

The Seven Spiritual Laws of Success

A Practical Guide to the Fulfillment of Your Dreams

Deepak Chopra

The Seven Spiritual Laws of Success: A Practical Guide to the Fulfillment of Your Dreams (1994) by bestselling author and New Age thought leader Deepak Chopra outlines essential spiritual wisdom for how to achieve success. Success is not simply about acquiring prestige and wealth. A spiritual approach to success encompasses fulfillment, healthy relationships, joy, ease, abundance, and overall well being.

Born in 1947 in New Delhi, the son of a prominent cardiologist, Chopra studied medicine before moving to the US in 1970. In Boston he established himself as an endocrinologist, then taught at Boston University and Tufts medical schools. He was Chief of Staff at the New England Memorial Hospital.

The transformation from specialist to guru was assisted by meeting the Maharishi Mahesh Yogi, a holy man who came to America in the 1960s to popularize meditation. Chopra's subsequent involvement in the transcendental meditation movement was matched by a renewed interest in the Hindu healing philosophy Ayurveda, and he founded the American Association of Ayurvedic Medicine. In 1999, Time magazine included Chopra as one of the "Top 100 Icons and Heroes of the Century," a "poet-prophet of alternative medicine."

What's in it for me? Find success wherever you seek it!

Success. We all want it, even though definitions of success differ from person to person. Regardless of what kind of success you want to achieve, however, there are certain things you should focus on.

The main idea behind the book is to develop a symbiotic relationship between spiritual success + financial success... the idea that the two don't jive well with one another is often the cause of either moral or financial distress for a lot of people. Hopefully this summary can help shed light on how important it is to marry these two types of success — spiritual as well as financial.

We're not talking about getting perfect grades or nailing every job interview. Success depends on factors much deeper and more spiritual than that, and they can all be summed up in seven spiritual laws.

Everything in existence is an expression of divinity. Prosperity is the result of being in alignment with the universal, divine flow of positivity. When acting in accordance with the seven basic universal laws, people are in harmony with the universe and their divine nature, which is also known as the Self.

The 7 Spiritual Laws of Success is one of those classics of contemporary self-help writing. It's simple + straight to the point. It's by far one of the best self-help books ever written because of how easy it is to understand and apply the principles outlined by Chopra.

These seven laws have to do with how you connect with your true self and how you interact with others. They are about the flow of energy in the world, about being in the here and now without struggling against change. So let us take a journey and explore how the seven spiritual laws of success will help you reach your goals.

1. The law of pure potentiality

The first spiritual law is the *Law of Pure Potentiality*, which states that human beings are, at the most elemental level, pure consciousness, possessing limitless creativity, possibilities, wisdom, and peace. Harnessing pure potentiality means focusing on the essential divine nature within, instead of on external markers of success.

Have you ever been alone in nature and experienced a moment of profound silence? If so, you may have felt a sense of peacefulness and connectedness with the universe.

It is in these peaceful moments that you can find your *true Self* and unlock the potential to fulfill your life's desires.

The field of pure potentiality is the silent realm from which all things flow, from which “the un-manifest is made manifest.” In this state of pure consciousness, we have pure knowledge, perfect balance, invincibility, and bliss.

When you feel connected to your environment and the people within it, you realize you are not a separate entity that is cut off from the rest of the world. You can sense that the world is a connected field of energy that unites everyone and everything on the planet.

Many people believe that power is derived from external achievements, such as having a prestigious job or being able to control others. Power that is achieved from outside markers is fulfilled by “object-referral,” or being reliant upon outside objects, including circumstances. But true power is found in the experience of “self-referral,” or reliance upon the eternal and infinitely wise Self.

Once you feel this connectedness and realize that you are not merely a solitary human being, but an integral part of the complex weave of nature, you may discover that your true Self knows no limitations.

By tapping into the energy within your true Self, you can achieve anything you wish, be it wealth and success or spiritual development. But, in order to connect to your true Self, you must first dissolve the ego.

