



*21 Days
of Inspiration*



THE CHOPRA CENTER



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Sacred Chants

The 21-Day Meditation Challenge™ Collection

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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 the Latin word 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.

Each day, we invite you to read a perspective on the Law of the Day, from Deepak Chopra’s book *The Seven Spiritual Laws of Success* – 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 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, you will find that every moment is filled with possibilities for bliss, inspired dreams, abundant love, and new beginnings.

With love,
The Chopra Center for Wellbeing



DAY 1: *Sunday*

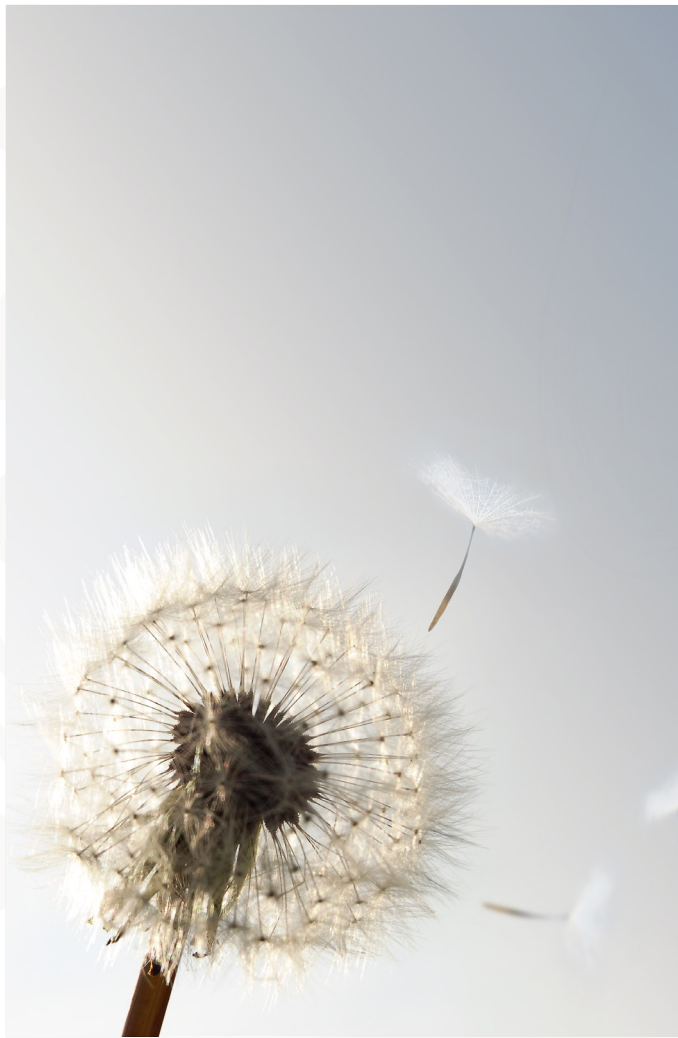
The Law of Pure Potentiality

Your essential nature is pure consciousness, unlimited by space and 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 the Chopra Center 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*, a 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's 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 wellbeing 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 for 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 is about 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 difficult. However, the rewards for jumping into the fire of purification are many. If you begin with small steps, you will find that you can build on each 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 know. Tune into your innate knowing today and let it guide you.



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.

*“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 life 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.

Ayurveda teaches that the path to perfect health is learning to maintain balance, in the mind and spirit as well as in the body. In our fast-paced world, it's easy to become severely out of balance if we don't pay attention to what we're feeling, and what we need. Fortunately, there are many wonderful tools for developing balance, including meditation, physical exercise, a nurturing diet, and a restful sleep routine.

Take a few minutes today to consider where you're 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





