

THE BIG IDEAS

Law of Pure Potentiality

Find the stillness. Connect to your highest Self.

Law of Giving

Give what you want!!

Law of "Karma"

Plant good seeds.

Law of Least Effort

Acceptance. Responsibility. Defenselessness.

Law of Intention/Desire

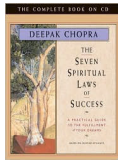
One-pointed intention.

Law of Detachment

No attachment.

Law of "Dharma"

What's your purpose?



The Seven Spiritual Laws of Success

A Practical Guide to the Fulfillment of Your Dreams

BY DEEPAK CHOPRA · NEW WORLD LIBRARY © 1994 · 128 PAGES

“Success in life could be defined as the continued expansion of happiness and the progressive realization of worthy goals. Success is the ability to fulfill your desires with effortless ease. And yet success, including the creation of wealth, has always been considered to be a process that requires hard work, and it is often considered to be at the expense of others. We need a more spiritual approach to success and affluence, which is the abundant flow of all good things to you. With the knowledge and practice of spiritual law, we put ourselves in harmony with nature and create with carefreeness, joy, and love.”

~ Deepak Chopra from *The Seven Spiritual Laws of Success*

I'll just start by saying this is one of those truly life-changing kinda books. Perhaps I should offer a warning.

—> WARNING: Do not read this book unless you are ready to transform your life! :) <—

On my last re-read (I've read it several times), I was so inspired by a heightened sense of clarity around my “Dharma”—one of the Seven Spiritual Laws—that I sold the business I was running at the time (Zaadz) within about 60 days of realizing I had a higher purpose to fulfill. Powerful.

Although a small book and a quick read, it may win the award for word-for-word most wise book out there—it's PACKED with wisdom. (Actually, on further reflection, it DEFINITELY wins the award. If it's not on your shelf yet, I highly recommend it! :))

It's literally one big quote.

If you could see my copy, you'd see that more of it is underlined and marked up than not. And, as with all of Deepak's books, the words flow lyrically as we're guided into a deeper sense of who we are and how we're destined to manifest our Highest Selves.

THE LAW OF PURE POTENTIALITY

“When you discover your essential nature and know who you really are, in that knowing itself is the ability to fulfill any dream you have... and the more you experience your true nature, the closer you are to the field of pure potentiality.”

“Law #1: The Law of Pure Potentiality.” You are pure potential. Period.

And when you discover that, as Deepak says, the simple knowing itself is the ability to fulfill any dream you may have.

Reminds me of one of my absolute favorite thoughts from one of my absolute favorite teachers, Ralph Waldo Emerson (see Notes): “There's nothing capricious in nature, and the implanting of a desire indicates that its gratification is in the constitution of the creature that feels it.”

If you believe Emerson (I do), there is nothing capricious in nature. If you have the desire, you have the ability to manifest that desire.

“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 your deed is, so is your destiny.”

~ Brihadaranyaka Upanishad IV.4.5

"Stillness alone is the potentiality for creativity; movement alone is creativity restricted to a certain aspect of its expression. But the combination of movement and stillness enables you to unleash your creativity in all directions—wherever the power of your attention takes you."

~ Deepak Chopra

Nature/God/Spirit/The Universe/Whatever-you-want-to-call-it is not capricious.

What do you want?

You have the power to create it. Period.

The key?

Practice Deepak's first law (there's a reason why this is Law #1, eh? :) and KNOW that you are pure potentiality.

And: "When you experience the power of the Self, there is an absence of fear, there is no compulsion to control, and no struggle for approval or external power... Your true Self, which is your spirit, your soul, is completely free of those things. It is immune to criticism, it is unfearful of any challenge, and it feels beneath no one."

STILLNESS

"But first, you have to practice stillness. Stillness is the first requirement of manifesting your desires, because in stillness lies your connection to the field of pure potentiality that can orchestrate an infinity of details for you."

Ah, stillness.