Take the example of Ben, a young man who was brought up by his parents to believe that having the right car, the right job, and the right partner would bring him a sense of prestige and power. Ben went on to graduate from an Ivy League college, partner with an equally intelligent and impressive woman, and score a highly coveted position at a management consulting company. Within a short time, Ben was managing a relatively large team. He felt quite proud of his achievements, and life was too hectic for him to contemplate his life choices or path. The years wore on. Ben continued to be a high earner and married his partner. While he had a life that looked like a dream to outsiders, he began to feel a sense of unease. Could he be doing more with his life? Why did he no longer feel the power and fulfillment he once felt? When the market had a downturn, Ben's company downsized, and he lost his job. His wife told him that she was unfulfilled and wanted a divorce. In the midst of tumult, Ben began meditating, at the suggestion of a close friend. He realized that he had been focusing on external markers of success for too long. This awareness prompted a powerful shift. He began focusing on his internal state and started to experience his eternal self with more frequency. In time, he stopped worrying about earning a lot of money and holding an enviable title. Instead, he was fulfilled by the connection he felt to his Self. This engagement with the Self led naturally to an even more fulfilling job than he'd had before. His new awareness of what true power is—an internal focus on the infinity of the self—was something he sought to share with his new team. Together, they began to brainstorm ways to do their jobs and enrich the community. Ben's experience shows that regardless of beliefs that were instilled during childhood, anyone can access the Self and the power within.

When accessing the field, we experience our higher, pure selves, and are able to see the futility and waste of living through the ego. While the ego is based in fear, the higher self exists in loving security: *"It is immune to criticism, it is un-fearful of any challenge, and it feels beneath no one. And yet, it is also humble and feels superior to no one, because it recognizes that everyone else is the same Self, the same spirit in different guises."*

When your ego is in charge, you lose your connection with your true Self and, with it, that endless field of potential energy. Fortunately, you can always reconnect with your true Self by practicing silent meditation.

To do this, calmly focus your attention on your breathing and observe your thoughts without judgment. Gradually, you will become peaceful, and when your mind and body become still, your ego dissolves, allowing you to reconnect with your true Self.

The experience of self-referral does not include a need to control others or get external validation. Self-referral brings people closer to the field of pure potentiality, where all things are possible.

Discover your true Self and dissolve the ego.

True power is accessed and exercised by experiencing the Self.

2. The law of giving

The second spiritual law, the *Law of Giving*, states that the more people give freely, the more they receive freely. Giving without expectations results in the universe returning what was given in abundance.

Have you ever noticed that the more you give, the more you receive?

For example, say you spend your life earning minimum wage, putting the majority of your monthly paycheck in the bank. Even though the balance on your account will increase, you won't become rich.

But if you invest your money in continuing education and take the right classes, you could eventually become the CEO of your own business. By wisely investing in your education, far more will flow back to you, leaving you with more money than a lifetime of petty saving ever could.

Giving has an emotional component that generates positive energy, as Bill Cummings, a wealthy real estate business owner, discovered in his decades-long business and philanthropic career. After several successful years, Cummings came to believe that no one can truly own anything. This sentiment led him to increase his philanthropic giving. Over the years, the company's giving has increased, distributing more than \$25 million annually to charities at home and abroad.

Why does this seem infallible? Chopra says it happens because our minds and bodies are in a constant state of giving and receiving with the universe. To create, to love, to grow keeps the flow going; not to give stops the flow and, like blood, it clots. The more we give, the more we are involved in the circulation of the universe's energy, and the more of it we will receive back, in the form of love, material things, serendipitous experiences.

If you have a large savings account then you may have received praiseworthy pats on the back from fellow materialists. But rather than saving up, a better path to success is to let

your money flow into the world. Hoarding money interrupts the universe's natural flow of give and take.

Money does makes the world go around, but only if it is given as much as it is received.

Dynamic exchange is an essential part of the universe. Staying in flow with the constant motion of the universe means being part of that exchange, by giving and receiving. Giving with an agenda is at odds with the universe and will create stagnation and resistance.

In fact, the Latin root of the word "currency" literally means "to circulate or flow." This shows that even ancient Greek and Roman civilizations understood that money must flow for a society and its people to flourish. This is why investments are often more profitable than savings.

This spiritual law of giving and receiving doesn't only apply to money, either. It applies to love, friendship, support and all the things we exchange socially.

When people give abundantly with the intention of creating good outcomes for all involved, they naturally receive abundantly, too. If people hope to receive, say, love, they should give love unreservedly.

If you give, give joyfully. If you want to be blessed, silently bless people by sending them a bundle of positive thoughts. If you have no money, provide a service. We are never limited in what we can give because the true nature of humankind is affluence and abundance. Nature provides everything we need, and the field of pure potentiality provides the intelligence and creativity to produce even more.

