of the ego you spend energy chasing the illusion of happiness instead of enjoying happiness in the moment. When you seek money for personal gain only, you cut off the flow of energy to yourself and interfere with the expression of nature's intelligence. When your actions are motivated by love your energy multiplies and accumulates and the surplus energy you gather and enjoy can be channeled to

create anything you want, including unlimited wealth.

There are three components to the Law of Least Effort:

1. **Acceptance.** It simply means that you make a commitment: "Today I accept people, situations, circumstances and events as they occur. I will live in the moment. I will accept things as they are, not as I would like them to be (my ego). When I feel frustrated or upset by a person or situation, I will remember that I am not reacting to the person or situation, but to my feelings about this person or situation. Knowing and understanding this I can be responsible for my emotions and feelings and there for towards my reactions to the world."
2. **Responsibility.** It means not to blame others and yourself. All problems contain the seed of opportunity. This awareness allows you to take the moment and transform it to something better. In this way every tyrant will become your teacher. Reality is an interpretation and you will

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have many opportunities to evolve. There is a hidden meaning behind all events and this hidden meaning will be serving your evolution.

3. **Defenselessness.** This means that you do not have to convince or persuade other people of your point of view. If you watch people around you you'll see that they spend 99% of their time defending their point of view. When you become defensive, blame others and do not accept and surrender to the moment your life meets resistance. Any time you encounter resistance, recognize that if you force the situation the resistance will only increase.

5. The Law of Intention and Desire

Whenever you put your attention on will, you grow stronger in your life. Whenever you take your attention away from your will it will disintegrate and disappear. Intention on the other hand triggers transformation of energy and information.

Intent is desire without attachment to the outcome. Intention combined with detachment leads to life-centered present moment awareness. When action is performed in present-moment awareness it is most effective. Your intent is for the future but your attention is in the present. As long as your attention is in the present then your intent for the future will

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manifest, because the future is created in the present. You must accept the present as this. Accept the present and intend the future. The future is something you can always create through detached intention, but you should never struggle against the present.

The past, present and future are all properties of consciousness. The past is recollection and memory. The future is anticipation and the present is awareness. Therefore time is movement of thought. Both past and future are born in the imagination. Only the present which is awareness is real and eternal.

6. The Law of Detachment

In order to acquire anything in the physical universe you have to relinquish your attachment to it. This does not mean you give up the intention to create your desire. You don't give up your intention and you don't give up your desire. You give up your

attachment to the result. This is a very powerful thing to do. The moment you give up your attachment to the result, you begin to gain perspective on the situation.

Chopra believes that detachment is based on the unquestioning belief in the power of your true Self. Attachments, on the other hand, is based on fear and insecurity. The need for security is based on not knowing the true Self. The source of wealth, of abundance or of anything in the physical world is the Self. It is the conscious that knows how to fulfill every need. Everything is a symbol like cars, houses, bank notes, clothes, airplanes and so on. Symbols are transitory. They come and go. They create anxiety. They end up making you feel hollow and empty inside, because you exchange your Self for the symbols of your Self.

Attachment comes from poverty consciousness, because attachment is always to symbols. With detachment there is freedom to create. Most people are constantly seeking security and you will find that it actually is a very ephemeral thing. Even an attachment to money is a sign of insecurity. Those who seek security, chase it for a lifetime. Security is and always will be an illusion. The search for security and certainty is actually an attachment to the known. What is the known? It is your past. The known is nothing other than the prison of past conditioning.

7. The Law of Dharma Or Purpose in Life

Everyone has a purpose in Life - a unique gift or special talent to give to others. When we blend this talent with service to others, we experience the ecstasy and exultation of our own spirit, which is the ultimate goal of all goals.

There are three components to this law.

1. That each one of us is here to discover our true Self, to find out on our own that our true Self is spiritual. Essentially we are spiritual beings that have taken manifestation in physical form. Each if us is here to discover our higher Self or our spiritual Self. We must find out that within us is a god or goddess in embryo form that wants to be born so that we can express our divinity.

2. To express our unique talent. The expression of that talent takes you into timeless awareness and helps you discover your true self and how you may be able to serve humanity.
3. To serve humanity. To help those with whom you come in contact with on a daily basis. By helping others and with the combination of your unique talent and coupled with the experience of your own spirituality, there is no way you will not have access to unlimited abundance, because this is the real way abundance is achieved. So ask: "How can I help" and not "What is in it for me?". By doing this you automatically go beyond the ego into the domain of the spirit.

What would you do if money was no concern and you had all the time in the world? If you would still do what you are doing now, then you are in Dharma because you have passion for what you do - you are expressing your unique talent. How are you best suited to serve the world? Answer that question and put it into practice. By doing this you can generate all the wealth you want because your creative expression matches your fellow humans. You will know true joy and the true meaning of success.