The Spontaneous Fulfillment of Desire

By Deepak Chopra

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|  | Introduction |
| 18 | …miracles streak across our consciousness every day. |
| 19 | This book was written…to guide you to a way of seeing the profound truth that lies behind the illusion of everyday life,…discover your true destiny—and how to shape it. |
| 19 | Chopra has been fascinated by the idea that “coincidence is involved in guiding and shaping our lives. |
| 19 | Each time we have an experience like these (coincidences), we can choose to dismiss it as a random occurrence in a chaotic world, or we can recognize it for the potentially life-altering event it may prove to be….I believe every coincidence is a message, a clue about a particular facet of our lives that requires our attention. |
| 21 | When you live your life with an appreciation of coincidences and their meanings, you connect with the underlying fields of infinite possibilities….This is a state I call synchrondestiny, in which it becomes possible to achieve the spontaneous fulfillment of our every desire. |
| 23 | So much of life depends on chance meetings, twists of fate, or pathways that suddenly branch out in a new direction…if even one tiny detail had turned out differently, you might have ended up somewhere else, with different people, engaged in different work, moving on an entirely different life trajectory. |
| 23 | The coincidences or little miracles that happen every day of your life are hints that the universe has much bigger plans for you than you ever dreamed of for yourself. |
| 27 | 1. Seeing the web of coincidence in our lives, however, is just the first stage in understanding and living synchrodestiny. 2. The next stage is to develop an awareness of coincidences while they are happening. (The more attention you give to coincidences, the more likely they are to appear, which means …greater and greater access to the messages being sent…about the path and direction of your life. 3. 3. The final stage of living synchrodestiny –when you become fully aware of the interrelatedness of all things, how each affect the next how they all are “in sync”. |
| 28 | Synchrony is choreographed by a great, pervasive intelligence that lies at the heart of nature, and is manifest in each of us through what we call the soul. |
| 28 | …there is meaning in even the smallest events. |
|  | **Part One**  Chapter 1: THE PROMISE OF UNLIMITED OF POTENTIAL p. 33 |
| 33 | Timeless questions: Why am I here? How do I fit into the scheme of things? What is my destiny? |
| 35 | With synchrodestiny, we gain the ability to transform our lives according to our intentions. |
| 35 | THREE LEVELS OF EXISTENCE:  FIRST LEVEL: physical or material, the visible universe; includes everything we experience with our five senses; governed by laws of cause and effect; “commonsense” understanding of the world…. |
| 36 | SECOND LEVEL: everything consists of information and energy; quantum domain; insubstantial—cannot be perceived by the five senses; includes your mind, your thoughts, your ego, your “self”—are all part of the quantum domain.  37. everything in the visible universe is a manifestation of the energy and information of the quantum domain.  Everything in the visible universe is a manifestation of the energy and information of the quantum domain. |
| 38 | …the physical world, the world of objects and matter, is made up of nothing but information contained in energy vibrating at different frequencies. (we don’t see the world as energy because it is vibrating far too fast.) |
| 39 | We are all part of a great “energy soup” |
| 43 | As consciousness moves, it imagines the world into existence. So the mind is a field of energy and information. Every idea is also energy and information. You have imagined your physical body and the whole physical world into existence by perceiving energy soup as distinct physical entities. |
| 43 | THIRD ELVEL OF EXISTENCE: intelligence, or consciousness. Called the virtual domain, the spiritual domain, the field of potential, the universal being, or nonlocal intelligence.  This is where information and energy emerge from a sea of possibilities. The most fundamental, basic level of nature is not material, it is not even energy and information soup; it is pure potential. |
| 43 | This level of nonlocal reality operates beyond the reach of space and time, which simply do not exist at this level. |
| 44 | The intelligence of the spiritual domain…is the organizing force behind all things. |
| 44 | What is the consciousness that underlies your thoughts. When you are reading, your brain is busy decoding, analyzing, and translating. So who is doing the reading?...there is a presence within you, a force that is always doing the experiencing. This is the soul, or nonlocal intelligence, and its experience takes place at the virtual level. |
| 45 | Nonlocal intelligence is everywhere at once, and can cause multiple effects simultaneously in various locations. |
| 46 | This…is the source of the coincidences that are so important to synchrodestiny. |
| 48 | A ‘wave-particle” exists as both particle and wave simultaneously—pure potential—until it is observed  A thing can exist in more than one state at the same time….this is the wonder of the quantum world. |