But, naturally, this only works if everyone is prepared to give as well as receive. If everyone were focused solely on getting love, and not giving it, we would all end up lonely and unhappy.

For example, most people desire a partner who will love them and take care of them. But many forget that a relationship is also about giving love and caring for someone else.

Giving and receiving should be done with the intention of generating happiness for all involved.

Give to others what you would wish to receive and let your money flow into the world.

"The best way to put the Law of Giving into operation ... is to make a decision that at any time you come into 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 gifts of caring, attention, affection, appreciation, and love are some of the most precious gifts you can give, and they don't cost you anything."

3. The law of karma (cause + effect)

The third spiritual law is the *Law of Karma, or Cause and Effect*. According to this law, every action creates an in-kind response. The present moment is a result of all one's past choices, for better or worse.

"Each cell must discover its own source, the higher self; it must serve its fellow beings, and express its unique talents. Heart cells, stomach cells, and immune cells all have their source in the higher self, the field of pure potentiality. And because they are directly linked to this

cosmic computer, they can express their unique talents with effortless ease and timeless awareness. Only by expressing their unique talents can they maintain both their own integrity and the integrity of the whole body. The internal dialogue of every cell in the human body is, How can I help? The heart cells want to help the immune cells, the immune cells want to help the stomach and lung cells, and the brain cells are listening to and helping every other cell. Every cell in the human body has only one function: to help every other cell. By looking at the behaviour of the cells of our own body, we can observe the most extraordinary and efficient expression of The Seven Spiritual Laws. This is the genius of nature's intelligence. These are the thoughts of God... The rest are details." It's hard to put it more clearly than that.

We all know the advertising slogan, "Just do it!" Live in the moment, it tells us – seize the opportunity! But to truly get the most out of life (rather than just *doing* something), it is important to consider what the most beneficial choice is when making a decision. This is what it means to be conscious of your *choice making*. After all, we make choices all the time, sometimes without even knowing we're doing it. In fact, most of our choices are *unconscious*

Positive actions will boomerang positivity back, while negative actions will bring negativity.

Let's say you'd like to have a beautiful home, but you often think about this in negative terms: your emotions are tied up in disliking your current home and thinking that you'll never have sufficient funds to afford a new one.

When you do this, you give negative energy to the universe; naturally, this won't result in the universe giving back positive energy.

Being aware of this principle helps in making conscious choices. Before making a decision, one might pause to see how the body responds to different suggestions. If the body is uncomfortable, consulting inner guidance often leads to a sudden, spontaneous choice that benefits all those affected by the decision.

So, in order to make good choices, pause and consider the impact your actions have, both on you and on others.

One 2016 *Today Show* story illustrates the positive impact of conscious decisions. In 2013, a homeless man named Billy Ray Harris stood on a sidewalk in Kansas City and begged for spare change. Sarah Darling, a passerby, dropped some change into his cup—along with her diamond ring. Tempted, Harris went to get the ring appraised and found out it was worth approximately \$4,000. However, the choice to sell a stranger's ring felt wrong, and he didn't go through with it. A couple days later, Darling returned, and Harris gave her the ring back. She was overjoyed and so she and her husband set up a crowd-sourced fundraiser for Harris. The target goal was \$1,000, but once people recognized his good deed of returning the ring, the fundraiser went viral. Harris wound up with nearly \$200,000, which he put into a trust after making a down payment on a home. As if that weren't reward enough, Harris's estranged family, who saw the story on the news, got in touch with him after 16 years. Harris's experience shows how conscious decisions may seem small in the moment, but can have an incredible ripple effect of positivity.

Bottom line? Keep in mind that **every** single intention and action you think about and act upon is a cause that's immediately set in motion from the moment you think it or take action on it. This makes you and me responsible for pretty much everything in our lives (barring external circumstances that are obviously out of anyone's control; ex: a destructive hurricane)

To continue making good choices in your everyday life, simply choose the actions that will bring the most joy and goodwill to others.

Making conscious decisions that will bring happiness to everyone involved generates positive karma.

4. The law of least effort

The fourth spiritual law is the *Law of Least Effort*, which states that the natural flow of life is effortless. Just as flowers don't need to try to bloom, when people are immersed in their true nature, they don't need to try to achieve affluence. It simply comes to them.

For example, imagine living with a difficult roommate; she never cleans up after herself yet gets angry with you when the place is a mess. This is a tricky situation, one that might make you consider moving out. But moving takes time and money, so what's the best way to resolve the issue?

