

The Seven Spiritual Laws of Success Book Summary

The Seven Spiritual Laws of Success by Deepak Chopra is one of the recommended books for the Trails to Empowerment community. In this book, it is clear how the “laws of nature” that we live by in our community are clearly woven into Deepak Chopra's seven laws. We define each law then show you how it is implemented in the Trails to Empowerment community.

1. The Law of Pure Potentiality

The essential nature of the universe is that everything is possible. Our true nature is pure potentiality, but many people get caught up in object referral - the practice of seeking approval from others or of needing to control the situation. This greatly limits our potential. But with self-referral, we are not afraid of challenge, are equal to all and have all the possibilities open to us. Time in nature is an essential part of accessing pure potentiality as it is clear how nature always finds a way.

In the Trails to Empowerment community we use the phrase “we do the impossible everyday” to express pure potentiality. Things that seemed impossible when seen from the conventional view point of society are found to not only be possible but sometimes to be simple and the most logical option when living in the wilderness. For us, a connection to nature is easy. From seeing mountain goats navigate across seemingly vertical cliff faces and watching water spring from the ground in the alpine and weave its course to the valley bottoms, nature's pure potentiality is clear for us to experience and learn from.

2. The Law of Giving

The flow of life is the balance of giving and receiving, it is a harmonious interaction between the different elements and forces that create existence. To stop the flow of giving and receiving is to interfere with nature's intelligence. If in giving something, a person feels as though they have lost something, it is not truly given. The intention of giving should be happiness for all involved. The best way to get what you want is to help others get what they want. The true nature of the world is affluence and abundance.

In the Trails to Empowerment community, we share everything, from knowledge and experiences to successes and challenges, as well as the tangible concepts of shared meals, shared living spaces and shared conversations. We give appreciation, support and commitment to each other. In return, we receive opportunities, experiences and a connection with nature. We define this as taking care of the environment we benefit from – to receive from the community and nature we have to give.

3. The Law of Karma

Karma states that every action generates energy that will return to us in the same form, this is exemplified by the phrase “you reap what you sow”. Conscious choice making is a way to improve our karma as we strive to make choices that benefit all. Many people are unaware that they can choose their emotional response or reaction to a situation because they have made the choice to react (become angry, get upset etc) unconsciously. There is only one choice in every situation that will bring happiness to all. This is the spontaneous right action. Sensations in the body help us to know if we've made the right choice – feelings of discomfort show we have made the wrong choice. Our future is created based on the choices we make. Negative karma can be transformed if we learn from it and see that the universe is sharing, to make the experience useful to other people.

In the Trails to Empowerment community, we strive to act consciously of our intentions, actions and consequences, making them for the good of all, both the community members and the environment. Here, making mistakes is encouraged because it is an opportunity to learn from them, however the best learning experiences come from sharing these lessons with other community members to help them grow and evolve too.

4. Law of Least Effort

Nature's intelligence is one of effortless ease with no resistance. Trees don't *try* to grow, it is just their intrinsic nature to do so. Do less and accomplish more is seen over and over again in nature. The manifestation of ideas is effortless when the motivation is love, because no energy is wasted. Without fear of challenges, without ego, our energy is free to do good in the universe. Acceptance of the moment removes useless energy expenditure through worrying, denying or becoming frustrated. To take responsibility is to not blame someone else for the situation, but instead to have the ability to respond to the situation. Defencelessness is not weakness, but to not become defensive as this only wastes energy defending a position. Open-mindedness also helps us flow with the energy of nature.

In the Trails to Empowerment community acceptance is a natural part of living close to nature. The weather, the movements of wildlife and the changes of the seasons are all events that we have no control over. Instead of wasting time and energy worrying or complaining about this, acceptance allows us to take appropriate action such as being prepared with warm clothing, this is an analogy that can be applied to all aspects of life. We take responsibility by not blaming others, but taking action to change what needs to be changed, for example by fixing something that's broken, taking care of the horses or updating a procedure so everyone can benefit from it. When we are all free to share our ideas and inspirations, there is no need to be defensive, instead we are able to contribute to the community.

5. The Law of Intention

Desire is the energy of wanting. Attention energizes the idea, intention transforms it into action and outcomes. Intention is desire without attachment to the outcome. It is everywhere in nature, when the time of year comes for birds to migrate, they start flying, but they aren't attached to the outcome of their flight. 90% of perceived obstacles are imaginary. The other 10% can be transmuted into opportunities by single pointed intention, holding attention on the intended outcome with unbending purpose, refusing to let anything get in the way. Seeds can be sown in fertile ground with the intention that they will grow when the season is right.

In the Trails to Empowerment community, we can focus on our intentions and not be stopped by obstacles, these are challenges to be overcome but not be afraid of. Often we will have an idea in the moment, but know the time isn't right to develop it. We will put it aside and when the moment is right, the idea will resurface, ready to manifest.

6. The Law of Detachment

To acquire anything, we must give up our attachment to it. We don't give up the intention, just the attachment to the result. This removes fear of failure. Detachment is the unquestioning belief in our true self, that we can do it. Attachment is fear and insecurity. Consciousness fulfills every need and all else is just a symbol that comes and goes. Chasing symbols such as cars and money creates anxiety, hollow emptiness, it is the exchange of our true self for symbols of ourselves. Excitement, adventure, mystery and exhilaration are all created from detachment. We don't need a clear idea of how the plan will go because this shuts out possibilities, it is also important not to force solutions.

In the Trails to Empowerment community, nature creates uncertainty, we need to be comfortable with this. We can't be attached to the outcome as the process is fluid, instead we need to be flexible and adaptable. There is no evolution in the known, we need challenge and uncertainty to grow and evolve.

7. The Law of Dharma

Dharma is purpose in life. Everyone has a unique talent to express and use to serve humanity. We must discover our true selves to find this talent. To live in dharma is to live in abundance, moving from "What's in it for me?" to "How can I help?". If we have all the time and money in the world, would we still be doing what we're doing? If the answer is yes, we are living our dharma.

In the Trails to Empowerment community, we identify our interests, goals and purpose in life and develop the skills that fit these. We find our niche and practice it. We help others by sharing knowledge and experiences, contributing to conservation and constantly growing and evolving. We live with purpose, doing something meaningful.

You can use these seven spiritual laws to find more success, meaning and purpose in your own life. If you're ready to join the Trails to Empowerment community and live your dharma, check out our internships page: <https://www.trails-to-empowerment.org/wilderness-internships/> and begin your transformational journey today, contributing to something bigger than yourself.

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