Reinventing The Body,
Resurrecting The Soul

An Online Course For Intent.com

By Deepak Chopra
Welcome to the introduction of the online course "Reinventing the Body, Resurrecting the Soul!" Based on Deepak Chopra's book of the same title, this online course will guide you through 5 breakthroughs of the body and soul that will forever transform how you view your own physical existence and your own relationship with the universe.

Here are the breakthroughs you will be going through:

**BREAKTHROUGHS OF THE BODY:**
1. Your Physical Body is a Fiction
2. Your Real Body Has Energy
3. Awareness Has Magic
4. You can Improve Your Genes
5. Time Isn't Your Energy

**BREAKTHROUGHS OF THE SOUL:**
1. There's an Easier Way to Live
2. Love Awakens the Soul
3. Be as Boundless as Your Soul
4. The Fruit of Surrender is Grace
5. The Universe Evolves Through You

As a final conclusion, Deepak Chopra will present 10 steps to wholeness that will provide you further guidance in your ongoing spiritual journey on this earth.

While the book, *Reinventing The Body, Resurrecting the Soul*, and the online course complement each other, reading the book is not required for comprehension of the course material. However, we do suggest that the most comprehensive and powerful way to incorporate these concepts into your life is to do each lesson here in parallel with the chapters of the book.

**THE FORMAT OF THE COURSE**

There are a total of 14 lessons in this course. Please set aside at least 30 minutes of your time for each lesson.

Each lesson contains a combination of either a video, audio, a written portion and/or interactive quiz.
At the end of each lesson are suggested exercises to further enhance your learning experience of the principles covered. Many of these suggested exercises involve journaling of your own personal responses, experiences and future plans.

You can take this course at your own pace. We highly recommend taking a new lesson every few days so that you have time in-between to digest the new knowledge of the previous lesson before you go on to the next lesson.

Please do not skip around or peek ahead. The lessons are in this order for a reason.

To further enhance your experience, we recommend taking a new lesson at the same time during the day (during the mornings, or during the evenings) to give your mind a sense of regularity. Be sure to do it in a quiet place where you know you won't be easily interrupted.
Reinventing The Body, Resurrecting The Soul is based on breakthrough ideas that have recently come to us from the worlds of biology and physics.

We know - and have known all along - that our body is not a structure. Rather, it is a process. When we experience the body as a process, we recognize that it never stands still.

The fact is that the body we have right now is not the body we had one year ago.

Our stomach recycles every 5 days.

Our skeleton recycles every 3 months.

Even the DNA which stores memories of millions of years of evolutionary time - the actual raw material of our DNA changes every 6 weeks.

So, you do in fact reinvent your body once a year.

But, you reinvent it the same way over and over again. It retains the same patterns; it has the same illnesses; it has the same problems.

Reinventing the body is based on 5 breakthrough ideas:

1. Your physical body is a fiction.
2. Your real body is energy.
3. Awareness has magic.
4. You can improve your genes.
5. Time isn't your enemy.
QUIZ: Are You Ready For Change?

Although we have all lived with outworn ideas about the body, the momentum of change has been gathering. The old model shows many signs of breaking down. Have you been part of this change? The following quiz examines how receptive you are to personal change. Anyone can be more open, but it’s good to have a starting point before the journey begins. (Taken from the book Reinventing the Body, Resurrecting the Soul By Deepak Chopra, Published By Harmony)

Answer the following questions YES or NO.

YES ___ NO ___ I believe that the mind influences the body.
YES ___ NO ___ I know people who have had amazing recoveries from illness.
YES ___ NO ___ When physical symptoms appear, I seek alternative treatment.
YES ___ NO ___ Hands-on healing is a real phenomenon.
YES ___ NO ___ People can make themselves sick without a physical cause.
YES ___ NO ___ I don’t have to see healing to believe it exists.
YES ___ NO ___ Traditional medicine knows things that scientific medicine hasn’t discovered yet.
YES ___ NO ___ I can alter my genes by how I think.
YES ___ NO ___ Human lifespan isn’t determined by genes.
YES ___ NO ___ They will probably not discover a single gene for aging.
YES ___ NO ___ I have the ability to influence whether I get cancer.
YES ___ NO ___ My body responds to my emotions – when they change, so does my body.
YES ___ NO ___ Aging contains a major mental component. Your mind can determine whether you age quicker or slower.
YES ___ NO ___ I am generally happy with my body.
YES ___ NO ___ I don’t feel my body is going to betray me.
YES ___ NO ___ I pay attention to hygiene, but germs aren’t a major issue with me.
YES ___ NO ___ I have healed myself at least once.
YES ___ NO ___ I’ve had at least one experience with Eastern medicine (acupuncture, Qi Gong, Ayurveda, Reiki, etc.)
YES ___ NO ___ I’ve used herbal remedies that were effective.
YES ___ NO ___ I’ve used meditation or other stress-reduction techniques.
YES ___ NO ___ Prayer has the power to heal.
YES ___ NO ___ Miraculous cures are possible and legitimate.
YES ___ NO ___ My body has a good chance of being as healthy ten years from now as it is today.
YES ___ NO ___ Even though the average old person takes seven prescription drugs, I foresee turning seventy on no drugs at all.
TOTAL YES ___

Evaluating your score:

0 – 10 Yes Answers: You accept the conventional notion that the body is basically fixed, either by genes or mechanical processes of decay and aging. You expect to eat out over time as you age. Your optimism about alternative medicine is distinctly limited and may be totally overshadowed by skepticism. You would never rely on healers and look upon so-called miraculous cures as either fraud or self-deception. On one hand, you trust medical science and expect doctors to take care of you. On the other hand, you don’t pay much attention to your body and feel fatalistic about things that can go wrong with it. Given the possibility of a major breakthrough, you feel cautious about making any major changes in your life.
11 – 20 Yes Answers: Your experience has caused you to shift away from the conventional wisdom about the body. You are open to change and have broadened your ideas about healing. Either you or your friends have gone to some form of alternative treatment with success, and you are no longer completely accepting that mainstream medicine is the only answer. Yet the claims of hands-on-healing probably make you skeptical. In general, you haven't found a way of understanding the body that’s more satisfying than the Western scientific model, yet you are well aware that unconventional approaches can be valid.

You are attracted to the possibility of making a major change in your life, although you haven’t decided which alternative is right for you.

21 – 25 Yes Answers: You have made a conscious effort to shift away from the old paradigm. For you, alternative therapies are firmly accepted and believed in. You seek conventional treatment only after you’ve tried holistic medicine, and even then you are wary of drugs and surgery. Your view of the body is likely to be tied to a spiritual journey that you take quite seriously. You identify with other seekers of higher consciousness. You firmly believe in hands-on healing. You question whether any form of materialism can really plumb the deeper mysteries of life.