The answer: Don't fight the problem. Instead, face it and accept it for what it is. There is always a lesson to be learned from difficult situations, and the people who make life difficult are usually there to teach you something.

Just as it is the nature of fish to swim and the sun to shine, it's human nature to turn our dreams into reality, with ease. The Vedic principle of economy of effort says "do less and accomplish more." Is this concept revolutionary—or crazy? Are hard work, planning, and striving a waste of time?

Spending time trying to convince others of one's own point of view is often a waste of time. Forgoing the need to explain or persuade can free up energy to direct toward more productive ends. Being less defensive naturally decreases arguments and allows more awareness of the present moment.

For example, you've probably witnessed diet-related confrontations between vegetarians and omnivores. Before long the conversation can escalate into a full-blown argument about the ethicality of poultry farming. Not only is this a waste of energy; it will inevitably end with both parties more entrenched in their own positions than before.

Chopra suggests that when our actions are motivated by love, not by the desires of the ego, we generate excess energy that can be used to create anything we want. In contrast, seeking power over others or trying to get their approval consumes a great deal of energy. We're trying to prove something, whereas if we're acting from the higher self, we simply make choices about how and where we will affect evolution and bring abundance.

The first step is to practice acceptance. We cannot hope to channel the universe's effortless power if we are fighting against it. Say to yourself, even in very difficult situations, "This moment is as it should be."

Writer Anastasia Ilou discovered the joys of not defending herself following a 2015 New Year's resolution to stop justifying everything she did. Prior to her resolution, Ilou was in the habit of making disclaimers on her blog and social media posts, in case friends didn't approve of her content. A sophomore in college, she was starting to realize that her incessant explanations only amplified her insecurities. No one is perfect, she reasoned. For Ilou, this decision led to her posting less online. By creating less content, she not only gained privacy, but also had more time to devote to other things, such as her career and a

travel blog. This change in behavior helps Ilou focus on her own desires. More and more, she makes choices based on what she wants, instead of what her peers or others will approve of. Ilou's experience shows how valuable energy can be redirected toward productive ends once the concern for others' validation is gone.

People spend a lot of time and energy worrying about the circumstances they find themselves in. For instance, a man might fret about being partnerless. But then, when he enters a relationship, new worries arise. Is this relationship limiting his freedom? Is he truly in love?

Thankfully, there is a solution to the problem of chronic fretting. You can simply accept your current situation.

Secondly, practice defenselessness. If we are continually defending our point of view or blaming others, we can't really be open to the perfect alternative that waits in the wings.

Only by accepting the situation can you begin to learn from it and grow. You can take this acceptance a step further and save energy by practicing *defencelessness*.

Practicing defencelessness essentially means getting rid of the need and desire to convince others that your opinion is right or that theirs is wrong.

Defencelessness erases the need to convince others of your viewpoint. It allows for a true exchange of ideas about a topic, without anger or dogmatism getting in the way.

Relinquishing the need to explain or defend situations or choices allows people to live fully in the present moment.

Embrace your current situation and practice defencelessness.

“The fourth spiritual law of success is the Law of Least Effort. This law is based on the fact that nature's intelligence functions with effortless ease and abandoned care-free-ness. This is the principle of least action, of no resistance ... When we learn this lesson from nature, we easily fulfill our desires.”

5. The law of intention and desire

The fifth spiritual law is the *Law of Intention and Desire*.

This is the most complex law, and of course the most alluring. Chopra notes that while a tree is locked into a single purpose (to put down roots, grow, photosynthesize), the intelligence of the human nervous system allows us actually to shape the mind and the laws of nature to bring about the achievement of a freely imagined desire. This occurs through the process of attention and intention.

You can improve your quality of life by simply introducing positive intentions into your thinking.

Everything in the universe represents energy and information. People can tap into this existing energy to manifest their desires. The first step is to focus their intentions on a desire. The energy of this focus connects one to the field of pure potentiality, where anything is possible. The field of pure potentiality is the means by which miracles occur, as it can conjure infinite possibilities that are not hindered by rational thought.

While attention on something will energize it and make it expand, intention triggers energy and information and “organizes its own fulfillment.”

By focusing intensely on positive intentions, your desires will manifest in the world.

Intentions are future-oriented. However, to turn intentions into future reality, there must be a complete focus on and acceptance of the present moment.

