



*Kalyāna Consulting*  
Physical, Emotional & Spiritual Well Being

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## **Introduction to the Seven Spiritual Laws of Success**

*“Success in life could be defined as the continued expansion of happiness and progressive realization of worthy goals. Success is the ability to fulfill your desires with effortless ease.”*

*~ Deepak Chopra, MD*

### **Law of Pure Potentiality**

The physical universe is nothing other than the Self curving back within itself to experience Itself as Spirit, Mind, and Physical Matter. The physical laws of the universe are actually this whole process of Divinity or Consciousness-in-motion.

The source of all creation is pure consciousness.... Pure potentiality seeking expression from the unmanifest to the manifest. And when we realize that our true Self is one of pure potentiality, we align with the power that manifests everything in the universe.

Mantra: “I AM the Universe”  
Sanskrit: “Om Bhavam Namah”  
Chakra: (Crown) Saraswara  
Color: Violet / White / Golden  
Yoga poses: Sitting Cross-legged, Half Lotus Pose

#### **Practice:**

- 1) Meditate – take time to get in touch with the field of Pure potentiality – to be silent each day - (Ideally 30 minutes twice a day) .... Time to just BE.
- 2) Spend time in nature witnessing the intelligence of every living thing. Watch a sunset, feel the wind, listen to a stream or the ocean, smell the scent of a flower, taste the essence of life & of nature.
- 3) Practice non-judgement of self and others. “Today I shall judge nothing that occurs.” And throughout the day, I will remind myself not to judge.

## Law of Giving & Receiving

The universe operates through dynamic exchange..... nothing is static..... giving and receiving are different aspects of the flow of energy of the universe. And in our willingness to give that which we seek, we keep the abundance of the universe circulating in our lives.

Your body is in dynamic and constant exchange with the body of the universe; your mind is dynamically interacting with the mind of the cosmos; your energy is an expression of cosmic energy. Stopping the flow of energy is like stopping the flow of blood; it begins to clot or coagulate, to stagnate. This is why you must give and receive in order to keep anything you want in life, circulating in your life.

Mantra: "I am the nourisher of the Universe, and the Universe nourishes me."

Sanskrit: "Om Vardhanam Namah"

Chakra: (Heart) Anahata

Color: Emerald Green / Pink

Yoga Pose: Sphinx, Cobra

### Practice:

- 1) Wherever you go, whoever you encounter, give a gift (card, flower, gift, smile, complement, prayer, etc.), so you can begin the process of circulating joy, wealth, and affluence in your life and the life of others.
- 2) Graciously receive gifts life has to offer. Show gratitude for gifts you are given. Receive the gifts of nature: sunlight, breath, your heartbeat, sounds of birds singing, spring showers or the first snow of winter.
- 3) Have the intention to keep wealth circulating by giving & receiving love, affection, attention, acceptance, & appreciation – life's most precious gifts.  
Each time you meet someone, silently wish them happiness, joy, and laughter.

## Law of Karma

Every action generates a force of energy that returns to us in like kind..... what we sow is what we reap. And when we choose actions that bring happiness and success to others, the fruit of our karma is happiness and success. It is cause and effect simultaneously, because every action generates a force of energy that returns to us in like kind. Therefore, karma implies the action of conscious choice-making.

Mantra: "My actions are in harmony with cosmic laws."

Sanskrit: "Om Kriyam Namah"

Chakra: (Root) Muladhara

Color: Ruby Red

Yoga Pose: Tree Pose, Half Lotus Tree Pose

**Practice:**

- 1) Witness your choices in each moment. In the witnessing of these choices, I bring them to my conscious awareness. The way to fully prepare for any moment in the future is to be fully conscious of the present.
- 2) Witness the consequences of your choices. When you make a choice ask 2 questions: “What are the consequences of the choices I am making?”, and “will this choice bring fulfillment and happiness to me and also to those affected by this choice?”
- 3) Consciously choose your thoughts, words and actions that bring happiness & success to others. Ask your heart for guidance and be guided by its messages of comfort or discomfort. If you feel comfort, plunge ahead with abandon. If you feel discomfort, pause and notice the consequences of your action with your inner vision. This guidance will enable you to make spontaneously correct choices for yourself and all those around you. The body always knows.... Commit to listening to it.

**Law of Least Effort**

Nature’s intelligence functions with effortless ease.... With carefreeness, harmony and love. And when we harness the forces of harmony, joy and love, we create success and good fortune with effortless ease. Birds don’t try to fly; they fly. Grass doesn’t try to grow; it grows. Fish don’t try to swim, they swim. In Vedic wisdom, there is a principle of economy of effort: “do less and accomplish more.” When you are in harmony with nature, established in the knowledge of your true Self, you make use of the Law of Least Effort.

Mantra: “My actions achieve maximum benefit with minimal effort.”  
Sanskrit: “On Daksham Namah”  
Chakra: 2<sup>nd</sup> (Sacral) Svadhisthana  
Color: Orange  
Yoga Pose: Knee Down Twist, Hand to Toe Pose

**Practice:**

- 1) Practice acceptance of people, situations and circumstances as they are. This moment is as it should be, because the whole universe is as it should be. Do not struggle against what is. Make your acceptance total and complete. Say “YES” to all!
- 2) Take responsibility for your situation and all things seen as problems. This does not mean blaming someone else or even yourself for your situation! Every problem is an opportunity in disguise and this alertness to opportunities allows you to take this moment and transform it into a greater benefit.
- 3) Be established in defenselessness – relinquish your need to defend your point of view. Have no need to convince or persuade others to accept your point of view and do not be rigidly attached to any of your view points or opinions.