You have embraced personal transformation as a major goal in your life and want to change as rapidly as possible.

EXERCISES FOR LESSON ONE

1. Write an intent today about experiencing your body as a process, rather than as a structure.

(le. My intent is to experience my body as a process, rather than as a structure.
OR My intent to to be aware of the constant flow of my body today.
OR My intent is to embrace the miracle of my body today.)

Share this intent with someone you are close to, and revisit the intent when you wake up tomorrow morning.

2. By looking at our body as a mere machine that can wear out or break down at any time, we ignore the sacred mystery that animates our body—our soul.

Consider everyday activities, such as eating or sleeping, where you tend think of your body only in physical terms.

For today, choose an activity and be more conscious of how you approach it. Eat your next meal mindfully or while falling asleep shift your attention from your body to the one who is falling asleep.

3. To uncover this miracle of life requires a dramatic paradigm shift in how we view ourselves. These creative leaps are the series of breakthroughs that we will undergo together through the course of these lessons.
Think back to an experience where you took a radically different perspective on a longstanding problem or difficult relationship, which then led to a creative solution.
LESSON 2: From Breakdown To Breakthrough

WATCH LESSON 2 VIDEO BY DEEPAK CHOPRA ONLINE:
http://blip.tv/play/AYGpi3QC

Your body is boundless. It is channeling the energy, creativity, and intelligence of the entire universe. Are you ready for a radical change in the way you see your body?

Before we can reinvent our bodies, we must be willing to let go of our old limiting beliefs about our bodies that continue to imprison us.

Consider the following:

- If the body is just a machine that wears out over time, then why do muscles grow stronger with use and bone density increase with weight bearing exercise?
- If the brain is merely a biological computer, then would we be able change it through learning, meditation and the experience of compassion?
- If our bodies are only a passive product of our genetic code, then why would our behavior be able to change the expression of some genes?
- You share 60% of your genes with a banana, 90% with a mouse, and more than 99% with a chimpanzee. What does this fact tell us about our uniqueness in physical and non-physical terms?

EXERCISES FOR LESSON 2

1. Think of a personal experience from your own life, where the limiting physical properties of the body were superseded by a concept of the body as a flow of energy and intelligence. Write a journal entry about it.

2. Make a list of any physical ailments you are experiencing in your body - these may be related to
weight loss or gain, physical ailments, disease, etc. 
Next to each desired change, think about the thoughts related to each ailment vs the physical experience of each one. Now, make an intent.

3. This week, make a point to observe the thoughts inside you. Take extra note of the thoughts, images and memories that make you believe in unconditional spiritual love. These positive feelings are signposts towards a future opening in the expansion of your soul.
How we live and relate to our body is based on our underlying beliefs about our body. From the body’s point of view all ideas are equal and the body is willing to adapt to any of them.

We can choose ideas that limit the body or liberate it to its full potentiality. Your body is alive with unknown abilities, but it looks to you for direction.

To create a new body, you must understand that you can change your body in consciousness. When you make a shift in consciousness about how you perceive your body and the assumptions you have about it, changes are manifested in your physical body.

To make a change you must first have the intent, and then you must follow through with subtle action.

Subtle action works by:
- Going inside and making your intention known
- Believing in getting results
- Not resisting the process of change
- Repeating the subtle action of intention until the change has been accomplished

It is natural for the body to revert to old patterns of behavior when going through change. Rather than get frustrated or stressed by this, take note of negative impressions and memories. By looking, watching and being aware, not judging, rejecting nor condemning, you will begin to heal.

Always remember that the real you is separate from your body. The real you shapes your body which has the potential to be a flowing river of love, joy and wisdom, effortlessly flowing in perfect balance with the entire universe.

EXERCISES FOR LESSON 3
1. The next thing you think, the next action you take, will either create a new possibility for you or it will repeat the past. Where does the universe want you to go next?

2. Your body already knows that its purpose in life isn’t physical. Think about your body in a new way - not as a mechanistic machine, but as a vehicle to give and receive love, compassion, understanding.

3. The body’s physical limitations can suddenly and unexpectedly disappear. Have you ever had an experience that transcended your body’s physical limitations? What was it and what did it mean to you?

4. Using the above steps for subtle action, select one of these qualities of love that you would like to manifest in your life and in your body -- compassion, kindness, generosity, joy, surrender — and spend three minutes settling into a personal meaning of the term for you, perhaps reflecting on a past experience that encapsulates the experience for you. Feel that invisible force of that love in you. Align yourself with it and allow yourself to expand into and become one with it.

Anchor the experience with the cognition that you are that quality of love.

Then express that quality of love to someone with actions and words.
LESSON 4: Your Real Body Is Energy

Your cells constantly move back and forth across the border between the visible world of things and the invisible world of energy. Every day you are exposed to a wide array of energy from other people, situations and circumstance - nervous energy, loving energy, healthy energy, excitement, negative energy.

Your body is in a healthy state when its energy is in a healthy state. All harm caused to the body is traceable to distorted energy in your life.

Eastern spiritual traditions understand this flow of invisible energy as Qi, prana or shakti. The balanced and unrestricted flow of this energy is seen as basic to true health. Everything in our environment has an unseen energetic value that impacts us toward balance or imbalance, whether we realize it or not.

QUIZ: How Efficient Is Your Energy?

A forest throws away all its energy when it burns down. You and I parse our energy into how we use time, emotions, intelligence, awareness, and creativity, since all of these aspects require subtle energy. Much more than burning calories is at stake. Energy must be considered holistically, because when body and soul are aligned, every aspect of life is affected.

To get a better idea of what energy efficiency means, take the following profile quiz. For each item, rate yourself from 1 to 3 according to how well it describes you.

3 – This is me almost all the time
2 – This is me some of the time
1 - This is me a little of the time
I leave work on time every day. I don’t stay late more than one day a week.
I get up and go to sleep at the same time every day.
My desk at work is organized. There’s not a pile of back work.
I don’t procrastinate. I believe that the best way to handle unpleasant tasks is to face them right away.
I don’t harbor negativity for a long time. Keeping score and waiting for payback isn’t my style.
My closet is organized. I can get at anything I want easily.
My refrigerator isn’t full of leftovers. I’m not surprised by old fruits and vegetables I forgot I had.
I know where I stand emotionally with the people in my life. We are open and clear with each other.
I know my weaknesses and have a plan for overcoming them. I will be stronger tomorrow than I was yesterday.
I use money well. I don’t hoard and I don’t spend recklessly. I am not worried about my credit card balances.
My salary fits my needs for now and the future. I am a good financial planner.
My yard is kept up in all seasons. (If you don’t have a yard, substitute patio, balcony, house plants, or personal environment)
I keep ahead of my housekeeping. I’m not faced with accumulated dust and dirt that’s piled up for weeks.
When I go shopping, I come back with what I need. I rarely have to run back because I forgot something.
I keep up with how everyone in my family is doing. I have a good idea of where they are in their lives.
I don’t have to rush at the last minute to get things done. I am good at scheduling and balancing my time.
I feel that there’s a good balance between work and play in my life. I’m having fun and getting things done.

