



The Seven Spiritual Laws of Success: Overview

"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."

This week, Life Training Online will be reviewing [The Seven Spiritual Laws of Success](#) by Deepak Chopra, the first of fifty-two books in the [52 Personal Development Books in 52 Weeks](#) series.

Based on Chopra's book [Creating Affluence](#), he describes the seven fundamental principles of the universe that we can use to bring success into our lives. The first thing you might notice is the book's seemingly small size. Can such a small book cover in sufficient amount of detail seven principles that provide the "fulfillment of your dreams"? This week we'll find out.

Chopra's combining of "spirituality" with success, may not seem a complimentary pair, however this is exactly the premise of the book. We need to realize that becoming successful need not be a struggle of monumental effort but instead, when we surrender ourselves to the laws of the universe, it is a natural outpouring of being in alignment with the Creator...the state of true spirituality.

This reminds me of the passage in the Bible, "Behold the fowls of the air: for they sow not, neither do they reap, nor gather into barns; yet your heavenly Father feedeth them. Are ye not much better than they?" (Matthew 6:26) All of nature works by effortless power. We are unique in that, of all of God's creations, we are self-aware. Unfortunately, this self-awareness is what can remove us from this effortless power and inevitably our success.

The seven laws are as follows:

1. The Law of Pure Potentiality

2. The Law of Giving
3. The Law of "Karma" or Cause and Effect
4. The Law of Least Effort
5. The Law of Intention and Desire
6. The Law of Detachment
7. The Law of "Dharma" or Purpose in Life

For the next three days (Tuesday through Thursday), I'll be uncovering these seven laws in detail, and then on Friday I'll give you my opinions or recommendations.

You can jump to any other part of the review for [The Seven Spiritual Laws of Success](#) by following these links:

Overview

Potentiality, Giving, and Cause and Effect

Least Effort and Intention

Detachment and Purpose

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The Seven Spiritual Laws of Success: Chapters 1 - 3

This week, Life Training Online will be reviewing [The Seven Spiritual Laws of Success](#) by Deepak Chopra, the first of fifty-two books in the [52 Personal Development Books in 52 Weeks](#) series.

In this concise book, Chopra dedicates one chapter to each of the seven laws. Today I'll be delving into the first three.

Chapter 1: The Law of Pure Potentiality

In the first chapter, covering the Law of Pure Potentiality, Chopra sets the stage for all the other laws by helping you understand your true potential. If you can recognize that the source of all creation is unlimited potential and by default you are a part of this source, then by virtue of your connection to this source, you too have unlimited potential. This is your nature and birthright. It is then, that once you come to this understanding and align yourself with this source, you have the ability to fulfill any dream that you have, efficiently and without effort.

Chopra then gives three ways to align yourself with the source, they are: Through the daily practice of silence (my favorite being [The Sacred Silence](#)); meditation; and non-judgment.

Chapter 2: The Law of Giving

The universe operates through a dynamic exchange of giving and receiving, inflow and outflow ([check out Steve Pavlina's excellent article about this](#)). There is no hoarding, nor at any time does this exchange become idle. Because our bodies and mind, along with the universe, are in constant and dynamic exchange, stopping this circulation of energy can be compared to stopping the flow of blood. Where the blood stagnates and stops flowing, clotting begins to happen. This is why receiving AND giving is so important in keeping wealth and affluence - or anything you want -

circulating in your life. If your only thought is to hold on to your money and hoard it, this will clog and suffocate its flow and in turn, you'll cut off its circulation back into your life as well. In order to keep that energy (in whatever form it is) coming back into your life, you have to keep it circulating.

How do you apply this to your life? Chopra recommends that anytime you come in contact with anyone, give them something. Realize that some of the best gifts are not material ones. This includes kindness, love, a helping hand etc.

Chapter 3: The Law of Karma or Cause-and-Effect

"Every action generates a force of energy that returns to us in like kind, what we sow is what we reap." This has also been called the Law of the Harvest. The main point that Chopra makes in this chapter is that you must become aware of your causes. In other words, be mindful that for every action you commit, there is a consequence. Whether this consequence is of a positive nature or not, is entirely up to you.

To explain this, Newton's Third Law comes to mind, "For every action there is an equal and opposite reaction". This "opposite" refers to a directional and not a contextual component, meaning that if you commit or send out a negative energy, an equally negative energy will be sent back. The context doesn't change, only the direction. Whatever act we commit, whether positive or negative, it will create a "Karmic debt" that must be paid in like kind.

Again, Chopra teaches how to apply this law: You must learn to bring your daily choices into the level of your conscious awareness. The more you do this, the more you will make the right choices, both for you and those around you.

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The Seven Spiritual Laws of Success: Chapters 4 & 5

This week, Life Training Online will be reviewing [The Seven Spiritual Laws of Success](#) by Deepak Chopra, the first of fifty-two books in the [52 Personal Development Books in 52 Weeks](#) series.

Today we are covering chapters 4 and 5 - the Law of Least Effort and the Law of Intention and Desire.

The Law of Least Effort

When I first read the title of this chapter I thought to myself that this seems to go against everything that I was brought up to think. Having been raised by a strict and very old-school German father, I was taught that it's only through hard work and consistent effort that one ever accomplishes anything in life. How could less effort or in this case, the "least effort", ever be a principle of success? But when I began to think about it I realized, isn't this a natural law?

