21 Days of Inspiration
Welcome to 21 Days of Inspiration

The 21 Days of Inspiration was created to help you awaken to your essential unbounded nature. The word inspiration comes from Latin for “the creative breath of the Divine,” and with each breath, you have an opportunity to release whatever you no longer need as you take in vital life energy.

It all begins with a single breath... with a single intention.

Based on the Seven Spiritual Laws of Success, each day, we invite you to read the spiritual Law of the Day and the daily reflection on an essential soul quality, such as love, wholeness, and freedom. Whatever you put your attention on will expand in your life, so by focusing each day on these timeless spiritual laws and soul qualities, transformation will occur.

When you complete the 21 Days of Inspiration, you can begin it anew. Like a journey along a spiral, each experience will give you new perspectives of your inner self, your environment, and everyone around you. As you go deeper, find that every moment is filled with possibilities for bliss, never-before-imagined dreams, abundant love, and new beginnings.
DAY 1: SUNDAY

The Law of Pure Potentiality

Your essential nature is pure consciousness, unlimited by space or time. You possess all of the qualities inherent in this realm, including infinite creativity, unbounded love, pure silence, overflowing bliss, and deep peace. At your core, you are pure potentiality.

“I am the immeasurable potential of all that was, is, and will be; and my desires are like seeds left in the ground — they wait for the right season and then spontaneously manifest into beautiful flowers and mighty trees, into enchanted gardens and majestic forests.”

— THE VEDAS
Transformation

Just a few hours from where the Chopra Center was founded live some of the world’s most ancient trees, the giant sequoias. The oldest known sequoia, estimated to be about 3,500 years old, was only a seedling when the Vedic wisdom texts were being composed, and became a mature tree long before the Buddha was born, the Bhagavad Gita was written, and Jesus delivered the Sermon on the Mount.

What is the secret of the sequoias’ incredible longevity? The elemental power of agni, the Sanskrit word for fire. Periodic forest fires clear away everything that threatens the trees’ survival while ensuring their growth and regeneration. Without the fire’s heat, the sequoia cones couldn’t open and release their seeds. Without the clearing force of fire, sequoia seedlings would be overcrowded by competing shade trees and not have enough sunlight to grow.

Today let’s celebrate the transformational fire in our body and life. Agni burns away physical, mental, and emotional debris, making room for something new to be born in our life.

What small step can you take today to release what is no longer serving you, opening the space for more light, energy, and joy?
DAY 2: MONDAY

The Law of Giving and Receiving

When you can give fully of yourself, while being detached from an outcome or expectation of being given to in return, you open yourself to the full abundance and love of the universe.

“I find that the more willing I am to be grateful for the small things in life, the bigger stuff just seems to show up from unexpected sources, and I am constantly looking forward to each day with all the surprises that keep coming my way.”

— LOUISE L. HAY
Gratitude

Since ancient times, philosophers and sages from every spiritual tradition have taught that the key to experiencing deeper levels of happiness, fulfillment, and well-being is cultivating gratitude. One of the earliest advocates of a daily gratitude practice was Dutch philosopher Rabbi Baruch Spinoza. In the seventeenth century, he suggested that each day for a month, we ask ourselves the following three questions:

1. Who or what inspired me today?
2. What brought me happiness today?
3. What brought me comfort and deep peace today?

This practice, wrote Spinoza, would help us find more meaning and joy in our lives and would lead to profound inner transformation. When our attention is focused on appreciation, the ego moves out of the way.

Throughout the day, notice the many things for which you are grateful... nurturing relationships, material comforts, the body that allows you to experience the world, the mind that allows you to really understand yourself, and your essential spiritual nature. Breathe, pause, and be grateful for the air that is filling your lungs and making your life possible.
DAY 3: TUESDAY

The Law of Karma or Cause and Effect

Your future is created from choices you make in every moment. The more you make choices from the level of conscious awareness, the more you will make spontaneous choices that are beneficial for yourself and everyone around you.

“All you need is to stop searching outside what can be found only within. Set your vision right before you operate... clarify your mind, purify your heart, sanctify your life—this is the quickest way to a change in your world.”

— SRI NISARGADATTA MAHARAJ
Purification

The legend of the magical phoenix tells the story of a beautiful, mythical bird that rises from the ashes, purified and rejuvenated from the fire, ready to begin life with a fresh perspective. What does this mean to us?