TOTAL SCORE

Looking at your score:

41 – 51 Points: You are leading an efficient life and have a good chance of feeling comfortable, contented and in control. There are no drastic imbalances in how you use your time and energy. Each aspect of your existence is given a good amount of attention.

36 – 42 Points: Your life is mostly under control and runs along well enough. You have minor areas of neglect, however, and there are times when you feel a little overwhelmed by all the things left undone. If you look closely, there are aspects of your life where you know you could be more efficient, using your time and energy better. Attending to those aspects now will increase your sense of comfort and contentment.

26 – 35 Points: Your life is inefficient and is getting more so. You have a sense that you are treading water rather than getting ahead. Too much is out of your control, and your ability to cope with everyday challenges is only adequate. To begin to feel comfortable, you will have to discipline yourself and change your habits. Look realistically at your inefficient ways, because one or the other – sloppiness, disorganization, procrastination, denial, impulsiveness – is draining your energy.

17 – 25 Points: Your life is barely your own because so much is disorganized and out of your control. Daily life is a struggle to keep things together, and most days you feel that you are losing. On the periphery something very wrong is probably happening. You are
being held back either psychologically or by bad circumstances. To get back on track, outside professional help is needed.

As you can see, energy gets diverted into dozens of areas in your life. When people find themselves struggling, they are squandering their energies. Two solutions are available: you can increase the flow of subtle energy or you can use what you have more efficiently. The best way to increase your supply of subtle energy is to stop blocking it. The best way to use the energy you have more efficiently is to expand your awareness. The great secret of awareness, as we saw, is that it can accomplish anything while doing almost nothing. The model for the body is always the soul, and the soul uses no energy at all. We’ll go deeper into this by seeing how energy gets blocked and distorted. There is no reason why you can’t receive all the energy your soul has to offer and use it for the greatest benefit for you. (Taken from the book Reinventing the Body, Resurrecting the Soul by Deepak Chopra, Published by Harmony)

EXERCISES FOR LESSON 4

1. Think of all the different types of energy from other people you are exposed to during your average day. Consider what kinds of energy patterns (positive and negative) you are making in your body from these various energies. Write down an intention choosing to expose your body to positive, healing and loving energy.

2. Reflect on a past situation where you can see how prolonged grief, anxiety, fear or depression directly impacted your physical health. Conversely, remember a time of enthusiasm, passion, or being in love during which you felt the buoyancy of that energy animate and strengthen your physical health.

3. Evaluate the following basic areas of life and answer whether they are supporting your health and balance or not.

- Food / diet
- Physical activity / exercise
- Home environment
- Work environment
- Career
- Sleep
- Partnership relationship
- Family relationships
- Friendships
- Work relationships
- Interests/ books / TV / websites / entertainment

Consider the areas of your life where the energy is blocked, distorted or imbalanced and use the subtle action of the body as flowing energy to correct the imbalance in those areas, making the energy efficient and harmonious.

(Reminder: Subtle action: 1) gentle intention 2) commitment and trust 3) ease and openness 4) repeat until effect achieved.)

For example, if your home environment is not generating positive energy in your life, make an intent to
create more positive spaces in your home.
LESSON 5: Awareness Has Magic

WATCH MINDFULNESS GUIDED MEDITATION BY DEEPAK CHOPRA ONLINE:
http://www.youtube.com/watch?v=2RvtDFlFlk&feature=player_embedded

This lesson teaches us that by engaging our silent awareness, we can manage the body’s energy, and consequently transform our body.

If you want to change your body, a change in awareness must come first. Awareness is where meaning happens. What you are unaware of won’t change.

If distorted energy is the root of all problems, it can be brought back to its normal, healthy state by accessing our inner intelligence—pure consciousness.

As your awareness changes, your energy changes, and then your body changes. The chain of events moves from the invisible realm to the visible on this path: AWARENESS --> ENERGY --> BODY

Awareness that is limited by fear, doubt, anger, lack, addiction, insecurity, and judgment is conditioned. Conditioned awareness does not heal the body, it merely repeats the patterns from the past. In everyone there’s a level of awareness that isn’t conditioned or lacking. This is your real self, full awareness which automatically masters.

When You Are Fully Aware

· You can center yourself at will
· You are familiar with a place of peace and silence inside
· You aren’t divided against yourself by inner conflicts
· You can transcend local disturbances and remain unaffected by them
· You see the world from an expanded perspective
· Your inner world is organized
Old conditioning keeps us from being free, because time and again we fall into old patterns that run too deep, while our new behavior, the one we wish we could have, has no groove to follow at all. This state of being trapped in old conditioning creates its own kind of awareness.

**When Your Awareness Is Conditioned**

- You can’t find your center, so impulses pull you this way and that
- You aren’t familiar with a place of peace and silence, so there’s constant restlessness
- Conflicting impulses fight against each other
- Local disturbances disturb and distract you
- You see the world from a contracted perspective
- Your inner world is totally disorganized

There are three ways to break down old conditioning: reflection, contemplation, and meditation. Their power increases in that order. We all tend to use these words interchangeably, but they have separate implications.

- Reflection -- taking a second look at old habits, beliefs, and assumptions.
- Contemplation -- focusing on a thought until it expands as far as it can.
- Meditation -- finding the level of the mind that isn’t conditioned.

Consider the best use of these methods for yourself to maximize your access to full and unconditioned awareness.

The chain of events that ends in the body begins in consciousness. By moving stuck energy, the free flow of consciousness is restored, and that is enough to bring the body back into a healthy state.

**EXERCISES FOR LESSON 5**

1. Practice the following Meditation On The Heart for 5 minutes as an exercise to contact that silent awareness within.

**Meditation On The Heart**

Sitting quietly with your eyes closed, rest our attention on your heart. You don’t need to be anatomically precise. Simply find a place in the center of your chest where your attention can remain easily.

As you breathe in and out naturally, keep your attention there.

Allow any feelings and sensations to arise and pass. If you attention wanders, gently bring it back to rest on your heart.

2. Write a journal entry about what makes you feel at home in your body, and what makes you not feel at home in your body.

3. Write down your own personal intention about how you can get more comfortable in your body this week. Share this intent with loved ones and ask for their support.
The general perception is that the body we have is a product of our genes, and we have all been taught that genes can't be changed. However, genes only affect you if they are switched on; they have no effect if they are switched off.

