# **The Seven Spiritual Laws of Success**

 *by Deepak Chopra*

**Foreword**

Deepak Chopra's book The Seven Spiritual Laws of Success is a best-seller. It illustrates the spiritual laws that assist people in achieving success, which is more than just about wealth and prestige. A successful individual should be content, have healthy relationships, enjoy life, feel wealthy, and have an overall sense of well-being**.**

Success can take many shapes. Being happily married, affluent, or having a caring circle of friends is all examples. However, many of us have difficulty achieving success. Deepak Chopra, a leading specialist in mind-body health and human potential, explains how to achieve success in your life in seven simple steps. These are intricately linked to the nature of the surrounding universe.

The Seven Spiritual Laws Of Success combines Eastern religions' spiritual tranquilly and mindful behavior with Western ambition for internal and exterior success, offering you seven specific techniques to attract both.

1**. Discovering Who You Really Are:**

Pure potentiality is a thing that exists. a condition of pure consciousness that includes pure knowledge, pure balance, invincibility, and bliss. You can experience your true self and perceive the futility and waste of existence through your ego when you access this field.

When you feel connected to your surroundings and the people who inhabit them, you realise that you are not a separate creature from the rest of the world.

Highlight: You can feel that the world is a connected energy field that binds all people and beings on the planet together. This energy field provides an infinite supply of energy to the entire universe.

When you realize it, you'll see that your genuine self has no bounds. You may achieve everything you want, whether it's wealth and success or spiritual development, by tapping into the energy within your actual self.

You must learn to silence your ego in order to connect with your inner self.

 Quote: The Ego, on the other hand, is not who you truly are. The ego is your self-image, your social mask, and the character you are portraying. Approval is essential to your social mask's survival. Because it lives in fear, it seeks control and is sustained by power.

Meditation, solitude, and spending time in nature can help us reach our greatest potential. This state of mind will provide you with an endless supply of creativity and abundance.

Quote: You accept things the way they are, not the way you wish they were right now. It's crucial to comprehend this. You can want for things to be different in the future, but you must accept the situation as it is right now. When a person or a situation irritates or angers you,

Highlight: The source of all creation is pure consciousness.

**2. Receiving and Giving:**

Giving and receiving aids in maintaining the natural flow of the universe. The processes of creating, loving, and growing are all necessary. When you stop giving, the flow of energy stops as well. As a result, the more we give, the more we engage with the universe's energy flow, and the more we will receive in the form of love, material goods, or earthly experiences.

Quote: It’s true that money makes the world go round, but that only happens when we give as much as we get.

If you want to be blessed, discreetly bless someone with positive thoughts. Provide a service if you don't have any money. We are not limited; we can contribute a lot since human beings are plenty.

Highlight: The more love people give to society, the more love they will receive in return, and that love will increase.

Give something to everyone with whom you come into contact. You will begin to circulate joy, riches, and love in your life and the lives of others in this manner.

3**. Stop defending yourself and accept life:**

People do, in fact, spend a significant amount of time and energy worrying about their situations. Concerns persist even when circumstances change.

Of course, this frustrates you, but there is only one viable solution: accept the situation and seek for the lesson that is supposed to be taught to you.

Highlight: Try to think, "This circumstance is just as it should be." in any challenging situation.

Do not try to solve the situation. Face it and accept it instead. Complicated situations can always teach you something, and the individuals that make your life more difficult are there to teach you something.

It is critical that you refrain from defending yourself. It involves letting go of the need and desire to persuade others that your point of view is correct and not theirs.

Highlight: When you remove the desire to persuade people of your point of view, you open the door to a genuine exchange of views on a subject, free of anxiousness or dogmatism.

Quote: It’s the art of giving up the need to justify yourself, and it’s very powerful.

4**. Learn to Detach in Order to Achieve Your Goals:**

You may have good intentions, but nothing will happen unless you let go. We are anxious and apprehensive about the potential that a particular conclusion will not occur when we cling to it.

After all, collecting wealth and material objects in the pursuit of security will lead to the tragic revelation that mere belongings cannot bring safety and protection.

Recognizing your own self can provide great security. When you recognize your true essence, even the fear of dying can go away. Your true self will remain in the energy field that is the source of all new life in the cosmos when your body and mind dissipate.

Highlight: Make a commitment to detachment today. Recognize that uncertainty is a necessary component of your life experience. Find comfort in the unknown, because it is the way to freedom.

Acceptance practice is critical. Today, try to accept people and situations. At this time, don't resist the universe; instead, accept it completely.

**5. Your decisions have an impact on your success:**

Every action you take generates an energy force that is then returned to you. We will gain success and happiness if we choose to develop attitudes that provide happiness and success to others.

Highlight: In order to fully enjoy your life (rather than just doing things), you must examine which option is the most favorable while making a decision.

In fact, we make decisions all the time, and we may not even be aware of it. In truth, the majority of our decisions are made without our knowledge.

Stop for a moment and examine the influence of your attitudes on yourself and others in order to make the best judgments. Choose attitudes that will provide more delight and well-being to others to continue making the right decisions in your daily life.

Quote: Think about the choices you make every day, and whenever you make a decision ask yourself: What are the consequences of this? Will this decision bring satisfaction and happiness to all those affected?

6. **Focus and Positive Intentions:**

Rather than debating about where the universe pours negativity at you and trying to turn it around, why not channel your good intentions into the areas of life that truly matter? Indeed, incorporating positive intentions into your thoughts can improve your quality of life.

The positivity that develops from these concepts is a portion of the universe's endless field of potential energy. As a result, you can influence the cosmos around you by infusing an intention or desire into this sphere of energy.

Highlight: Accept and be grateful for what you have, and imagine the improvements that could improve your life. These wonderful thoughts will be captured by the universe and brought to life.

Make a list of your desires and carry that list with you. Take a glance at the list before beginning your quiet meditation and before going to bed or waking up. Finally, do not give obstacles your undivided attention.

Remember that positive thinking works for one simple reason: it unconsciously programs your actions by putting you in the appropriate frame of mind.

**7. Discover Your Purpose and Volunteer to Help Your Neighbors:**

There is a reason for everyone's existence. And when we combine that one-of-a-kind skill with the opportunity to help others, we can feel joy in our hearts.

Quote: Ask the universe what you can do for it, not what it can do for you.

Be truthful to yourself and you will find the truth. It's never too late to discover your life's purpose and connect with the universe's limitless source of energy.

Highlight: Rather of desperately searching for your life's meaning, let it find you.

There is a straightforward method for obtaining the information. When you locate the appropriate career, you'll discover that you have an endless supply of energy to get the task done. The cosmos begins to back you up and provide you with the energy you require.

How do you figure out what you want to do with your life? Make a list of your special abilities. Then develop a list of the things you enjoy doing to express those skills. Finally, ask yourself how you may assist others and the universe on a daily basis.

**Conclusion:**

These rules aren't difficult to understand. However, they don't appear to be simple. Everything in the cosmos is connected, and when you open yourself up to it, you have boundless power that leads to success. You will be able to relate better to yourself and others, serve the world around you, and achieve the prosperity and mindful living you wish by following each of these laws.

**Practice:**

Make a daily commitment to be silent for a certain amount of time. At least twice a day, for about 30 minutes in the morning and evening, practice silent meditation.