Perhaps that rejuvenation begins with a willingness to metaphorically step into the fire and shed the old—to purify routines that no longer serve our best interests and adopt the new.

As creatures of habit, we may find change to be difficult. However, the rewards for jumping into the fire of purification are many. If you begin with small steps at first, you will find that you can build on that success as you add others.

Begin by choosing just one practice, and then commit to incorporating it into your life. If you don’t meditate on a regular basis, you may want to choose meditation, for example. Slowly take other positive steps: pick a week to commit to a simplified cleansing diet, treat yourself to a monthly massage, or begin a regular yoga practice.

As Ayurveda teaches, when we quiet our minds and listen to the wisdom of the body, it will tell us what we need to release and how we can benefit.
DAY 4: WEDNESDAY

The Law of Least Effort

At the level of spirit, everything is always unfolding perfectly. You don’t have to struggle or force situations to go your way. When you become still and listen to the voice of your inner intelligence, fears and insecurities will dissipate and you will flow with grace and ease.

“Balance is the perfect state of still water. Let that be our model. It remains quiet within and is not disturbed on the surface.”

— CONFUCIUS
Balance

Balance is our ability to be flexible in the face of constant change. It isn't about struggling to impose a sense of order in our lives or getting organized “once and for all,” for that implies the pursuit of a static state that can actually lead to distress or illness.

Working hard to achieve balance is counterproductive because we all possess a natural impulse to grow that automatically keeps us in balance. We can, however, hinder or block this impulse by making choices that create a lot of resistance or stress in our lives. If we live out of harmony long enough, we’re likely to develop various illnesses or disorders.

The Ayurvedic sages teach that the path to perfect health is learning to maintain balance, in the mind and spirit as well as in the body. Living in our modern, ever-accelerating society, it’s easy to become severely out of balance if we don’t pay attention to what we’re feeling. We can drive ourselves into exhaustion, anxiety, and other serious problems if we don’t tune in to our inner selves and set aside periods for rest. Fortunately, there are many wonderful tools for developing balance, including meditation, yoga, a nurturing diet, and a restful sleep routine.

Take a few minutes today to consider where you are out of balance and how you can restore your natural equilibrium.
DAY 5: THURSDAY

The Law of Intention and Desire

You can create the most powerful intentions by aligning your desires with the intention of the universe. When your intentions create true joy and fulfillment for you and everyone involved, the manifestation of your desires is swift and effortless.

“When you begin to touch your heart or let your heart be touched, you begin to discover that it’s bottomless, that it doesn’t have any resolution, that this heart is huge, vast, and limitless. You begin to discover how much warmth and gentleness is there, as well as how much space.”

— PEMA CHÖDRÖN
When we ask ourselves, “What do I want? What do I really, truly want in my life?” “What is my heart yearning for?” the answer many of us hear is LOVE or one of its many close relatives: connection, acceptance, understanding, appreciation, intimacy, and warmth.

We may think that love is missing in our lives—or that we don’t have enough of it—but in reality, love is our essential nature. It doesn’t come from outside of us and therefore it can’t be lost or taken away. When it feels like love is lacking, it’s because we have forgotten who we really are.

You can begin to experience the love at the core of your being by being gentle and kind to yourself, noticing when your inner dialogue is harsh or critical and offering yourself patience and compassion. You may find it helpful to use affirmations such as “I love and accept myself just as I am.”

Today, know that you are pure love and infinitely lovable.
DAY 6: FRIDAY

The Law of Detachment

Those who seek security in the exterior world chase it for a lifetime. By letting go of our attachment to the illusion of security, which is really an attachment to the known, you step into the field of all possibilities. This is where you will find true happiness, abundance, and fulfillment.

“Security is mostly a superstition. It does not exist in nature, nor do the children of men as a whole experience it. Avoiding danger is no safer in the long run than outright exposure. Life is either a daring adventure, or nothing.”

— HELEN KELLER
Uncertainty

When we embark on a journey, our mind naturally wants to know all the details ahead of time. Where exactly are we going and how long will it take? Will we be safe and comfortable and enjoy ourselves? When we begin a spiritual journey, the mind’s need for certainty is only intensified.

Life’s uncertainty can feel unsettling and even, at times, threatening, but it’s also the source of our greatest joy. When we let go of the need to know how things must turn out, we can experience the spontaneity and unanticipated pleasures of the present moment. In reality, there are no safe paths. We can’t buy traveler’s insurance for our life’s journey, and we can’t be sure of our destination.