| 51 | Without consciousness acting as an observer and interpreter, everything would exist only as pure potential, which is the virtual domain—the third level of existence. Nonlocal and can’t be depleted, unending and all-encompassing. “Tapping into that potential is what allows us to make miracles.” |
| 57 | …nonlocal correlation…occurs in the virtual domain—the level of the spirit that connects, orchestrates, and synchronizes everything. |
|  | Chapter 2: SYNCHRONICITY IN NATURE p. 59 |
| 61 | The instantaneous communication we commonly see in flocks of birds and schools of fish comes from the spiritual level, the organizing nonlocal intelligence in the virtual domain. The result is synchronicity, beings that are totally in tune with their environment and with each other, dancing to the rhythm of the cosmos. |
| 61 | Scientist Rupert Sheldrake: studies of nonlocal communication between dogs and their human companions. Sheldrake has documented cases in which dogs seem to know when their owners are coming home. |
| 67 | Thought originates in the virtual domain |
| 69 | In a healthy body, this synchronicity is perfectly regulated. Healthy people are firmly locked into these rhythms….Stress is the biggest disrupter. |
| 70 | There are many emotions that can cause a disruption of the electromagnetic field in the heart, but the ones that have been most precisely documented are anger and hostility.  Once this synchronization is disrupted, your body starts to behave in a fragmented manner. The immune system gets suppressed, which leads to other problems, such as increased susceptibility to cancer, infections, and accelerated aging…..Wherever you go, you are broadcasting who you are at this very intimate level. |
| 72 | Nonlocal intelligence is within us and all around us. It is spirit, the potential from which everything emerges. It is the ground of our being; it is dimensionless; it has no volume, no energy, no mass, and it occupies no space. Nor does it exist in time. All experiences are localized projections of this nonlocal reality. |
| 73 | The universe is a huge reflection of yourself in your own consciousness. |
|  | Chapter 3: THE NATURE OF THE SOUL p. 75 |
| 76 | …the ocean provides a wonderful analogy. |
|  | We are both local and nonlocal, an individual pattern emerging from nonlocal intelligence, which is also part of everyone and everything else. |
| 77 | Our personal soul, which we think of our “selves,” is an outcropping of the eternal soul. |
|  | Living from the level of the soul means diving past the ego, past the limitations of the mind that harness us to events and outcomes in the physical world….  We are all patterns of nonlocality pretending to be people. In the end, it is all spirit. |
| 78 | Three levels of existence: Physical level, what we call the real world, the soul is the observer in the midst of the observation.   1. Physical world—the object of your observation. 2. Level of the mind—the process of observing 3. The actual observer—we call the soul. |
|  | Turn your awareness inward and you become aware of a presence within you. That presence is your soul….  We each have a soul, but because we are each observing from a different place and a different set of experiences, we do not observe the same things in exactly the same ways. |
| 79 | …the definition of enlightenment is “the recognition that I am an infinite being seeing and seen from, observing and observed from, a particular and localized point of view.”  …synchrodestiny—taking advantage of this connection between the personal soul and the universal soul to shape your life. |
| 85 | According to many of the great spiritual traditions, one of the great truths is that “I am the other.” Without the other, we would not exist. Your soul is the reflection of all souls. Imagine trying to understand the complex web of personal interactions that have made you who you are today. See p. 86 for more. |
| 86 | …every single person is the whole universe. You are the infinite, seen from a specific, localized point of view. Your soul is the part of you that is universal and individual at the same time, and it is a reflection of all other souls. |
| 87 | A soul is the observer who interprets and makes choices based on karma (memory and imagination based on experience-p. 79), it is also a confluence of relationships, out of which emerge contexts and meaning, and it is this flow of context and meaning that creates experience. So it is through the soul that we create our lives. |
|  | …the best way to approach an understanding of the dual nature of the soul and to tap into the nonlocal field of potential is through **meditation**. Meditation allows us to reach the level of the soul by easing past the tangle of thoughts and emotions that usually keep our attention bound to the physical world. |
| 89 | …intention, imagination, insight, intuition, inspiration, meaning, purpose, creativity, understanding, all these have nothing to do with the brain. They orchestrate their activity through the brain, but they are qualities of the nonlocal domain, which is beyond apace and time. |