Deepak talks about the importance of meditation (in fact, he recommends an ideal of 30 minutes in the AM and (yes, and) PM. :)

We're sooo busy—always bombarded by so much stimuli that unless we consciously take the time to unplug from that noise, it's VERY difficult (impossible?) to really connect to our deepest intuition and to our true Self.

If you're not a regular meditator (and even if you are), see what you can do to slow down throughout the day.

In traffic? PERFECT time to get still. Turn off the radio, turn off the music, turn on Source. Breathe. Deep inhale. Deep exhale. Raise your shoulders as you breathe in. Let 'em down as you breathe out. Turn off your cell phone/Blackberry/iPhone as often as you possibly can. (I used to live with a direct feed of email into my nervous system so I know how hard this can be but do it!)

Sloooooowww down.

Find the stillness.

Take a bath, take a walk on the beach or in the woods or the park. Go to your favorite quiet place and just sit. Each time you do that, it's almost like you're bringing your intuition to the gym and training it to get stronger—to get more open and more receptive to tapping the secrets of your highest Self.

Be still.

And watch your power grow!

THE LAW OF GIVING

"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 attention and appreciation; if you want material affluence, help others to become materially affluent. In fact, the easiest way to get what you want is to help others get what they want."

Brilliant.

Deepak's big point with The Law of Giving is the need to circulate our wealth.

"Karma is the eternal assertion of human freedom... Our thoughts, our words, and deeds are the threads of the net which we throw around ourselves."

~ Swami Vivekananda

Did you know the word affluence comes from the word *affluere* which means "to flow to" and that *affluence* means "to flow in abundance"? Or how about the word *currency*—which comes from the Latin *currere* and means "to run" or to flow?

Energy flows. Or it stagnates. If we want more of something in our life, we need to keep it flowing—whether it's money, love, appreciation, attention or kindness.

If you want more of something, we need to learn to give more!

What do you want more of in *your* life? Love? Appreciation? Attention? Affluence?

Learn to give Love. Give Appreciation. Give Attention. Give Affluence.

Reminds me of Eric Butterworth's brilliant book *Spiritual Economics* (if you have any desire to integrate your spirituality and your bank account, I highly recommend the book and my Notes on it!). Butterworth goes into depth on the karmic law that we must give in order to receive saying, "In an orderly Universe, there is simply no way you can get something for nothing."

He goes on to say: "The takers are the people who believe that their lives will always be the total of what they can get from the world. They are always thinking get, get, get. They plan and scheme ways to get what they want in money, in love, in happiness, and in all kinds of good. No matter that they may be applying metaphysical techniques, they still may very well be takers. But whatever may be their spiritual ideals or lack of any, no matter what they take, they can never know peace or security or fulfillment... The givers, on the other hand, are convinced life is a giving process. Thus their subtle motivation in all their ways is to give themselves away, in love, in service, and in all the many helpful ways they can invest themselves. They are always secure, for they intuitively know that their good flows from within."

Powerful. Practice giving today.

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A great idea from this Law: Deepak says the best way to jump start this energy in your life is to give something to every person with whom you come into contact. It doesn't have to be something material—it could be a compliment or a prayer or a flower. That's REALLY cool.

Let's GIVE.

THE LAW OF "KARMA"

"The best way to understand and maximize the use of karmic law is to become consciously aware of the choices we make in every moment."

Karma.

The law of cause and effect. The concept that we reap what we sow. My hunch is you've heard this at least a hundred times. But do you LIVE it? Are you aware of the seeds you are planting with each thought and each action you take?

Are you aware of these choices? Are you aware of just how conditioned our reflexes are and just how quickly we can respond in the same habitual patterns?

Stimulus—> Response ... Stimulus—> Response ...

We need to become aware. We need to make conscious choices.

THE LAW OF LEAST EFFORT

"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 bloom. Birds don't try to fly, they fly. This is their intrinsic nature."

"This means that your acceptance of this moment is total and complete. You accept things as they are, not as you wish they were in this moment. This is important to understand. You can wish for things in the future to be different, but in this moment you have to accept things as they are."