What determines when and if a gene switches on?

It can be an automatic biological response on a fixed schedule, or it can be through our life experiences, or a combination of both. This means our choices can play a significant role in what kind of a body our genes create.

DNA is a memory bank storing every experience from the past that makes us human. Instead of letting those memories use you, you can learn to use them. Just like your physical body, DNA is also made of energy, and you can change its energy patterns through a change of awareness. You were born with some predispositions that will determine how your body turns out, yet as you inject your own desires, habits, and intentions, a fixed trait will turn out to be very malleable – a mere wisp of desire is enough to affect DNA.

The brain's hidden potential comes down to the gene's hidden potential. A brain cell can't make a new move unless its DNA sends out new chemical signals. For every trait that is fixed, such as eye, hair, and skin color, myriad genes are weaving a complex pattern of response to your thoughts, feelings, and actions.

This means that our fears, expectations, relationships, lifestyles and habits, all play a significant role in
your body’s makeup.

Epigenes, the complex of proteins surrounding your DNA, are the intervening mechanism in turning our genes off and on. When the epigene is affected by behavior, that impacts the response of the DNA. That behavior, good or ill, is then passed to future generations.

The key to switching genes on and off is awareness, the thing that underlies our behavior, feelings and thoughts. This is the awareness of tuning in to the body.

Tuning in is the skill of becoming more aware, more sensitive and responsive to your body.

**QUIZ: Are You At Home In Your Body**

Once you tune into it, your body has an amazing capacity to correct itself. To begin this process, you need to feel comfortable in your body. There has to be a basic connection that isn’t blocked by guilt, shame, and discomfort. If you take the following quiz, it will show you where the work of reconnecting starts for you personally.

The list below covers the most common things that people feel uncomfortable with when it comes to their bodies. Mark your comfort level with each item, as follows.

<table>
<thead>
<tr>
<th>Enjoyable</th>
<th>Don’t mind</th>
<th>Uncomfortable</th>
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<tr>
<td>T- Totally Avoid</td>
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<td>E – Enjoyable D- Don’t mind U- Uncomfortable</td>
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<td></td>
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<tr>
<td>T- Totally Avoid</td>
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- Wearing a revealing bathing suit.
- Wearing clothes that fit.
- Looking in a full-length mirror
- Trying on clothes in a store
- Dancing
- Playing team sports
- Hugging
- Snuggling
- Sex with the lights on
- Being looked at in public
- Describing how you look physically
- Being physically flirtatious
- Thinking about your weight
- Being casually touched by a friend or acquaintance
- Hearing others refer to you physically
- Sitting quietly, particularly in public
- Attempting physical challenges (hiking, running, climbing flights of stairs, etc.)
- Being seen nude by your spouse or lover
- Undressing at the gym
- Having your picture taken
- Thinking about being touched physically
- Buying a bra or other intimate apparel

This isn't a quiz where you tally up your scores. It's a worksheet for getting back in touch with your body. Pick an item that you marked “U” and write a plan for overcoming it. Whether the item is very physical, such a undressing at the gym, or more passive, such as
being seeing a revealing swimsuit, your plan begins in awareness. Put yourself in the uncomfortable situation. Have a specific image that takes you to the point of recapturing your discomfort so that you feel it emotionally and possibly physically.

You are noticing the negative energy associated with your mental image. Be with that energy – simply by tuning into it, you are taking the first steps toward tuning in to your body in a more positive way. Don’t freeze up or get tense. Breathe easily; relax your body. Now see if you can make the image change. The more it is stuck in your mind, an imprint from the past, the more stuck the energy is.

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EXERCISES FOR LESSON 6

1. What physical ailments that you currently suffer from are hereditary and run in your family? Think about when these ailments manifested in your body. What were you going through emotionally when this happened.

2. Are there hereditary diseases or conditions that you fear you will suffer? Write down an intention for yourself that you will make life choices to avoid these outcomes. For each condition, make a list of the life choices (physical, emotional, spiritual) that you are committed to following through on for your health.
LESSON 7: Time Isn’t Your Enemy

WATCH LESSON 7 VIDEO BY DEEPAK CHOPRA ONLINE HERE:

http://blip.tv/play/AYGpjBMC

This lesson aims to breaks us free from the effects of time and its seemingly inevitable consequences of aging and decay. We can turn time from being an enemy to an ally.

· Time isn’t working against you, it doesn’t cause you to age. Everyone needs to overcome this outworn belief. We can stop giving in to time as if it rules our lives.

· To reset our agenda for the body, we must shift our attitude to understanding the changes in our body as primarily evolving forward, not only erosion away. These constant invisible forces vary in dominance.

· When evolution gains the upper hand, we feel expansive, optimistic, forward-looking, eager to discover new things. In that mode, there’s all the time in the world. We can forget time and live as if it didn’t exist (as lovers do, or people totally absorbed in work or play). At other times erosion gains the upper hand. Time isn’t enough to get things done, and what time there is exhausts us. Bored and depressed, we long to stop moving, perhaps even to stop living.

· The two faces of time are silently battling for supremacy. When you age, erosion slowly wins. Yet something much deeper is going on. The “new old age” proves that erosion can be resisted at the level of beliefs and attitudes. There is no need to buy into any belief that promotes erosion. Far better to assume that awareness can change any energy pattern at will.

· Nature allows for creative leaps in evolutionary growth. Furthermore, there is no indication that memory has any limits either. It’s evolution could keep unfolding without end.

· Our life and even our DNA defies the phenomenon of entropy which causes energy to disperse and break down. By taking in more energy than you give off, you are stopping time. Time runs out only when energy runs out.
Mastery over time is built into all of the biological clocks that govern your body. If we allow these natural rhythms to function without interference, then time is our ally. However, if we force our own limited conception of time and deadlines upon ourselves we disrupt these rhythms and become a victim of time. Whatever breaks down your body’s timing, creates aging.

Invisible factors of erosion and aging

1. Unpredictability – Random events disrupt your body’s rhythms.
2. Disorder, confusion-- A breakdown of external order leads to inner disorder.
3. Accidents – Mistakes in your life lead to mistake in your body.
4. Trauma, sickness-- When wounded, your body loses track of time.
5. Violence – When attacked, your body’s timing is shattered.
6. Chaos -- When all sense of order is destroyed, your body cannot manage time at all.

Making Time Your Ally

1. Keep regular hours, eat and sleep on a regular schedule.
2. Avoid drastic changes in diet and activity.
3. Set up an orderly work environment. Reduce distractions.
4. Rest quietly once to twice during the day to let our body retune itself.
5. Take yourself out of stressful situations sooner rather than later.
6. Take your time; don’t rush.
7. Make decisions when they arise. Don’t procrastinate or get distracted.
8. Protect yourself, avoid the temptation to plunge into high-risk situations.
9. Put your house and finances in order.
10. Address underlying anxiety and underlying anger. Learn to do this without losing control or hurting others.
11. Become more resilient emotionally.
12. Live as if you have all the time in the world.