Law of attraction experts Esther and Jerry Hicks write about how to stop worrying in *Ask and It Is Given: Learning to Manifest Your Desires* (2004). According to the Hickses, since present thoughts create future events, the act of worrying can be like manifesting a worst-case scenario, especially if worrying is habitual or constant. Therefore, it's vital to monitor thoughts and curtail anxious thinking. The Hickses believe that getting in touch with the "non-physical," or divine, part of the self is the pathway to living with an overall sense of enthusiasm and zest. When operating from the perspective of the non-physical self, one has a greater awareness of unity among all living beings and a sense of deep peace that plugs directly into the field of possibilities. This peace is the antidote to worrying about how something is going to happen because miracles will naturally abound in this state.

The positivity that goes into these thoughts is all part of the infinite field of potential energy that governs the universe. So, by introducing an intention or wish into this field of energy, you affect the universe around you.

How does this happen? The author uses the analogy of a still pond. If our mind is still, we can toss into it a pebble of intention, creating ripples that move through space and time. If the mind is like a turbulent sea, we could throw a skyscraper into it and there would be no effect.

To turn these desires into reality, however, you must give the process your full attention.

Being attached to an outcome creates resistance to the present moment, which blocks the manifestation from coming into being. The present moment represents infinite possibilities that exist now, not in the past or the future. If intentions are set with a strong focus on the present, they will come to fruition.

Once the intention is introduced, in this receptive stillness we can depend on the infinite organizing power of the universe to make it manifest. We "let the universe handle the details."

When detached from outcomes, heightened presence naturally occurs, connecting to the field of pure potentiality.

So, instead, accept and be grateful for the home you do have, and visualize the changes that could make your living situation even better. The universe will pick up on these positive thoughts and turn them into reality.

6. The law of detachment

According to the sixth spiritual law, the *Law of Detachment*, all attachments to outcomes must be relinquished to allow success to flow freely. After setting intentions, letting go of fixed outcomes enables the power of pure potentiality to be fully unleashed.

To fulfill your desires, you must detach yourself from them and trust the universe.

Though you may have an intention, you must give up your attachment to its realization before it can manifest itself.

Let's say you've always dreamed of owning a Ferrari. You imagine that, once you've saved up and bought your dream car, your life will be happy and fulfilling. Chances are, however, that such ardent attachment to the car will only lead to your feeling terribly distressed.

After all, a life spent amassing wealth and material goods as a means to security will end in a disheartening realization: material possessions can never truly provide safety or security.

Attachment is ego-based; the ego wants and needs to feel secure, so it clings to outcomes, people, and situations. But such attachment is only to symbols of abundance, not abundance itself. Therefore, attachment creates poverty consciousness, or a belief that one is always lacking in material comfort. In contrast, detachment is rooted in the Self.

Real security can be achieved in only one way – by recognizing your true Self.

Detachment is incredibly powerful because it conveys a deep and unwavering belief in the Self to manifest all good things in time.

By realizing your true nature, you'll find that even fear of death disappears. The body and mind dissolve, and your true Self will remain in the field of energy that gives birth to all new life in the universe.

We can have a one-pointed focus on something, but if we are attached to a specific outcome it will produce fear and insecurity at the possibility of its not happening. A person who is attuned to their higher self will have intentions and desires, but their sense of self is not riding on the outcome; there is a part of them that cannot be affected.

Worrying about how an intention will come into being hinders manifestation. It may be tempting to stress over the details or be vigilant about monitoring progress. But one should instead focus on tapping into one's divine Self and allow the universe to handle the rest of the details.

In Chopra's words:

"Only from detached involvement can one have joy and laughter. Then the symbols of wealth are created spontaneously and effortlessly. Without detachment we are prisoners of helplessness, hopelessness, mundane needs, trivial concerns, quiet desperation, and seriousness—the distinctive features of everyday mediocre existence and poverty consciousness."

Detachment is rooted in a belief in the Self to deliver success, harmony, and abundance.

This is what happens when you detach yourself from your desires and connect to the field of energy that is the true nature of the universe, which alone has the power to make our desires become reality.

