



***Seven Spiritual Laws for Parents:
Guiding Your Children to Success and Fulfillment***
By Deepak Chopra

I am a big Deepak Chopra fan. I met him early on in his career and have been reading his work ever since. The Seven Spiritual Laws is an excellent book for parents and anyone else, including management. The way I look at things, I don't see much distinction. As Chopra states, there's an urgent need for parents to take on the role of spiritual teachers to their children. This is because success depends on who you are, not what you do. This beingness lies at the source of all achievement in life.

The Seven Spiritual Laws are:

1. Everything is possible.
2. If you want to get something, give it.
3. When you make a choice, you change the future.
4. Don't say no—go with the flow.
5. Every time you wish or want, you plant a seed.
6. Enjoy the journey.
7. You are here for a reason.

Here are some additional insights I garnered from the book:

- “The more connected we are, the more we will enjoy the abundance of the universe, which has been organized to fulfill our wishes and desires. Only in a state of disconnection do we suffer and struggle.”
- “In a perfect world, parenting would come down to one sentence: *Show only love, be only love.*”
- Infant, 0-1 year – Key words: Love, affection, attention
Toddler, 1-2 years – Key words: Freedom, encouragement respect
Preschool, 2-5 years – Key words: Deserving, exploring, approving
Kindergarten-early primary school, 5-8 years – Key words: giving, sharing, non-judgment, acceptance, truth
Older children, 8-12 years – Key words: Independent judgment, discrimination, insight
Early teens, 12-15 years – Key words: Self-awareness, experimentation, responsibility

It is my observation that many adults have grown without maturity in the above areas.

- Chopra then suggests an approach where each day of the week you focus on one aspect of spirituality. The agenda is as follows:
 - Sunday, a day of pure potentiality. Today we tell our children, “Everything is possible, no matter what.”
 - Monday is a day of giving. Today we tell our children, “If you want to get something, give it.”
 - Tuesday is the law of Karma. Today we tell our children, “When you make a choice, you change the future.”
 - Wednesday is the day of Least Effort. Today we tell our children, “Don’t say no—go with the flow.” “It is important to diffuse the notion, which bombards us from every side, that life is a problem. In spiritual terms, life is not problematic; only our attitudes toward it are.”
 - Thursday is the day of Intention of Desire. Today we tell our children, “Every time you wish or want, you plant a seed.” “Without visions, life dwindles into ritual and repetition.” “Lack of success in life is principally due to mental confusion.”
 - Friday is the day of Detachment. Today we tell our children, “Enjoy the journey.” “If things were certain, there would be no creativity....we achieve peace of mind only when we accept the wisdom of uncertainty.” “Trusting in yourself, not what you accomplish, is the key to success.”
 - Saturday is the day of Dharma. Today we tell our children, “You are here for a reason.” “The answer to the question ‘Where are you right now?’ is ‘Just where I need to be.’” “Keep the innocence flowing. It all depends on that.”

The Seven Spiritual Laws for Parents will not only help us in that role, but in life in general. Along with the spiritual laws, Chopra provides numerous exercises to go through with your children.