|  | Although the details of [our] stories vary from individual to individual, the themes and motifs are timeless, basic archetypes that replay endlessly: heroes and villains; sin and redemption; the divine and the diabolical; forbidden lust and unconditional love. |
| 90 | These are the same archetypes that are represented in exaggerated form in mythologies…. |
|  | Definition of the soul: The soul is the confluence of meanings, context, relationships, thoughts, memories, and desires (conditioned by karma) that create the stories in which we participate.  This participation…happens automatically, without awareness.  We live like actors in a play who are given only one line at a time, going through the motions without understanding the full story. But when you get in touch with your soul, you see the whole script for the drama. You understand. …You can make choices based on knowledge and born out of freedom. |
| 91 | What is even more thrilling is that we, ourselves, are capable of rewriting the play or changing our roles by applying intention, grasping the opportunities that arise from coincidence, and being true to the calling of our souls. |
|  | Chapter 4: INTENTION p. 93 |
| 94 | Everything that happens in the universe starts with intention….This intention always arises in the nonlocal or universal mind, but it localizes through the individual mind. And having localized, it becomes physical reality. |
| 95 | The world is like a Rorschach blot that we convert into a world of material objects through synchronization orchestrated by intent.  Intent is the very basis of creation. |
| 97 | So intent comes from the universal soul, becomes localized in an individual soul, and is finally expressed through an individual, local mind. |
| 98 | This universal consciousness is the only “I” there is. But that single, universal “I” differentiates; it morphs itself into an almost infinite number of observers and observed, seers and scenery….all the beings and objects that make up the physical world. |
| 99 | In the universal “I”, everything is not only possible, it already exists, and simply requires intent to collapse it into a reality in the physical world. |
| 112 | There are techniques for discovering the pure and proper intention that is your life’s destiny…. But the core technique is to start from a place of quiet and settled awareness, to create a proper intention in your heart, and then to let your local “I” merge back into the nonlocal “I”…. |
| 118 | How do you know which of your intentions is likely to be fulfilled? The answer lies in paying attention to the clues provided by the nonlocal mind. Notice the coincidences in your life. Coincidences are messages. |
|  | Chapter 5: THE ROLE OF COINCIDENCE p. 119 |
| 121 | A coincidence is a clue to the intention of the universal spirit…..I believe…every coincidence is meaningful.  We are the ones who give meaning to events…through intention…So first you must have an intention, and then you must get in touch with your spiritual self. Only then will you have a way of using coincidence to fulfill your intentions. |
| 124 | Every coincidence becomes an opportunity for you to become the person the universe intended you to be.  This is the ultimate truth of synchrodestiny—that the sum total of the universe is conspiring to create your personal destiny. |
| 125 | We cannot even imagine the complex forces behind every event that occurs in our lives…Invisible to us is a whole web of connections. |
| 126 | Coincidences are like road flares, calling our attention to something important in our lives…We can choose to ignore those flares and hurry on, or we can pay attention to them and live out the miracle that is waiting for us. |
| 134 | Whatever you put your attention on becomes energized. Whatever you take your attention away from dwindles. |
| 136 | Attention and intention are the most powerful tools of the spiritually adept. |
| 137 | The more attention you put on coincidences and the more you inquire into their significance, the more often the coincidences occur and the more clearly their meaning comes into view. |
| 146 | To find your life’s goal…you need only look inside yourself to discover your soul’s purest desire, its dream for your life. |
|  | Chapter 6: DESIRES AND ARCHETYPES p. 147 |
| 148 | Inside every human being there is an overarching theme, a template for heroic living, a god or goddess in embryo that yearns to be born…This is our best self, the egoless self, that bit of the universe acting through us for the good of all. |
| 149 | Archetypes are perennial themes that reside at the level of the collective, universal soul.  See 149 for types. |
| 150 | Every human being is attuned to some archetype, or two or three archetypes. Every one of us is hardwired at the level of the soul to enact or model archetypal characteristics.  The activation of an archetype releases its patterning forces that allow us to become more of what we already are destined to be. And our individual archetypes are reflected in our desires or intentions. |
| 151 | Recognizing your true nature and allowing it to blossom is part of the beauty of living from the level of the soul—you become the hero or heroine of a mythical saga.  The blueprint that the universe intends for you is found at the level of the soul. We get clues in the form of coincidences, and we get guidance in the form of archetypes. |