We learn that energy follows the path of least resistance. We see examples of this throughout nature - Water flowing around obstacles and not through them, geese flying in a specific formation to allow for economy of motion, electricity traveling through the best conductor. It is this principle, applied to success, that Chopra wishes to expound.

[After realizing that we are inseparably connected to the Universe](#), or pure potentiality as Chopra likes to call it, then we too must inevitably be subject to its laws. If there is truly no separation between us and the Universe, and everything that It creates and manifests happens without effort, then we should be able to tap into the Universe's power and achieve success almost effortlessly.

Chopra says that least effort is expended when your actions are motivated by love. Love is the energy that effortlessly binds the Universe. If you seek power and control

over other people, you waste energy. If you seek money or power for the sake of the ego, you waste energy. It's only when your actions are motivated by love, that your energy multiplies and accumulates. This surplus of energy you gather, can then be channeled to create anything that you want, including unlimited wealth.

The Law of Intention and Desire

Chopra lays the groundwork for this chapter by explaining that all of nature is made up of energy and information. A flower, a tree, a human body, when broken down into its essential components, is energy and information. In its essential state, the whole universe is the movement and interaction of these two components. The only difference between you and the flower or the tree is the informational and energy content of your respective bodies.

What sets you apart from these other forms of "energy and information" is self-awareness. This entitles you to consciously change the energy and informational content of your own self, as well as influence the energy and informational content of your extended self - your environment, your world - causing things to manifest in it. You do this through your intentions. [And the fuel of your intention is your attention.](#)

The greater the quality of your intention on the object of your attention is, the more the Universe will orchestrate the right combinations to bring that intention into realization, provided one follows the other spiritual laws of success. We see then that it is intention that lays the groundwork for the effortless, spontaneous, and frictionless flow of pure potentiality. Chopra only cautions that you use your intent for the benefit of mankind.

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The Seven Spiritual Laws of Success: Chapters 6 & 7

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Concluding the review of this book, today we'll be covering the final two chapters.

The Law of Detachment

This law states that in order to acquire anything in the physical world, you have to let go of your attachment to it. When I first read this, it didn't make any sense. Didn't he tell us in the chapter on intention, to keep our attention on that which we desire? If we are detached from it, how do we keep our attention on it? However, as I read on, it started making perfect sense.

What Chopra is saying here is, you don't give up your intention to create your desire, instead you give up your attachment to the result. The moment you give up any attachment to the result, combined with maintaining your intention, you will manifest that which you desire.

OK, still not making any sense? Let me clarify...

If you are so focused on how you are going to achieve your goal or result, you end up developing "blindness" which cause you to miss all the opportunities along the way. These opportunities would have ended up helping you to more efficiently and rapidly achieve that which you have wanted all along. It is in this detachment, that you'll find the effortless freedom to create whatever it is that you desire.

This chapter can be summed up as follows - Don't get bogged down in how you are going to achieve your end desire. Your only concern is to focus your attention on THE WHAT, and then allow the Universe to freely provide THE HOW.

The Law of “Dharma” or Purpose in Life

I found this to be my favorite chapter in the whole book. Probably because just a few weeks prior I’ve been able to discover this, almost exactly how he teaches it, on my own. Well, you do [attract what you resonate](#), so it makes perfect sense that this would be the case.

The word “Dharma” is the Sanskrit word for purpose in life. And according to Chopra, everyone on this earth has Dharma. How do we find this purpose? The answer lies in your talents.

He puts forward that each one of us has unique talents and a unique way of expressing them. This is something that you can do better than anyone else in the whole world. For this reason, every unique talent and unique expression of it creates a need in the world, that only you can fulfill. When your creative expressions can match the needs of your fellow beings, then wealth will be a natural by-product.

To live the Law of Dharma requires three steps. Each one building upon the next. The first is to discover your true Self (see [the Law of Pure Potentiality](#)). The second step is for you to express your unique talents. The final step is to serve humanity. When you combine the ability to express your unique abilities with serving humanity, you will make full use of the Law of Dharma.

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The Seven Spiritual Laws of Success: Final Thoughts

This week, Life Training Online will be reviewing [The Seven Spiritual Laws of Success](#) by Deepak Chopra, the first of fifty-two books in the [52 Personal Development Books in 52 Weeks](#) series.

Let's wrap up this week's review of Deepak Chopra's 7 Spiritual Laws of Success:

I have to say, that although the book's size may be on the slim side, the content definitely isn't. Well written and concise, it packs a wealth of wisdom inside its small stature. Yes, you could read this in about a period of a half hour; however, it's well worth your time to ponder the meaning of these laws and find their application in your life.

Chopra is sometimes criticized for using the principles of 'spirituality' for the attainment of wealth which, quite admittedly, I too felt to be contradictory. It wasn't until I set out on my own personal journey to achieve success that I discovered that spirituality has everything to do with wealth. If the Universe by nature is itself abundance, then seeking out abundance is nothing to be ashamed of. Rather, it's in living a life of poverty consciousness, where one finds their life wasted.

All in all this book is a definite keeper.

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