In a 2007 appearance on Larry King's show, Oprah Winfrey shared a personal experience of how she learned the rule of detachment the hard way. In the eighties, Winfrey, by then a well-known media personality, had fallen in love with *The Color Purple* (1982), a novel by Alice Walker. Winfrey set an intention that she would star in the movie adaptation. One day, her prayers came true. Her agent got her an audition for the adaptation. She found this incredible, as she had never been called in for a movie role previously. Months passed after the audition. Winfrey began to feel very down. She was overweight and feeling a strong sense of self-pity. She began to weep. In weeping, she completely let go of having to have the role in *The Color Purple*. As soon as she gave up, someone told her she had a phone call. It was Steven Spielberg, offering her the role. Winfrey's experience shows how getting overly attached to an outcome can broadcast fear and insecurity, effectively blocking the

manifestation of the dream. Her detachment, while hard-won, led to her relying on her faith in God, at which time the role became hers.

Without detachment we feel we must force solutions on problems; with detachment, we are free to witness the perfect solutions that spontaneously emerge from chaos.

Attachment to material things implies distrust of the universe – and this inevitably leads to anxiety. While it might sound counterintuitive, you'll also find that your desires can only become reality when you detach yourself from them.

Don't let this outline suffice. For the detail and rich prose that makes Chopra a delight to read, buy the book. It may take a while to get on to his wavelength and understand his terms, but persevere—the laws can have a real effect. On subsequent readings you may find your- self discovering new meanings in the text, the familiar mark of a classic.

As long as an intention is made in accordance with the Self, the universe will handle details of manifesting dreams into reality.

7. The law of dharma (or purpose in life)

The seventh spiritual law is the *Law of Dharma, or Purpose in Life*, which states that everyone has a unique mission to fulfill while existing in a physical body. Tapping into this unique mission is an expression of divinity.

Every human wants to shine. But, as each star has its right place in the night sky, every human must find their right place on earth. Only by doing this, and by helping others find their place, will people flourish and lead a purposeful existence.

So, ask not what the universe can do for you, but what you can do for the universe.

According to this law, you have a unique talent and a unique way of expressing it. There is something that you can do better than anyone else in the whole world and for every unique talent and unique expression of that talent, there are also unique needs. When these needs are matched with the creative expression of your talent, that is the spark that creates affluence. Expressing your talents to fulfill needs creates unlimited wealth and abundance.

Let's say you've always dreamed of becoming an artist. After all, it is a wonderful profession, and you admire the special kind of talent it takes to create art that inspires people and makes them happier and wiser.

But the truth is, not everyone is artistically talented, and if this is the case for you, you might end up sad or depressed, feeling that you can't contribute anything of value to society.

But don't despair! Instead of clinging to these dreams, be honest with yourself and discover the truth within you that can serve and benefit others. While a creative person will probably become a good artist or designer, a compassionate person might be better off as a doctor or nurse.

Everyone has a unique gift to offer the world. When unique talents serve unique needs of humanity, prosperity naturally flows. When someone is immersed in the expression of this gift, whether it be songwriting, painting, or public speaking, time seems to stand still. This sense of timelessness is an indicator that the eternal Self is being fully experienced.

Finding your purpose in life is nothing more than a series of decisions you need to make about which of your unique gifts + skills you want to give to others.

Discover your life's purpose by helping others and letting the universe support your efforts.
When people are immersed in their individual talents, they feel as though time stands still.
It's never too late to recognize your life's purpose and plug into the endless source of energy that the universe provides.

There are three components to the Law of Dharma.

1. We're all here to discover our true Self. (As the famous quote goes: "We're not human beings that have occasional spiritual experiences — we're spiritual beings that have occasional human experiences.") When you've found the right job, you will discover that you have a nearly endless source of energy to complete your work.
2. Express your talents. You've got some skill or talent within you that's so unique; so special, that you can become the best in the world at doing it. The 2nd component of Dharma is to figure out what that talent is and express the heck out of it! To quote Chopra: "there's one thing you can do, and one way of doing it, that is better than anyone else on this entire planet. When you're doing that one thing, you lose track of time. When you're expressing that one unique talent that you possess, (or more than one unique talent in many cases) the expression of that talent takes you into timeless awareness."
3. Serve humanity. You might now be wondering whether your current job is providing you with the best way to contribute to the welfare of humanity and the planet. As it turns out, there is an easy way to tell. To fulfill this third component of Dharma, we've got to be asking ourselves this one simple question as often as possible: "How can I help?" That's it. How can you help the people you connect with? Once you can combine the expression of your talents with a way to serve the world — you'll be in Dharma mode.