By opening ourselves to uncertainty, even if just a little bit at a time, we release our self-imposed limitations and allow our lives and spiritual journeys to unfold in ways more wondrous and fulfilling than we could have imagined.

Today let yourself release the need to know—if only for a few moments. Take one small step into uncertainty, knowing that you’re always supported by the universe.
DAY 7: SATURDAY

The Law of Dharma

You can make fullest use of the Law of Dharma by committing to serve others through your unique creative expression, in whatever form that takes. When you do so, the entire field of pure potentiality opens to you. You’re able to create as much happiness and abundance as you want because you’re in harmony with domain of spirit, from which all creation flows.

“Your body cannot heal without play. Your mind cannot heal without laughter. Your soul cannot heal without joy.”

— CATHERINE FENWICK
Laughter

Most of us at some time have felt stuck, mired in worry, or unable to see a way out of difficult circumstances. Then we talk with a good friend, see a funny movie, or are struck by an offhand comment that sets us into convulsions of laughter. Suddenly we feel lighter and we are reminded that there is more than one way to view a situation. Laughter shifts our perspective and opens us to new possibilities. It allows us to step outside of our time-bound state and touch the field of boundless, eternal awareness.

Spirit is inherently lighthearted and laughs easily. Through laughter, we shift our internal reference from ego to spirit, simultaneously releasing fear and awakening us to the truth that everything is unfolding for our highest good, even when we can’t always see it.

There is also truth in the old saying that laughter is the best medicine. Laughter reduces stress, boosts the immune system, increases our pain tolerance, and eases depression and anxiety.

Invite more laughter into your life today and give yourself permission to commit spontaneous acts of silliness, joy, and lightheartedness.
DAY 8: SUNDAY

The Law of Pure Potentiality

While we tend to identify ourselves as our body and mind, our true essence is the pure consciousness that gives rise to everything in the universe. When you know your true self, you realize that there is just one mind, one intelligence, one observer, and one Being perceiving itself through the countless perspectives of different beings.

“Once you know who you really are, being is enough. You feel neither superior to anyone nor inferior to anyone and have no need for approval because you’ve awakened to your own infinite worth.”

– DEEPAK CHOPRA™
Self-referral

Given our magnificent spiritual nature, why do so many of us feel powerless or afraid? A major reason is the hypnosis of social conditioning. From childhood on, most of us are instructed in limiting beliefs, constrictions, and fear. Whenever you feel threatened or fearful, it’s because you’re in a state of object-referral. You’re defining yourself through objects, which include people, titles, possessions, and accomplishments. By their very nature, objects change, so as long as your identity and sense of security is tied to these external factors, your life will feel unstable.

Real power comes from the experiential knowledge of your deepest Self—the unchanging essence of your soul. This is the state of self-referral. In self-referral, you have an internal sense of well-being regardless of what is happening around you because you aren’t identified with transient objects or events.

One of the best ways to directly experience your true Self is through meditation. When you meditate, you move beyond the emotions, thoughts, and memories that usually preoccupy the mind—into the pure awareness that is your essential nature.

Today remember that although you are temporarily disguised as a human being, your essential nature is infinite spirit—unbounded, immortal, and invincible.
DAY 9: MONDAY

The Law of Giving and Receiving

Giving is based upon being, for you can only truly give what you are. This means that you must go within to tap your infinite reservoir of intelligence, power, and joy. Meditate, read, journal, go for walks—let all of your activities bring you into alignment with your essential being.

“Everything in life is most fundamentally a gift. And you receive it best and you live it best by holding it with very open hands.”

— LEO O’DONOVAN
Flow

As we were growing up, many of us were told that “it is better to give than to receive.” Yet both giving and receiving are required to keep the flow of love, joy, and abundance circulating in our lives. To take a simple example, every time we breathe in, we’re taking in life-giving oxygen produced by plants and trees; and when we exhale, we’re giving back the carbon dioxide that in turn nourishes the plants and trees.

In receiving, we’re giving. Think of how much joy you feel when you truly give and get to experience the joy that comes from seeing the happiness of the recipient. Imagine how you might feel if they refused your gift... if they stopped the circulation of energy.