~ Deepak Chopra

Another beautiful thought.

Deepak's "Law of Least Effort" is grounded in three components: acceptance, responsibility and defenselessness.

First, Acceptance: the idea of accepting what is, not trying to force something to be something other than what it already is. With that, we gain new energy and our efforts become less strained, more grounded in love and pure expression.

Reminds me of Byron Katie's brilliant (and hilarious) comment that forms the basis of her book *Loving What Is* (see Notes) where she says: "I realized that it's insane to oppose it. When I argue with reality, I lose—but only 100% of the time."

Hah! She loses when she argues with reality. But only 100% of the time . :)

How about you? My hunch: the % is the same. It definitely is for me.

Second, Responsibility: this is much like Stephen Coveys Habit #1 of the 7 Habits (*Notes* available). Namely, BE PROACTIVE. Don't be a victim, blaming others for your responses to a given situation. Take responsibility and choose a constructive response to reality as it is showing up!

As Deepak says: "All problems contain the seeds of opportunity, and this awareness allows you to take the moment and transform it to a better situation or thing."

Third, Defenselessness: this is a place of being where you don't need to convince people you're right/wrong/worthy/whatever. Don't be defensive.

As Deepak says: "When you remain open to all points of view—not rigidly attached to only one—your dreams and desires will flow with nature's desires... you can be sure when the season is right, your desires will manifest."

Want to flow on the path with least effort?

Practice: Acceptance. Responsibility. Defenselessness.

THE LAW OF INTENTION & DESIRE

"One-pointed intention is that quality of attention that is unbending in its fixity of purpose. One-pointed intention means holding your attention to the intended outcome with such unbending purpose that you absolutely refuse to allow obstacles to consume and dissipate the focused quality of your attention. There is a total and complete exclusion of all obstacles from your consciousness. You are able to maintain an unshakable serenity while being committed to your goal with intense passion. This is the power of detached awareness and one-pointed, focused intention simultaneously."

Genius.

Deepak differentiates between desire and intent. Desire has attachment. Intent does not. It's imperative that we harness the power of our pure intention—INDEPENDENT of the outcomes of our actions.

My hunch is you've felt your power when you're just flowing—creating fearlessly and totally independent of attachment. AND, you've experienced "forcing" things. (I know I certainly have!!)

Which one got you the better results?

THE LAW OF DETACHMENT

"The Law of Detachment says that in order to acquire anything in the physical universe, you have to relinquish your attachment to it. This doesn't mean that you give up the intention to

"Learn to harness the power of intention, and you can create anything you desire."

~ Deepak Chopra

"The moment you relinquish your attachment to the result, combining one-pointed intention with detachment at the same time, you will have that which you desire."

~ Deepak Chopra

create your desire. You don't give up the intention, and you don't give up the desire. You give up your attachment to the result."

Amen. Again, we've heard this before, but do we LIVE it?

We tend to go in one of two directions: We're ridiculously wound up in a knot worried and stressed about whether we're going to achieve a result (I've mastered that state as I'm sure you have)—whether it's a new job, a new relationship or whatever. Or, we go the opposite way and misinterpret the idea of detachment to mean no desires—and then go through life wide-eyed and unblinking and aimlessly (pseudo-) "spiritual."

The trick?

Let's maintain our passionate commitment to our ideals and goals and intentions and desires. Just don't be attached. The easiest way to hold the tension? Take the next step in front of you.

Don't get all caught up in whether it's going to all work out in the end. What do you need to do next? Do that. Impeccably. And, odds are that faster than we can imagine, our results will show up on our doorsteps.

THE LAW OF "DHARMA" OR PURPOSE IN LIFE

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

Newsflash: We each have a unique gift to give to the world!!