*“An integral being knows without going, sees without looking,  
and accomplishes without doing.”*

~ Lao Tzu

## Law of Intention & Desire

Inherent in every intention and desire is the mechanics for its fulfillment..... intention and desire in the field of pure potentiality have infinite organizing power. And when we introduce an intention in the fertile ground of pure potentiality, we put this infinite organizing power to work for us. Energy and information exist everywhere in nature. At the level of the quantum field (pure consciousness & pure potentiality), there is nothing but energy and information, and this field is influenced by intention and desire.

*The quality of intention on the object of attention will orchestrate an infinity of space-time events to bring about the outcome intended, provided the other spiritual laws are abided by.*

Mantra: "My intentions & desires are supported by universal laws."  
Sanskrit: "Om Ritam Namah"  
Chakra: 3<sup>rd</sup> (Solar Plexus) Manipura  
Color: Sun Yellow  
Yoga Pose: Warrior One, Warrior Two

### Practice:

- 1) Slip into the Gap – that silent space between the thoughts – that level of Being which is your essential state.
- 2) Established in that silence, (being clear about what you intend; make a list of your desires & intentions) release your intentions and desires. This plants them in the fertile ground of pure potentiality.
- 3) Practice present moment awareness in all of your actions. Do not allow obstacles to dissipate the quality of your intention in the present moment. Accept the present as it is and manifest the future through your deepest and cherished intentions and desires.

*"In the beginning there was desire, which was the first seed of mind;  
sages having meditated in their hearts, have discovered by their wisdom,  
the connection of the existent with the non-existent."*

*~ The Hymn of Creation, The Rig Veda*

## Law of Detachment

In detachment lies the wisdom of uncertainty.... In the wisdom of uncertainty lies the freedom from our past, from the known, which is the prison of past conditioning. And in our willingness to step into the unknown, the field of all possibilities, we surrender ourselves to the creative mind that orchestrates the dance of the universe.

In order to acquire anything in the physical universe, we must relinquish our attachment to it. This doesn't mean giving up the intention to create. You don't give up the intention, you don't give up the desire, .... You give up attachment to the result and how it comes about. This also means being open to something (other than your intention) that may be for your highest good & the good of others, a karmic lesson that you may need to experience (before you get what you want), or something better that you hadn't even imagined.

*Detachment is based on the unquestioning belief in the power of your True Self.*

Mantra: "My actions are blissfully free from attachment to outcome."  
Sanskrit: "Om Anandham Namah"  
Chakra: 5<sup>th</sup> (Throat) Vishuddha  
Color: Blue (like the ocean or the sky)  
Yoga Pose: Bridge Pose, Bridge Leg Extension

**Practice:**

- 1) Commit to detachment. Allow yourself & others the freedom to be who they are not rigidly imposing your ideas of how things should be. Do not force solutions on problems (which usually creates more problems). Participate in everything with detached involvement.
- 2) Dwell in uncertainty; become comfortable with uncertainty. In your willingness to accept uncertainty, solutions will spontaneously emerge out of the problem, confusion, disorder and chaos. Through uncertainty you will learn to find your security.
- 3) Step into the field of all possibilities and anticipate the excitement that can occur when you remain open to an infinity of choices. Expect to experience the fun, adventure, magic and mystery of life.

**Law of Dharma**

Everyone has a purpose in life.... A unique gift, or special talent to share with others. And when we blend this unique talent with service to others, we experience the ecstasy and exultation of our own Spirit, which is the ultimate goal of all goals.

This law says that we have chosen life in the physical form to fulfill a purpose. The field of infinite possibility is divinity in its essence, and the Divine takes on human form to fulfill a purpose. You have a unique talent and a unique way of expressing it and you can fulfill a unique need with the creative expression of that talent.

We're here first, to discover our True Self, second, to express our unique talents, and third, to be of service to humanity.

The inner dialogue then changes from "What's in it for me?" to "How can I be of service?"

Abundance then flows naturally and rapidly from this place of Divinity.

Mantra: "My Life is in harmony with cosmic laws."  
Sanskrit: "Om Varunam Namah"  
Chakra: 6<sup>th</sup> (Third Eye) Ajna  
Color: Indigo  
Yoga Pose: Child's Pose, Rabbit Pose

**Practice:**

- 1) Seek your Higher Self through meditation and discover the gods/goddesses that lie deep within your soul. Awaken to the deep stillness within your heart and carry the consciousness of timeless, eternal Being in the midst of time-bound experience.

- 2) Discover and make a list of your unique talents and abilities. Then list all of the things you love to do. When you express your unique talents and use them in service to humanity, you lose track of time and create abundance in your life as well as in the lives of others.
- 3) Ask: How can I help? How can I serve humanity with my unique gifts & talents? The answers to these questions will help and serve your fellow human beings with love.

*"I want to know God's thoughts.... The rest are details."*

~ Albert Einstein