At the deepest level, giving and receiving are the same thing—different aspects of the same flow of energy in the universe. If you have trouble receiving gifts, help, compliments, or anything else, consider the words of someone who is considered one of the most giving, enlightened beings ever to live—the Buddha, who said:

“You can search throughout the entire universe for someone who is more deserving of your love and affection than you are yourself, and that person is not to be found anywhere. You yourself, as much as anybody in the entire universe, deserve your love and affection.”
DAY 10: TUESDAY

The Law of Karma or Cause and Effect

Struggling against old patterns only reinforces them. Deliberately incorporating new behavior, new ideas, and new approaches into your everyday life habits gives your mind the opportunity to adopt fresh perspectives. Be patient and loving with yourself, and soon the old conditioning will relax its grip and free you to be your true self in the present.

“Between stimulus and response there is a space. In that space is our power to choose our response. In our response lies our growth and our freedom.”

— VIKTOR E. FRANKL
Conscious choice making

If you’ve made a commitment to take better care of yourself this year—perhaps by exercising regularly, learning to meditate, or eating more mindfully—Ayurveda offers powerful teachings to help you move beyond any resistance to changing your old patterns. In fact, the purpose of Ayurveda, a Sanskrit word meaning “wisdom of life,” is to maximize the possibility of making good choices. As you go about your day, here are three timeless Ayurvedic principles you can use to move beyond resistance to the fulfillment of your goals:

1. **Accept the now.** When you accept life as it unfolds, offering no resistance, you become aware of the choices available in this moment. This doesn’t imply giving up desires or being a victim, but discovering the freedom to respond creatively.

2. **Accept the signals of your body.** Feel all of your body’s sensations. While the mind lives in the past and the future, the body resides in the now and never doubts itself. It knows the truth and will guide you towards the most evolutionary choices.

3. **Accept responsibility and commit.** With deepened awareness, you can make new choices, let go of habits that no longer serve you, and commit to taking the next step to achieve your dreams.
DAY 11: WEDNESDAY

The Law of Least Effort

Nature’s intelligence functions with effortless ease. When you become lighthearted and let go of struggling to force things to go your way, you’ll experience the spontaneous fulfillment of your desires and purpose.

“Nature is made to conspire with spirit to emancipate us.”

— RALPH WALDO EMERSON
An ancient Vedic teaching states that the ability to embrace ambiguity, uncertainty, and paradox is the hallmark of spiritually enlightened beings. Yet while we may acknowledge the value of flexibility and openness, the mind craves certainty. It strives to classify ideas and experiences into neat categories of good or bad, true or false, victim or aggressor. While this innate response is invaluable for assessing potential danger in our environment, when we become entrenched in a particular perspective, we constrict our awareness of new possibilities.

Through mindfulness practices such as meditation and yoga, entrenched thought patterns and their accompanying emotions lose their tight grip on you.

Take some time to meditate today. As you observe your thoughts arising and disappearing in the vastness of your awareness, you will become less and less identified with your conditioned mind and its creations. They will cease to define your reality as you begin to see that they are just one perspective in a universe filled with perspectives... just one more expression of the infinite Divine that resides in each of us.
DAY 12: THURSDAY

The Law of Intention and Desire

In the face of challenging situations, it’s easy to fall into the grip of the ego’s fears and confusion. Remind yourself each day of your intentions and spiritual purpose. Meditate, find your center, reflect, and plant your seeds of intention in the fertile field of all possibilities.

“Are you looking for me? I am in the next seat. When you really look for me, you will find me instantly. You will find me in the tiniest house of time. Kabir says: Student, tell me, what is God? He is the breath inside the breath.”

— KABIR
Although in daily life most of us take our ability to breathe for granted, on some deeper level we grasp its central importance. We use the metaphor “breathing room” when we feel we are not getting enough air... when we intuit that our very life force is draining away.

From our first breath to our last, breathing is a continuous, endless tool through which we can fulfill the dictum “know thyself.” If we pay attention, our breath can teach us more than we can imagine: our emotional state, the power of the present moment, gratitude, peace, and even, as Kabir tells us, God.

Focusing on the breath immediately brings us into the now, which is why awareness of the breath is at the heart of many meditation practices. When we allow ourselves to be present, we create the breathing room that we crave so intensely.

When we need vitality, we may need to look no further than our breath, which brings in the prana (life force) necessary to support every cell and tissue in the body.