EXERCISES FOR LESSON 7

1. What are your biggest struggles with time? Journal about your personal conflicts with time. How are you making time your enemy? What bad habits are contributing to your unhealthy connection with time? What small steps can you take to stop seeing time as your enemy? Spread your renewed commitment to better time management with the rest of the world. Write an intent on how you plan on creating a healthier relationship with time.
Our approach to the soul is not to seek a metaphysical definition, but rather to look to its function as that which connects us to God.

The soul acts like a step-down transformer for the unlimited, universal spiritual power of God and our individual human life.

The soul serves to get us past the blocks put up by materialism, but at the same time it gets us past the faith demanded by religion. The soul pushes our understanding just far enough that it remains useful, but without depending on faith because the soul can be mapped, even though it is invisible.

Functioning as your spiritual body, the soul generates and organizes the energy of love, the energy of compassion, the awareness of truth, the awareness of creativity and intelligence. It fulfills needs that are just as basic as the need for food and oxygen that your physical body serves.

Simple Map of Soul

GOD = infinite energy, love, creativity, intelligence
SOUL = stepping down of energy, love, creativity, intelligence
MIND/BODY = human level of energy, love, creativity, intelligence

Any limitation of the mind can be traced back to distortions of energy at a subtle level. The body’s energy is dependent on the mind, and once we find out why our thoughts, beliefs, wishes, and aspirations are not being fulfilled, removing those obstacles will only serve to liberate the body even more.

A practical orientation to the soul frees us from the disturbing implications of the religious and scientific views of life’s purpose. With religion, we are faced with a God that may reject and hate us for sins even if we strive to obey or make unwitting mistakes. While science tells us that even the most cherished aspects of our lives, love, compassion, beauty, and joy are based on random brain activity, genetic mutations and survival instincts.
A new understanding is needed for the soul level as we found for the body. And flawed understanding leads to breakdowns of the spiritual body, as it does for the physical body. As before, we will use breakthroughs in understanding of the soul to heal the breakdowns. True knowledge of our spiritual nature will fulfill our deepest human aspirations.

To resurrect your soul, you must do the opposite of what your past conditioning tells you to. Instead of turning to a higher power, you turn to yourself. Instead of leaving your body behind, you take it on the spiritual journey. Instead of condemning physical desire and temptation, you follow desire into the unknown region where the soul resides.

On its own, the brain can’t produce change. It merely adapts to your intention. Take anything that you want out of life. Your soul contains the potential for it to come true. Your mind brings the potential to the level of wishing, dreaming, wanting, and desiring. Your brain then produces the result; you learn how to achieve what you want.

Flow chart of life:
Soul carries the potential à Mind carries the intention à Brain produces the result

Mastering the skill of subtle action requires these steps:
1. Inspiration- becoming genuinely interested
2. Turning inward- pursuing your interest spontaneously
3. Discipline- practicing until you see improvement
4. Patience- sticking with practice until the new skill is mastered

EXERCISES FOR LESSON 8
1. Journal about your personal relationship with your soul. Do you find yourself mostly tuned in or tuned out? When do you feel tuned in the most, and when do you feel tuned in the least? What patterns do you notice? How can you increase the frequency of the times you feel tuned in?

2. What is an intention that you've been wanting to achieve? Do you have a lifelong dream, such as starting a business or becoming a community leader? Do you have a habit you wish to change or improve upon? Instead of seeking for a higher power for help, see what happens when you seek inward to your own inner guide. Take the time to get used to this new perception.

3. Share your intention with others on how you want to be tuned in.
LESSON 9: There’s An Easier Way To Live

WATCH LESSON 9 VIDEO BY DEEPAK CHOPRA ONLINE:
http://blip.tv/play/AYGpjCoC

This breakthrough turns our assumption that life is difficult, on its head, as follows: Connecting to your soul is easier than whatever you are doing right now. It takes effort to keep your soul at a distance. So stop whatever you’re doing that makes your life hard. When you stop struggling, the path to the soul is automatic. Everything you want to achieve will appear as a natural unfolding.

When you meet with day-to-day obstacles, you have put up inner obstacles first. These obstacles block the flow of life from soul to mind to body. If the flow weren’t blocked, it would bring everything the soul has to offer.

The soul offers an open channel to new knowledge in the same way. If you ask for the truth about something, the truth dawns. If you ask for the solution to a problem, the solution appears.

If any channel in awareness is closed off, it has been blocked. The trap is that so much of this blockage happens without being noticed. We have all adapted to “life is difficult” because we saw no alternative. Like plaque building up on artery walls until the whole blood vessel is clogged, the buildup of struggle and strain happens by tiny degrees.

Only in innocence can you receive the gifts of the soul. Once you accept that you are supposed to struggle in order to survive, that presumption becomes your reality. It gathers its own energy and momentum. Your brain quickly learns to conform. Once your brain is conditioned, the look, feel, and sound of the world have been fixed – until you escape that conditioning.

By tuning in to the soul, you can increase its awareness. Tuning in is also how you clear a channel to the soul. You are tuning in to your soul any time you choose to grow and expand. On the other hand, when you tune out, the soul connection is blocked. Anytime you choose to contract in your awareness, the channel to your soul is squeezed shut. Everyone experiences both states.

When you are tuned in to your soul, life flows easily. Things are calm, clear and open to all possibilities. When you are tuned out life is confused, conflicted and empty.
To tune in to your soul, you must participate in this process of purification. People have lost their ability to do that, however. Then, it was only natural that the soul started to seem abstract, remote, wispy, and aloof.

People have to go through a process of refining before God will be real in their lives.

For the mind to be perfectly clear and present in the moment, with no obstacles and blockages, the brain must change. Being part of the body, your brain has its own healing mechanisms. But old conditioning, once it gets imprinted in your brain. From your soul’s perspective, these imprints are all subject to change. Moments of realization occur, and then the brain adapts.

The phenomenon of mirror neurons shows us that the brain can be changed through vicarious experience as well as direct experience. This could be how the soul learns from exposure to saints and others in higher states of consciousness. Higher consciousness is a field, like electricity or magnetism, and when a person comes into contact with that field, the brain mirrors the field.

QUIZ: Are You More Tuned In or Tuned Out of Your Soul?

Take this short quiz to get an idea of how connected (or disconnected) you are with the infinitude that is your soul. Simply taking the time to think about the answer will already make you more aware of the next steps you need to begin to take.