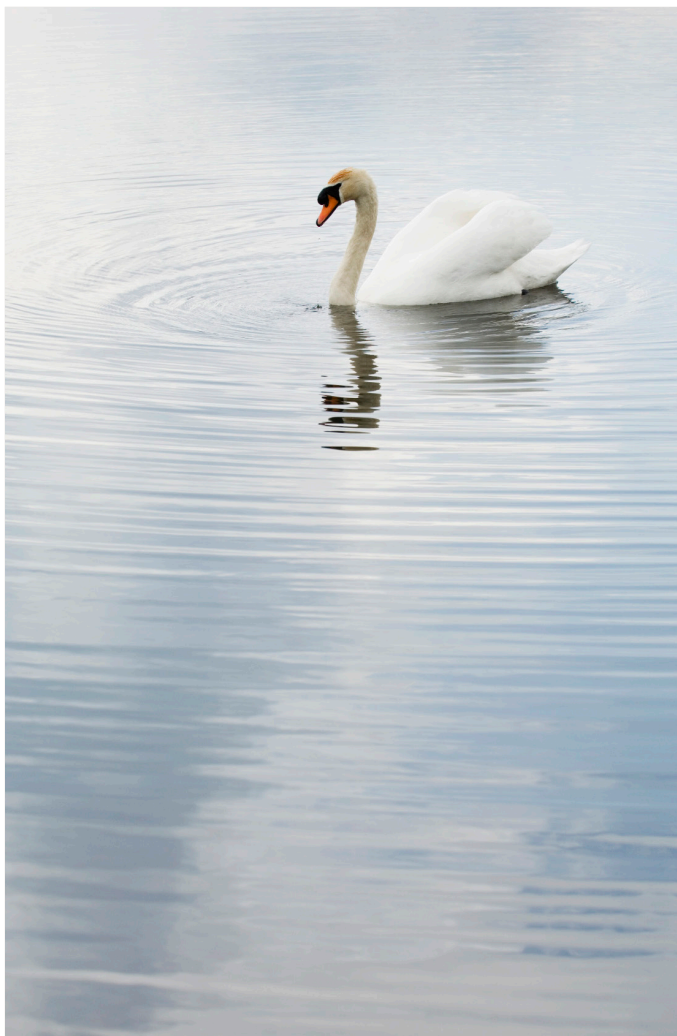
Love

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*

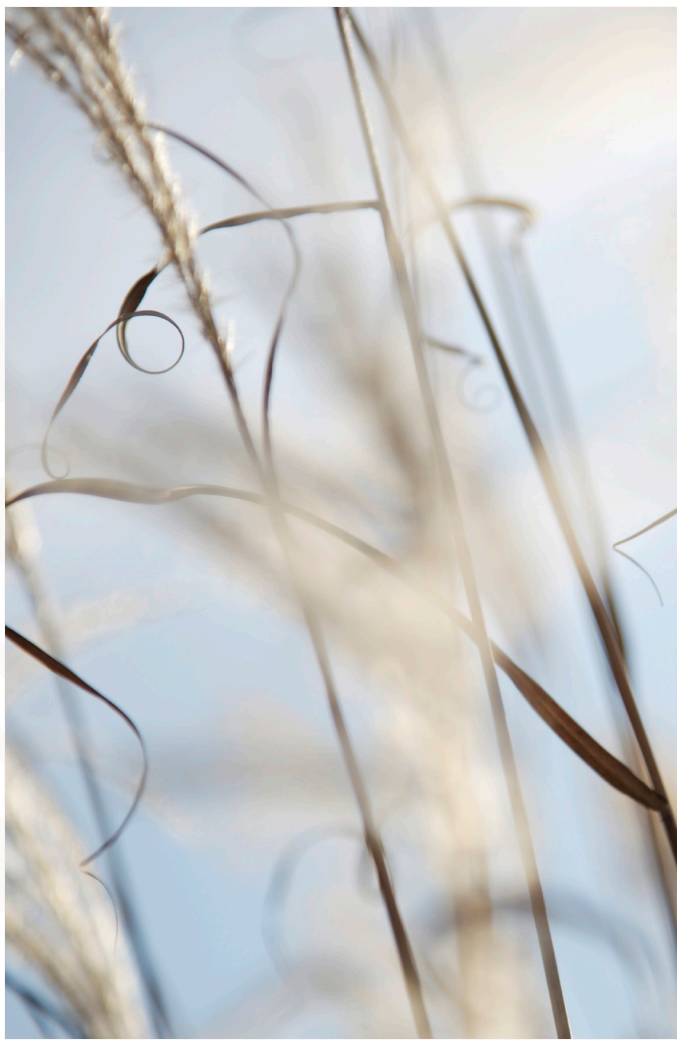
The Law of Detachment

Those who seek security in the exterior world chase it for a lifetime. By letting go of your 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





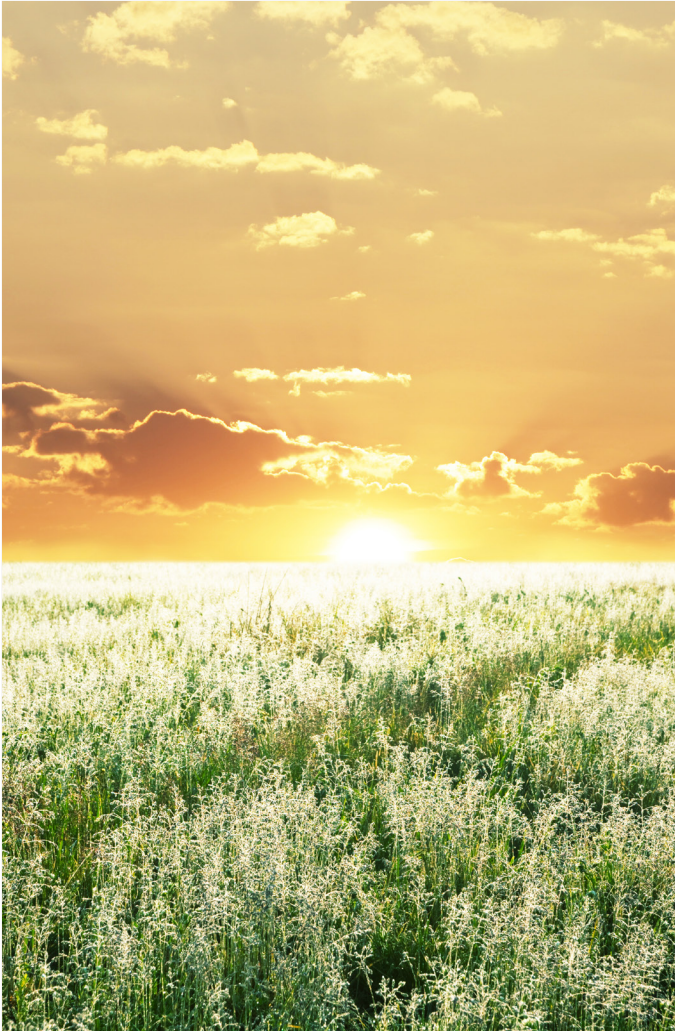
Uncertainty

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 threatening at times, but it's also the source of our greatest joy. When we let go of the need to know how things will 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 life and spiritual journey 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 the 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're reminded that there's more than one way to view a situation. Laughter shifts our perspective and opens us to new possibilities. It allows us to step outside 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 to the truth that everything is unfolding for our highest good, even when we can't always see how.

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.