Breathing is part of the great mystery that surrounds us every day, immersing us in the source of life even when we feel separate from it. Take some time to follow your breath today and you will be amazed where it will take you.
Detachment is a natural quality that emerges as your higher self becomes your internal reference point. You engage in life with joy and passion, yet no longer get swept up in the ego’s fears. You are rooted in the knowledge that you are pure love and pure spirit.

“We have not come here to take prisoners or to confine our wondrous spirits, but to experience ever and ever more deeply our divine courage, freedom, and light!”

— HAFIZ
At the deepest level, we all seek freedom because it is our inherent nature. Our essence is pure, unbounded spirit. The question naturally arises, if we are already free, why do we sometimes feel trapped, constricted, or limited? Why do we get caught up in our fears, desires, aversions, and cravings?

This was a crucial question for the ancient yogis who studied the mind and discovered that the source of bondage is our conditioned beliefs and responses. Even though we are infinite choice makers, most of us have automatic, predictable reactions to certain people, situations, and events. For example, when someone makes a rude comment, is anger your immediate response? Or perhaps you are conditioned by past experiences of rejection that make it difficult for you to initiate a new friendship or business venture.

True freedom comes from breaking loose from the prison of past conditioning and the repetition of old memories and thought-patterns. The past is the known and offers no opportunity for choice and possibility. And the future exists only in the imagination.

Freedom lies in the present moment, the only place where you can choose from an infinite range of possibilities. Remember, no matter how long you’ve been stuck in a pattern of behavior, every moment is an opportunity to choose anew.
DAY 14: SATURDAY

The Law of Dharma

The universe is always sending you messages that tell you whether you’re in your dharma or have become sidetracked. When you’re living out your true purpose, events seem to conspire in your favor and you find it easy to move forward.

“Drink your tea slowly and reverently, as if this activity is the axis on which the whole earth revolves. Live the moment. Only this actual moment is life.”

— THICH NHAT HANH
Present moment awareness

Where is your mind centered right at this moment? Are you thinking about something that happened earlier or about your plans or upcoming events?

Most of the time our mind is immersed in the past or projecting into the future. It’s rare that our whole being drifts to the present moment... the here and now, so delicately sandwiched between our past experiences and future dreams.

Just for this moment, bring your awareness to the beauty, richness, and sanctity of the sacred present. Close your eyes and breathe in and out. As your mind drifts to past events or meanders to thoughts about the future, gently come back to your breath. With each inhalation and each exhalation you can bring yourself back to the present. Stop reading these words and try it now for a few moments.

Using mindfulness tools like breath awareness, meditation, yoga, and the intention to be present in each moment, you can further explore the possibilities.

What would it feel like to be completely connected to spirit in each moment? Not reliving the past or projecting into the future but simply allowing yourself to be... breath by breath. Sweetly present to whatever the universe has planned.
The Law of Pure Potentiality

If you want to experience expansion, you need to broaden your understanding of who you really are. Any time you say, “I am _____,” pause for a moment and ask yourself, “Is that really true?” In reality, you are much more than you can imagine. You are pure potentiality, infinite possibilities, and unbounded awareness.

“Every creative act involves a new innocence of perception liberated from the cataract of accepted belief.”

— ARTHUR KOESTLER
Creativity

Perhaps the greatest myth about creativity is the idea that it’s a rare gift or genetic endowment possessed by only a few. We feel moved to our core by a piece of music or read about an incredible scientific discovery and mistakenly conclude that some people are born with creative talent while others are not.

In reality, each of us is infinitely creative. In every moment we are using our intentions, thoughts, and attention to create the world we experience.

One of the most powerful ways to tap into your deepest potential and creative reservoirs is to spend time in inner quiet or meditation. When you meditate, you access the field of pure potentiality that is the source of all inspiration and everything else in the universe. You go beyond your mind’s repetitive thought traffic into the silence and peace of pure awareness. This stillness refreshes and calms the mind, allowing new ideas and insights to spontaneously emerge.

Today, instead of relying on sheer effort and the ego’s limited resources, quiet your mind and open to the infinite source of all possibilities.
The Law of Giving and Receiving

The best gift you can give is to leave people feeling a little lighter than they were before your interaction. When your intention is to expand happiness, every action of either giving or receiving becomes nurturing and fulfilling.