3 – This is me almost all the time
2 – This is me some of the time
1 - This is me a little of the time

TUNED IN
_ Things are going easily for me.
_ I’m calmly certain.
_ The answer is clear.
_ Everything fits together.
_ I feel in harmony with the situation.
_ There are no outer obstacles.
_ Opposites are reconciled.
_ I’m open to any possibility.
_ I don’t judge myself or others.
_ I am whole.
__ TOTAL POINTS

TUNED OUT
_ Things aren’t going smoothly for me.
_ I’m confused and uncertain
_ The answer isn’t clear. I go back and forth.
_ Everything is mixed up.
_ I feel out of synch with the situation.
_ There are many obstacles.
_ I’m conflicted inside.
_ I find it hard to see a way out.
_ I keep blaming myself and others.
_ I feel incomplete. I must be lacking something.
__ TOTAL POINTS
EXERCISES FOR LESSON 9

1. Take the time today to observe how your body feels when your ego manifests itself strongly. What ego-centered emotion is holding you back the most from fully experiencing life? How do you feel when your body is blocked by the motives of your ego? What do you think you need to do to bring more awareness into your body?

2. Journal about your biggest internal obstacle, and be as specific as possible. Is it the idea that you are not good enough? Or the idea that people inherently don't like you? How does the obstacle feel in your body? Does it have a certain weight, vibration, color, frequency, etc.? By journaling about the physical sensation of the blockage in your body and separating it from your true divine self, you will feel that you have begun to chip away the power this internal obstacle has over your thoughts.

3. Write down an intention for yourself about bringing more awareness into your life. Don't forget to look back on the intent to renew your commitment to truly manifesting this intention you created for yourself.
LESSON 10: Love Awakens The Soul

WATCH LESSON 10 VIDEO BY DEEPAK CHOPRA ONLINE:
http://blip.tv/play/AYGpjCoC

Love is an energy, and your body must be ready to adapt to higher levels. Most people dream of more love in their lives, yet in reality the amount they have right now is what they are adapted to. An onrush of unconditional love. They would ask themselves if this new kind of love can be trusted would be distrusted and make us worry if we were truly deserving of such open, complete love.

These difficulties define what we call conditional love. Your soul faces in both directions, with unconditional love on one side – the love associated with God -- and the limitations of human love on the other. Since we are all accustomed to conditional love, it takes a breakthrough to become comfortable with any radical change.

Many people have made momentary contact with the soul's more intense, purer love. When they do, there's a wonderful sense of awakening that's very real. Love awakens the soul. This happens because like is attracted to like. The soul isn't passive. It vibrates in sympathy with you any time you try to free yourself from limitations. There’s a similar sense of expansion and liberation when you experience beauty or truth.

You are freeing up potential energy and letting it flow. The soul's reality needs to unfold layer by layer so that your body has time to adjust. Your old conditioning has formed neural pathways and imprints that resist change. Year after year the brain has adapted to a way of life in which it is normal to be much less than loving and joyful.

To unfold the soul's reality we follow our natural desire. The desire to love and be loved constantly urges each person forward. When that desire is most alive, we seek the most from life. When that desire flickers out, life becomes static.

Desire combines will (“I want to”) with incentive (“I'm going to like it”). If you don't have the will and the incentive, you won't change.
The spiritual path unfolds by doing the next thing you love to do. Inside everyone there is a place that is intimate, alive, and full of yearning. It doesn't want God or salvation or unconditional love. It just wants the next thing it desires. If that next thing is fulfilled, there will be another next thing, and on and on. But what if the next thing you want is trivial? The soul doesn't judge. It works with who you are and where you are now. The trick is to turn the path of desire, which for most people is focused on worldly things, and redirect it to a higher plane. As your soul sees it, desire doesn't want to be repeated. It wants to go deeper.

It wants more intensity, more meaning, more expansion. Desire that doesn't go deeper, that circles around repeating the same pattern over and over, has somehow been diverted from its natural course. Desire that pursues its object while never gaining ground is stuck within boundaries. A boundary acts like an invisible fence or a line that is not supposed to be crossed. Why do we put boundaries around our desires? First, to keep out uncomfortable experiences. You also put up boundaries to protect your comfort zone. Inside this zone you feel satisfied, safe and protected. But whatever kind of boundary you have put up, you are making it much harder to allow change into your life.

Boundaries are our conditioned selves, part of our identity. The soul can change that identity, and the process begins by negotiating with your boundaries. You know, in your heart of hearts, that you aren't truly safe, protected, or fulfilled. That safety is an illusion. The reality is that they are stuck, immobile. To achieve awakening your soul with love, you must dissolve the old boundaries by developing new assumptions:

- You are not so afraid of risk.
- You don't have to be right all the time.
- You trust that love is meant for you.
- You welcome the opportunity to expand.
- You see abundance as natural to life.
- You don't expect anything.

EXERCISES FOR LESSON 10

1. What is something in your life that you can change that has both will ("I want to") and incentive ("I'm going to enjoy it")? This is the personal life change that you need to focus on the most, as it has the greatest probability of actually happening. Focus as much as you can on the incentive--how much you are going to enjoy it when you do get this done.

2. Journal about your desire to love and be loved--how you can strengthen it, how it can lead you to a higher level of joy in your life for yourself and others. What can you do to tap into this desire more?

3. Write down an intention about how you intend on experiencing more love in your life. You truly have the power to experience true divine love--open your heart and imagination as much as possible when you make this intent!
LESSON 11: Be As Boundless As Your Soul

We believe we have a soul, but this implies we own it as if it were an invisible object that could be possessed. In palace of a soul that you own, which is mythical, there’s an unbounded soul that exists everywhere.

The soul is pure awareness a link to the infinite; it is unbounded as the universe. But we reverted to an ownable soul to make it easier to comprehend and live with. By giving up the idea of “my soul” we can be as free and unbounded as creation.

As long as you cling to anything by saying “mine,” you can’t be free. Your soul isn’t a thing you can cling to and make your own. You can only win your freedom by letting go. The mystery of the unbounded soul is wrapped up in those two things: how to let go and how much you want to be free.

We learn to let go by seeing through the ego’s insistence upon being right. Letting go comes down to adopting between the values of the soul over the values of the ego:

<table>
<thead>
<tr>
<th>Soul</th>
<th>Ego</th>
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<tbody>
<tr>
<td>Accepting</td>
<td>Rejecting</td>
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<td>Approving</td>
<td>Critical</td>
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<td>Cooperating</td>
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<td>Detached</td>
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<td>Calm</td>
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<td>Forgiving</td>
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<td>Peaceful</td>
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It’s not that your ego has a totally negative agenda. Under normal circumstances it doesn’t. Mainly it acts out of self-protection. Some people have consciously learned how to cope with the world without protecting themselves. They rely on a higher power to protect them, and that’s what you and I must learn to do by identifying with our unbounded soul.