Bestselling author Gay Hendricks wrote about this sense of timelessness in *The Big Leap: Conquer Your Hidden Fear and Take Life to the Next Level* (2009). Hendricks terms the timelessness experienced while immersed in the expression of a talent the "Zone of Genius." For Hendricks, the Zone of Genius is the only place where people have free rein to express and relish the unique gifts they have been given in this lifetime. Many high-performing individuals operate within the Zone of Excellence, which is characterized by effort, time, and work. Hendricks believes that most people don't operate within their Zone of Genius because the good feelings that accompany it are unfamiliar. Therefore, Hendricks explains, most people self-sabotage when they get a taste of the Zone of Genius because they are unaccustomed to feeling so good. To combat self-sabotage, people must address core beliefs about how good they are allowed to feel. Once they are more comfortable with the Zone of Genius and sharing their unique gifts, they will naturally spend more time there, for the benefit of themselves and all humankind.

Wanna take the Law of Dharma to the max? Make the following three commitments to yourself and it'll help you make it a part of your life for good:

1. The first commitment is: I am going to seek my higher self, which is beyond my ego, through spiritual practice.
2. The second commitment is: I am going to discover my unique talents, and finding my unique talents, I am going to enjoy myself, because the process of enjoyment occurs when I go into timeless awareness. That's when I am in a state of bliss.
3. The third commitment is: I am going to ask myself how I am best suited to serve humanity. I am going to answer that question and then put it into practice. I am going to use my unique talents to serve the needs of my fellow human beings. I will match those needs to my desire to help and serve others.

The Dharma test: 2 questions to help you determine your purpose in life.

- QUESTION #1: If money was no concern and you had all the time and money in the world, what would you do? If you would still do what you currently do, then you are in dharma, because you have passion for what you do. You are expressing your unique talents.
- QUESTION #2: Ask yourself “How am I best suited to serve humanity?”

3 steps to putting The Law of Dharma to work. In his chapter about Dharma, Chopra outlines 3 steps to putting The Law of Dharma to work within your own life — they've been included for you below to repeat to yourself + practice, below:

- STEP #1: Today I will lovingly nurture the god or goddess in embryo that lies deep within my soul. I will pay attention to the spirit within me that animates both my body and my mind. I will awaken myself to this deep stillness within my heart. I will carry the consciousness of timeless, eternal Being in the midst of time-bound experience.
- STEP #2: I will make a list of my unique talents. Then I will list all the things that I love to do while expressing my unique talents. When I express my unique talents and use them in the service of humanity, I lose track of time and create abundance in my life as well as in the lives of others.
- STEP #3: I will ask myself daily, How can I serve? and How can I help? The answers to these questions will allow me to help and serve my fellow human beings with love.

Final summary

The motif of the book is the unity of everything in the universe. Though it is overtly concerned with “success,” perhaps the real theme is power. By becoming more open to that unity and perfection we assume more of its power, while the illusion of separateness pits us against the world, making us weaker in the process. The best personal development writing, exemplified by The Seven Spiritual Laws of Success, is transforming the genre's idea of success from being “master of the universe” to achieving oneness with it.

Human beings are not separate, powerless egos that are lost and alone in a harsh physical world. Every one of us is part of the infinite field of potential energy that gives birth to and governs everything in the universe. When you recognize this, you can use this energy to fulfill your personal and professional dreams.

The seven spiritual laws work in accordance with one another, and each can be applied in everyday life.

The genius, intended or not, of the last century's self-help writing is that spiritual messages have been delivered through instructions of a more material kind. We buy a book about prosperity and find it telling us about the universe's benign and perfect intelligence; we find another that promises the laws of success and are surprised to see that the answer involves maintaining good karma in our actions and detaching ourselves from the fruits of success.

Actionable advice: give to everyone you meet. When you are invited to someone's home, bring them flowers or some other token of appreciation. Your gifts don't always have to be material. You can give to others by greeting them in a loving and compassionate way.

Chopra is often accused of promoting spiritual values as the means to becoming wealthier. That is true, but it is nothing to be ashamed of: When the nature of the universe itself is abundant, a life lived in poverty consciousness is a wasted life.

When a spiritual approach to success is applied to everyday life, people recognize their inherent divinity. As a result, fulfillment, happiness, and well being naturally follow.

Make conscious and considered life choices to get the maximum benefits out of life.

"When we understand these laws and apply them in our lives, anything we want can be created, because the same laws that nature uses to create a forest, or a galaxy, or a star, or a human body can also bring about the fulfillment of our deepest desires."