“Today I will open the door of my calmness and let the footsteps of Silence gently enter all of my activities. I will perform all duties serenely, saturated with peace.”

– PARAMAHANSA YOGANANDA
The greatest contribution we can make to the well-being of those in our lives is to have peace in our own hearts. Our state of being broadcasts expansion or contraction to every sentient creature within our midst. When our hearts are filled with gratitude and our minds are brimming with enthusiasm, everyone we encounter leaves our space feeling a little bit lighter than when they entered it.

As we expend less energy upholding our self-importance, we gain access to the creative and nurturing flow of our own nature. Reverence for life and simple appreciation for the gift of living subtly remind others not to take themselves too seriously. Cultivating an inner attitude of ease and acceptance, we ride the inevitable waves of life with passion and wonder.

Knowing at the core of your being that life moves from the shore of beginnings to endings, and back again, you can relax and enjoy the ride. When the water is turbulent, remind yourself and the others on your boat to breathe.
DAY 17: TUESDAY

The Law of Karma or Cause and Effect

You are an infinite choice maker. Instead of reacting in habitual, conditioned ways, you can make conscious choices that bring greater happiness to yourself and those around you.

“Have your attention on what is and see its fullness in every moment. The presence of the divine is everywhere. You have only to consciously embrace it with your attention.”

— THE VEDAS
Unboundedness

Each of us is an inextricable part of the conscious intelligence field that gives rise to everything in the universe. Since we are an inseparable part of this underlying field of intelligence, we are also the source of all reality. In every moment, we are co-creating our world with God, the universe, or spirit.

Both the ancient wisdom traditions and modern science tell us that our bodies, our minds, and the physical world are projections of our consciousness. Only consciousness is real; everything else is its projection.

An ancient Vedic saying states, “You are not in the world; the world is in you.” It is only the veil of illusion—known as Maya in the ancient yogic tradition—that keeps us from seeing that everything is pure consciousness. When we pierce the veil, we discover the spirit in everything and have access to unlimited creative potential.

Today explore the conscious intelligence field and begin to see yourself as a co-creator of your own experience.
DAY 18: WEDNESDAY

The Law of Least Effort

When your actions are motivated by love, your energy multiplies and you’re able to create anything you want. When you seek power and control over others, you waste energy chasing the illusion of happiness. Set your intentions on expanding love and you will be able to manifest your desires with effortless ease.

“The softest of stuff in the world quickly penetrates the hardest. Insubstantial, it enters where no room is.”

— LAO-TZU
Acceptance

When everything is flowing according to our idea of how things should be, it’s easy to feel in harmony with the rhythms of the universe. When there is a lack of alignment between what we want and how our life is unfolding, we’re more likely to feel disharmony, stress, or frustration. Yet it is our resistance to what is happening in the present moment that intensifies our distress. Whether we’re getting a root canal or finding out that we’ve lost our job, our fear and the frightening stories we tell ourselves about our situation magnify our pain.

The present moment is not always easy to accept, but learning to listen to the sensations in our body and the message they are sending will calm our emotional turbulence and ultimately will enable us to benefit from the experience.

Connect to your body, accept this moment, know that change is inevitable, and become clear on what you would like to see manifest. Your ability to co-create the next moment requires acceptance of the present.
The Law of Intention and Desire

Everything in the universe consists of energy and information—including you. When you quiet your mind and introduce your intentions into the field of pure potentiality, you harness the infinite organizing power of the universe to achieve your desires.

“A wave of individuality rises from the unbounded ocean, and for a time, forgets that it is the ocean in disguise. When the wave begins looking inside, the memory of wholeness is rekindled, and the wave again knows itself as unbounded, infinite, and eternal.”

— DAVID SIMON
Wholeness

For more than five thousand years, the Vedic masters of India have taught that our essential nature is infinite, whole, and eternal. We have an innate impulse to grow and create health and fulfillment. To fully experience these gifts, we need to embrace a holistic understanding of life that considers the whole person—the mind, body, and spirit. Just as the planet’s ecosystems are interdependent, the physical, mental, and spiritual aspects of our lives are intimately connected. When one system is out of balance, it affects the functioning of the whole.

From this holistic perspective, health isn’t merely the absence of illness or symptoms: it’s a higher state of consciousness that allows vitality, well-being, creativity, and joy to flow into our experience. As we shift into this higher awareness, we see that we are not our bodies, our possessions, our titles, our circumstances, or our relationships. We are spiritual beings in the eternal unfolding of life, and our natural state is wholeness.