We cannot transform our ego by condemning it and labeling it as bad. It has no motivation to cooperate -- quite the opposite. Whatever you fight against tries to stick even harder. After all, you are threatening its survival. Likewise, the parts of yourself that feel judged against will not relent. They will try to convince you even harder to be selfish, judgmental, and resentful whenever you face outside opposition. Spiritual traditions haven’t taken into account that there’s a process involved in weaning the ego from its self-defeating ways. By putting the issue in terms of morality, sin, and the threat of God’s wrath, Christianity
has taken the opposite of an effective approach.

Making a stark contrast between the lower and higher self is futile. There is no separate, all-good, all-wise part of you that you must either win or lose. Life is one flow of awareness. No aspect of you was constructed out of anything else. It’s wrong to think that there are two creations, one dark, the other light. Fear and anger are actually made from the same pure awareness that love and compassion are made of. Erecting a barrier between ego and soul fails to recognize this simple fact. In the end, letting go is achieved, not by condemning what’s bad in yourself and throwing it away, but by a process that brings opposites together. Your ego must see that it belongs to the same reality as your soul. It needs to find so much in common with your soul that it lets go of its selfish agenda in favor of a better way of life.

EXERCISES FOR LESSON 11

1. What is a so-called negative quality within your soul that you constantly battle with? (Some common qualities people try to fight or repress are laziness, negativity, gluttony, dependence on others and judging others.) Do a week-long experiment where every time your ego-driven personality trait arises, you do not fight it and show absolutely no resistance. Wear a bracelet or a rubber band around your wrist to remind yourself of this week-long commitment to not fight your ego-driven qualities.

2. Journal about your own personal relationship with your soul. What are some of the conventional ideas about the soul that you believe in? Can you make the steps to see the soul as a universal vibration that encompasses everything, rather than something you own as a possession? Write about your own struggles, triumphs and past events from your own personal journey.

3. Write an intention on what you plan on doing to feel more free in spirit. Right before you do so, take a moment to completely visualize the sensation, frequency and texture of how your soul feels when it is completely unrestricted and unbounded.
Grace transforms human nature when the process of surrendering or letting go eventually comes to an end. But this end-point is very different from anything one would anticipate. In the ultimate surrender you give up all needs. For the first time you will be able to say, “I am enough.” You will find yourself in a world where everything fits together as it should.

By letting go completely, a person can achieve a new identity. The fruit of surrender is grace, the all-embracing power of God. Grace is the invisible influence of the divine. Once it enters a person's life, the old means that we use to run our lives – reason, logic, effort, planning, forethought, discipline – are thrown away like the training wheels of a bicycle.

Grace abolishes life’s limitations. There is nothing to fear, nothing to be guilty of. The whole issue of good versus evil disappears. Peace is no longer a dream to be chased but an innate quality of the heart. These things are the result, not of supernatural intervention, but of coming to the end of a process.

Before it is touched by grace, religion's moralistic view is that human nature is fallen, corrupt, sinful, and ignorant. In fact, we are simply bound by the ego's conception of identity. The word “boundary” is neutral; it simply refers to a state of limitation. If you take a person and force him to live in severe limitation – say, in the dungeon of a prison – all kinds of flaws will develop, from paranoia to delusion. But they aren't because the prisoner is morally defective. They result from being bound up.

The difference between a prisoner captive in his cell and you or me is that we voluntarily chose to live inside boundaries. The part of ourselves that made this choice is the ego. The root cause of all suffering is the false identity of the “I” that handles everyday life and masks the real self at the soul level. This false self has an agenda. It thinks it knows how to run everyday life, and when threatened with disassembly, it fights back – after all, survival itself is at stake. . Transforming your identity is like performing surgery on yourself. You must act as both doctor and patient. An impossible task physically but entirely possible in awareness.

The ego's vision of life is unworkable. What it promises as a completely fulfilling life is an illusion you can
chase all your life without every laying hands on it. When you become aware of this defect, the result is fatal for the ego. It can’t compete with the soul’s vision of fulfillment. We have all been conditioned to believe that it’s the ego that is practical and realistic in its approach to life, while the soul is unattainable and detached from everyday affairs. But that was a complete reversal of the truth.

Two Visions of Fulfillment

The ego’s vision:
- I have everything I need to be comfortable.
- I am serene because bad things can’t come near me.
- Through hard work anything can be achieved.
- I measure myself by my accomplishments.
- I win much more often than I lose.
- I have a strong self-image.

The soul’s vision:
- I am everything I need.
- I am secure because I have nothing to fear in myself.
- The flow of life’s abundance brings me everything.
- I do not measure myself by any external standard.
- Giving is more important than winning.
- Because I’m attractive, I win the attention of the opposite sex.
- When I find the perfect love, it will be on my terms.
- I can find perfect love, because I have discovered it first in myself.
- I have no self-image; I am beyond images.
- Other people are attracted to me as soul to soul.

It’s fair to say, I think, that the second vision describes life in a state of grace. It stands for life transformed, not life as presided over by the ego. Yet looking at the two choices, most people would find the ego’s version easier and more reasonable. For one thing, they are already quite used to it. The ego’s vision of fulfillment is unattainable, because each isolated “I” is on its own, cut off from the source of life. The steady improvement being promised can only be external, because there’s no security inside.

Fulfillment is not a matter of self-improvement. It involves a shift away from the ego’s agenda, turning from externals to the inner world. The soul holds out a kind of happiness that isn’t dependent on whether conditions outside are good or bad. The path of the soul leads to a place where you experience fulfillment as a birthright, as part of who you are. You don’t have to work for it; you only have to be. Grace comes from a clear vision of who you really are.

EXERCISES FOR LESSON 12

1. Who in your life do you need to forgive the most (even if it is yourself)? What is preventing you from fully forgiving this person? Visualize how you can release yourself from the pain of bearing grudges, and how you can open your heart to this person again. Do not be discouraged if this is uncomfortable or challenging for you when you attempt this; do not forget to acknowledge how difficult this is for most people.

2. Journal about a time in your life when you were forgiven of something that you did to hurt
another person. How did it make you feel? What can you do to spread that feeling of liberation to another person in your life?

3. Write down an intention on how you will completely surrender to the power of forgiveness and compassion. Imagine how much lighter and more free you will feel when you succumb to this power.
LESSON 13: The Universe Evolves Through You

WATCH LESSON 13 VIDEO BY DEEPAK CHOPRA ONLINE:
http://blip.tv/play/AYgpjFgC

This breakthrough reveals our true purpose. We are absolutely necessary in the grand scheme of things. The universe needs you in a unique way, because only you can have the experience that your life represents. Your individuality makes an absolute contribution. Because reality is based on consciousness, the universe cannot spare a unit of consciousness without harm to the whole.