This is the chapter that did it for me. I can vividly remember sitting in the middle of my living room, having read the quote above and to the left and, after deep reflection, realizing that I had unique gifts that were no longer being shared with the world in the context of my current business and that, if I was truly committed to living with integrity to my ideals, I needed to align myself with a new, higher purpose. Not knowing exactly how this would manifest, I trusted my instincts, sold my business and, shortly thereafter, I had absolute clarity that my next step was to create these PhilosophersNotes.

I'm going to share a bunch of different perspectives from brilliant teachers to drill the idea into our heads! Here we go.

As the Buddha (see Notes on *The Dhammapada*) says: "Your work is to discover your work, and then with all your heart, to give yourself to it."

Marcus Aurelius puts it this way in *Meditations* (see Notes): "Everything—a horse, a vine—is created for some duty... For what task, then, were you yourself created? A man's true delight is to do the things he was made for."

Emerson likes to say: "Nature arms each man with some faculty which enables him to do easily some feat impossible to any other, and thus makes him necessary to society."

Krishna (see Notes on *The Bhagavad Gita*) says: "It is better to perform one's own duties imperfectly than to master the duties of another. By fulfilling the obligations he is born with, a person never comes to grief."

Abraham Maslow (see Notes) says: "Musicians must make music, artists must paint, poets must write if they are to be ultimately at peace with themselves. What human beings can be, they must be. They must be true to their own nature. This need we may call self-actualization."

Hip-hop mogul Russell Simmons has this to say (see Notes on *Do You!*): "Your purpose is to act on the resources God gives you. If God gives you a bucket of fish, you have to distribute those fish. If you don't, they're going to rot, attract a bunch of flies, and start stinking up your soul."

"You have a talent that is unique in its expression, so unique that there's no one else alive on this planet that has that talent, or that expression of that talent. This means that there's one thing you can do, and one way of doing it, that is better than anyone else on this entire planet."

~ Deepak Chopra

"When you combine the ability to express your unique talent with service to humanity, then you make full use of The Law of Dharma."

~ Deepak Chopra

Martin Seligman (see Notes on *Authentic Happiness*) describes the science of fulfillment as knowing yourself well enough to use your "signature strengths" often in your day to day life in the greatest service to the world.

I could go on (for quite a while) but I think we're on the same page here. You have a purpose. There is something you are uniquely suited to do. Something that you can do better than anyone.

This is the chapter that transformed my life. Completely. More than once. And, this is where the "WARNING" comes from. If you take this idea seriously and you're not on purpose (you know if you are or not), you're at a crossroads. You can go deep into your soul and begin taking steps that are more resonant with your highest calling. Or not.

Your choice determines your destiny. The Law (Yes, LAW) of Dharma states that you have a unique blend of skills that you are here to give the world. To the extent you give the world these gifts, you feel joy. If you don't, you rot from the inside out.

Deepak has a series of questions and exercises to aid you in discovering and living your dharma. If all you did was pick up the book, turn to this chapter and read and do these exercises, you would get a benefit countless greater than the cost of the book. I recommend you do.

For now, ask yourself what you would do if you had all the time and all the money in the world, brainstorm your greatest strengths, journal about the times when you felt most alive—what were you doing and how can you do more of that in your life?!? And, meditate on this question: "*How can I serve?*"

In expressing our unique talents in service to the world,

B

Brian Johnson,
Chief Philosopher

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About the Author of "The Seven Spiritual Laws Of Success Law of Success"

DEEPAK CHOPRA



Deepak Chopra's books have become international bestsellers and classics of their kind. Dr. Chopra is founder of the Chopra Center for Well Being in Carlsbad, California. Visit his website at **Chopra.com**

From me: Deepak is amazing. If you haven't gotten into his work yet, please do! My top picks: *The Seven Spiritual Laws of Success* & *The Spontaneous Fulfillment of Desire*. They're both life-changing. And Deepak's an absolute MASTER writer. Dive in and enjoy!

About the Author of This Note

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Brian Johnson is a lover of wisdom (aka a "Philosopher") and a passionate student of life who's committed to inspiring and empowering millions of people to live their greatest lives as he studies, embodies and shares the universal truths of optimal living. He harts his job.