| 153 | Archetypes are vital to understanding and defining who we are, individual expressions of a collective consciousness. |
| 154 | The process of finding an archetype should be joyous….Your goal is to find the one, two, or even three archetypes that resonate with you most powerfully, those that represent your heart….motivate you…inspire you. (no wrong answers) |
|  | *Sacred Contracts* by Carolyn Myss is about archetypes. She states that we all have 12 archetypes, and we all have the first four the same: She lists over 70 archetypes and says that we should choose 8 of them that ring true for us individually. |
|  | PART TWO  RAVING DESTINY’S PATH  Chapter 7: Meditation and Mantras p. 167 |
| 167 | The most powerful tool we have for learning to live synchrodestiny…is meditation. |
| 168 | The synchrondestiny prescription is to meditate for fifteen to twenty minutes twice a day, |
|  | Great pioneer scientists felt that quantum physics can never be understood unless we included consciousness as a primary component of fundamental reality. |
| 170 | How to Meditate:  If we are quiet, we encounter moments of pure silence. (thought gaps)   * Eventually our consciousness becomes expanded. The purpose of meditation is to stop thinking for a time, wait for the fog of thought to thin, and glimpse the spirit within. * The goal is to release all thoughts, quietly, passively. * Gently focus on one thing; Chopra likes to start with a breathing meditation. * Read the paragraph on 170 about meditation |
| 171 | Mantras: Chopra recommends adding a mantra;   * Mantra means “an instrument of the mind.” * According to Vedanta: sounds produced in nature, the fundamental vibrations of the world around us, are an expressions of the infinite or cosmic mind. (Babies make these sounds spontaneously.) * Nature is vibration. * Vibration is the means through which infinite potential expresses itself as the manifest universe. |
| 173 | If you recite a mantra out loud, its special pattern of vibrations creates its own effects.  Specific mantras are recommended because of the specific vibrations they induce.   * For achieving synchrodestiny, Chopra recommends “so-hum,” the mantra of the breath. * One of the techniques of meditation is simply focusing on where your breath comes from. * By quieting your breath, you quiet your mind. * The mantra is a way to experience nonlocal consciousness. (174) |
| 174 | The sutra is a mantra that has meaning. (an intention) |
| 175 | Mantras and sutras have been used for thousands of years. They provide a path to synchrodestiny. |
| 177, 178 | Program for achieving synchrodestiny—a specific way to use the elements discussed so far:  Morning:   1. Quiet place; gather symbols of your archetypes and place in front of you. 2. Meditate for 20 minutes w/ so-hum mantra. 3. Look at archetypes and invite their energies to express themselves through you. 4. Read the synchrodestiny principle for this day. (There are 7-one for each day)   Read the sutra for that principle and perform the exercises.  Repeat the process at night. |
| 180 | TOOLS for Synchrodestiny:   * The seven principles * The seven sutras * Your archetypes * Using ho-hum mantra to meditate * Sutra statements—read when you feel yourself beginning to lose your center. |
|  | Chapter 8: The First Principle:  You Are a Ripple in the Fabric of the Cosmos--181 |
| 181 | SUTRA: Aham Brahmasmi: The core of my being is the ultimate reality, the root and ground of the universe, the source of all that exists. |
| 183 | Because I am an extension of the conscious intelligence, and the conscious intelligence is the source of all reality, then I am the source of all reality. I create my own experience. |
| 184  185  186 | Exercise 1: The Silent Witness  Exercise 2: Why Are You Here?  Sutra Statements for the First Principle |
|  | Chapter 9: The Second Principle:  Through the Mirror of Relationships I Discover My Nonlocal Self--187 |
| 187  188 | SUTRA: Tat Tvam Asi: I see the other in myself and myself in others. (I am that.)  I am that involves looking at everything in the world…and realizing that you are looking at another version of yourself. You and I are the same. I am that, you are that, all this is that.  …nurturing relationships is the most important activity in my life.  When I look around me, everything I see is an expression of myself. |
| 193  195  196 | Exercise 3: Embracing Duality  Exercise 4: Namaste: The spirit in me honors the spirit in you.  Sutra Statements for the First Principle |
|  | Chapter 10: The Third Principle  Master Your Inner Dialogue |
| 199 | SUTRA: Sat Chit Ananda: My inner dialogue reflects the fire of my soul.  This describes how your mind creates your reality…by mastering your inner dialogue, you can literally transform reality to create abundance. |
| 201 | Inner Dialogue and Self Power: When we are in tune with the universal consciousness, we take on the power that emanates from that boundless force. This power comes from within, and when you have it, nothing is beyond your reach. |