Practice seeing beyond the masks of individuality. Look into the eyes of the people you encounter today and see the reflection of your soul.
DAY 20: FRIDAY

The Law of Detachment

You have control over your actions and choices but not over their resulting consequences. Knowing this, you can step in the direction that seems most evolutionary and trust that either you will get what you want or you will learn something of great value.

“He who would be serene and pure needs but one thing: detachment.”

— MEISTER ECKHART
Detachment

Many wisdom traditions teach that the path to happiness and spiritual enlightenment lies in letting go of attachment. This doesn’t mean renouncing your desires or living the life of an ascetic. Instead, you set an intention then relinquish your attachment to the outcome. The Bhagavad Gita states:

*Yoga is perfect evenness of mind. Seek refuge in the attitude of detachment and you will amass the wealth of spiritual awareness. Those who are motivated only by desire for the fruits of action are miserable, for they are constantly anxious about the results of what they do. When consciousness is unified, however, all vain anxiety is left behind. There is no cause for worry, whether things go well or ill. Therefore, devote yourself to the disciplines of yoga, for yoga is skill in action.*

Attachment is based on fear and insecurity. When you forget your true self—which is pure consciousness, pure potentiality—you begin to believe that you need something outside of yourself to make you happy. At a deep level, however, you know that happiness can be lost and therefore has the potential to bring you pain. The only way out of this dilemma is releasing your attachment to a specific result.

Today, step into the field of all possibilities, set your intentions, take action, and let the universe take care of the outcome.
DAY 21: SATURDAY

The Law of Dharma

When your life is an expression of your deepest purpose, you are energized and enthusiastic because you are connected to the creative flow of the universe. Your actions bring fulfillment to you and benefit everyone affected by your choices.

“Yogis found that the most reliable way to live fully is to discover our own dharma—and to do it full out. To bring everything we’ve got to the task. To live fully committed to the gifts that have been freely given us, to cultivate them into a state of profound mastery—and to dedicate our mastery to something bigger than ourselves… In the authentic development of these gifts, we will both find ourselves and transcend ourselves at the same time.”

– STEPHEN COPE
Dharma

We commonly use the word dharma to mean purpose in life. Another meaning of the word is essence. Your essence is the heart of your existence. Your dharma is the essence of who you are. From your essence arise your intentions. Your intentions drive your thoughts. Your thoughts give rise to your words. Your words are translated into actions—your actions into habits of behavior. Your habits of behavior manifest as your contribution to the world. This is your dharma.

Although we all have a unique purpose in life, discovering what that is can feel daunting—and actualizing it can be even more challenging. Yet the answers we seek are always within. We just need to quiet ourselves long enough to hear what our soul is telling us.

Before you meditate or spend time in silence today, ask yourself: “What is my dharma? How can I help others? How can I serve?” As your mind becomes still, you will be able to hear the wisdom and guidance of your inner self.
SEVEN SPIRITUAL LAWS OF Success

SUNDAY: The Law of Pure Potentiality
Take time to be silent, to just BE. Meditate for 30 minutes twice a day. Silently witness the intelligence within every living thing. Practice non-judgment.

MONDAY: The Law of Giving
Today, bring whoever you encounter a gift: a compliment or flower. Gratefully receive gifts. Keep wealth circulating by giving and receiving care, affection, appreciation and love.

TUESDAY: The Law of Karma
Every action generates a force of energy that returns to us in like kind. Choosing actions that bring happiness and success to others ensures the flow of happiness and success to you.

WEDNESDAY: The Law of Least Effort
Accept people, situations, and events as they occur. Take responsibility for your situation and for all events seen as problems. Relinquish the need to defend your point of view.

THURSDAY: The Law of Intention and Desire
Inherent in every intention and desire is the mechanics for its fulfillment. Make a list of desires. Trust that when things don’t seem to go your way, there is a reason.

FRIDAY: The Law of Detachment
Allow yourself and others the freedom to be who they are. Do not force solutions—allow solutions to spontaneously emerge. Uncertainty is essential, and your path to freedom.

SATURDAY: The Law of Dharma
Seek your higher Self. Discover your unique talents. Ask yourself how you are best suited to serve humanity. Using your unique talents and serving others brings unlimited bliss and abundance.