| 203 | We need to examine our inner dialogue to discover where we might be blocking the conscious energy flow, then remove the ego, step out of the way, and let the fire of the soul shine through us. |
| 204  205 | Exercise 5: The Fire in Your Eyes.  Sutra Statements for the Third Principal |
|  | Chapter 11: The Fourth Principle:  Intent Weaves the Tapestry of the Universe--207 |
| 207 | SUTRA: San Kalpa: My intentions have infinite organizing power.  Our intentions are a manifestation of the total universe because we are part of the universe. And our intentions hold within them the mechanics of their fulfillment. All we really need is clarity of intent. Then if we can get the ego out of the way, the intentions fulfill themselves. |
| 208 | We don’t need to become involved in the details…Let the nonlocal intelligence synchronize the actions of the universe to fulfill your intentions for you.  Intention is a force in nature, like gravity, but more powerful.  All we have to do is create the intention and let the universe take over. |
| 209 | The only preparation or participation required…is a connection to the conscious intelligence field….that can be attained through meditation.  People who are connected…adopt the intentions of the universe.  You must be able to detach from the outcome and let the universe handle the details of fulfillment. |
| 210 | The best way to have …intentions realized is to align your intentions with the cosmic intent…Synchronicity will take on a larger role in your life.  Best way to create harmony:   * Nurturing an attitude of simple gratitude * Abandoning grievances of all kinds. |
| 211 | Exercise 6: Focusing Intention: Write them down; all areas—material, ego gratification, relationship, self-esteem, and spiritual.  Exercise 7: The Heart Sutra: meditation with so-hum; “I let go of grievances and choose miracles.” Experience gratitude. |
| 216 | Sutra Statements for the Fourth Principle. |
|  | Chapter 12: The Fifth Principle  Harness Your Emotional Turbulence--219 |
| 219  220 | SUTRA: Moksha: I am emotionally free.  I am emotionally free. My soul is disengaged from melodrama. I am free from resentment, grievances, hostility, and guilt. I am free of self importance. I am free of self-concern. I’m free of self-pity. I can laugh at myself. I see the humor in life. |
| 225 | [Our emotions} are out responsibility—we can change our reactions in ways that are less personally harmful. We can become free of emotional drama and turbulence. |
| 226 | Exercise 9: Nonviolent Communication: It’s very difficult to be happy until you start owning your own emotions. |
| 231  234 | Exercise 10: Healing Childhood Anger:  Sutra Statements for the Fifth Principle |
|  | Chapter 13: The Sixth Principle  Celebrate the Dance of the Cosmos--238 |
| 238 | SUTRA: Shiva-Shakti: I am giving birth to the gods and goddesses inside me; they express all their attributes and powers through me.  …live life fully by embracing both the masculine and the feminine aspects of our being. |
| 239  240  241 | Exercise 11: Finding the Cosmos Within:  “I am not in the world, the world is in me.”  “I am not in the universe, the universe is in me.”  Sutra Statements for the Sixth Principle |
|  | Chapter 14: The Seventh Principle:  Accessing the Conspiracy of Improbabilities--243 |
| 243  245 | SUTRA: Ritam: I am alert, awake to coincidences, and know that they are messages from God. I flow with the cosmic dance.  …it’s important to look for coincidences & to keep a record of them.  It’s important to never ignore a coincidence. Never pass up a chance to see what the universe has planned for you. …if you pay attention…they accelerate, creating…more opportunities. |
| 246  248 | Exercise 12: Putting It All Together  Sutra Statements for the Seventh Principle |
| 251 | Chapter 15  Living Synchrodestiny |
| 252  253 | If you knew you could have it all and do anything you wanted, what would you choose to have and what would you choose to do?  In the nonlocal domain, you have an unlimited supply of knowledge, of inspiration, of creativity, of potential. You have access to an infinite supply of everything the universe has to offer.  Practice meditation and review the daily Sutra Statements, and in time you will find yourself connected with spirit in a way that makes miracles…a natural part of your everyday life. |
| 254 | Seven States of Consciousness:   1. Deep sleep 2. Dreaming 3. Awake 4. Meditation; a glimpse of the soul 5. Cosmic consciousness 6. Divine consciousness 7. Unity consciousness; enlightenment |
| 258 | Four Approaches for Moving Through the Stages of Consciousness   1. Daily meditation 2. Practicing recapitulation—activate your silent observer 3. Nurturing relationships as a connection of spirit to spirit 4. Reading the sutras every day, one for each day of the week |
| 260 | The ultimate goal of synchrodestiny is to expand your consciousness and open a doorway to enlightenment.  You begin to understand that the real you is not a person at all. The real you is a field of intelligence in which the person you have identified yourself with, all other persons, as well as the environment in which they exist all co-arise and co-evolve as a result of your own self-interactions. |