You can join in the evolutionary flow of the universe or not, it’s your choice. Either way, evolution will proceed, but if you opt out, it won’t proceed through you.

In the past, life was made easier by knowing what God had in store for everyone. The universe was purposeful. Yet as powerful and comforting as this might be, religion has always been shadowed by a serious contradiction. Everyone is considered precious to God, but no one is really needed. Individual lives are thrown away in war by the tens of thousands every year. Untold more lives are lost through disease and famine, or barely get a start before infant mortality struck.

It’s only human to realize that we all need each other. But if taken too far, this becomes a system of codependency in the worst sense: I only exist to need and be needed. But from your soul’s perspective, you are as great an addition to the world as a Gandhi or Mother Teresa, and subtracting you from the cosmic equation would be just as great a loss.

Countless people accept that life’s pain and suffering comes randomly. They have accepted that there is nothing they can do to change their life. This is learned helplessness. Without a sense of purpose, we decide that being helpless makes sense, since either God isn’t there or he doesn’t care what happens to us. To escape our learned helplessness, there has to be a sense that we matter in the larger scheme of things. The plan that guides your life must take three levels into account.

1.) God's level, is unlimited in its potential. Everything is possible. No choice is dictated in advance. We can also call this the cosmic level.

2.) Second, there is the soul’s level, which steps down infinite possibilities to the human level. At the soul’s level there is still open choice, but conditions start to be placed on what is really feasible.
3.) Finally there is the human level, where choice seems far more limited, and we find ourselves negotiating how much freedom we have to do what we want.

The plan that unfolds the universe stands right before us, even though we fail to see it. We’re blind because the plan is us. Or to make it personal, you are the cosmic plan – or the divine plan, if you prefer. There are no rules outside your mind, no actions outside your body. Whatever you choose to do, the plan bends to accommodate you. When you have a new desire, the universe shifts accordingly. It has no choice, because there is no purpose to creation beyond you, here and now.

All your life you have absorbed a world view that puts you below a higher power. If it isn’t the power of God, it’s the power of natural forces. If it isn’t the power of authority figures, it’s the power of human nature and its self-destructive impulses. None of that is true once you discover your real self. Ultimately, to discover your purpose comes down to discovering who you really are.

The cosmic plan that was built into you follows 5 invisible guidelines:

1. Everything is conscious. Consciousness is an activity of the entire universe. This means that when you are aware of anything, the universe is being aware through you.

2. Everything fits together. There are no loose parts to the universe, nothing is a leftover. When anything looks random, you are seeing one pattern moving into another.

3. The whole scheme is self-organizing. No outside controller is needed. Once a galaxy, a butterfly, a heart, or an entire species is on the move, its inner workings know what to do.

4. Evolution unfolds within itself. Once something grows, it seeks the highest form of itself – the best star, dinosaur, fern, or amoeba – that it can be. When that form is exhausted, it makes a transition to a new form that is more creative and interesting.

5. Freedom is the ultimate goal. You don’t win by getting to the end; you win by finding a new game the instant the old one is over. This isn’t an empty freedom. You never find yourself floating in a void. Rather, this is the freedom of possibilities that never run out.

EXERCISES FOR LESSON 13

1. Take the time this week to meditate about your unique role in the universe. What do you have to give to the universe through the vessel that is your soul? Is there a special talent or unique skill that you have been underplaying for fear of being noticed or of being burdened with a responsibility that you cannot handle? Imagine yourself manifesting the highest potential in your soul, which will inevitably bring greatness to you and those around you.

2. Journal about your thoughts on the idea of the evolutionary or divine plan. Do you believe in this? Where do you think the universe is going, and what role can you play to be a part of the flow? Have you ever experienced a series of events or circumstances where you felt as though you were in sync with some sort of divine plan.

3. Write down an intention about how you plan on aiding the evolution of the universe through your own conscious actions. Dare to dream big! You truly have the power to make a significant impact on the course of humanity for the better.
LESSON 14: 10 Steps to Wholeness And Conclusion

WATCH LESSON 14 VIDEO BY DEEPAK CHOPRA ONLINE:  
http://blip.tv/play/AYGpjFgC

Wholeness is the result of connecting body, mind, and soul. In wholeness you aren't divided against yourself. Therefore, the choices you make are beneficial at every level. Once you realize how the soul functions, there would seem to be no reason to turn back and live any other way than from the level of the soul. Yet living without the soul has also been easy.

The secret is to live in wholeness now, before you completely achieve it. What's needed is a lifestyle that keeps your vision alive. A holistic lifestyle should sustain the ties to your soul even when those ties feel fragile.

Spiritual teachers have wrestled with this problem for centuries, wondering how they can bridge the gulf between the old and the new life. Teaching and preaching aren't enough. Showing by example isn't enough. Yet many human beings have crossed over to the light and what they have achieved is real. If we distill their stories, a lifestyle composed of 10 steps to wholeness emerges that is simple and can be followed without anyone else needing to know or approve.

10 Steps to Wholeness

1. Nourish your "light body." If you feed it with fresh energy every day, it will provide you with inspiration and guidance.
2. Turn entropy into evolution. With constant input from your soul, your mind can generate never ending creativity.
3. Commit yourself to deeper awareness. Ask for new vision, new beliefs, and a new sense of self every day.
4. Be generous of spirit. Generosity begins at the level of the soul, which never runs out of the two things totally necessary to life: energy and awareness.
5. Focus on relationships instead of consumption. Wholeness depends on relationships that are whole. You cannot be whole in isolation. As your soul sees you, you are connected to everything. To be connected means to be in relationship.
6. Relate to your body consciously. Every day, your body consciously tends to you, never losing focus. You can acknowledge this faithful service by consciously relating to your body in turn with trust, consideration, honesty, mutual cooperation and loving appreciation.
7. Embrace every day as a new world. There seems to be a gap between mind and body. Since the mind sets the body's agenda, if you win the tiny battles against routine, inertia, and boredom, this gap will close and every day will seem like a renewal.
8. Let the timeless be in charge of time. Your soul's frame of reference is timeless. Live from that timeless place. At your source all events are laid out with perfect timing. Time submits to your desire, not the other way around.
9. Feel the world instead of trying to understand it. The flow of life refuses to be analyzed. Yet you were designed with sensitive awareness that goes far beyond thinking. Instead of trying to understand the endlessly changing world, you can feel your way and trust those feelings. Only then will you know what is unfolding around you.
10. Seek after your own mystery. You must want wholeness as fervently as you want a job, house, car, and family. You must be willing to walk the path alone. The answer lies in seeking your own mystery, not a mystery handed to you by anyone else.

None of us knows when the first day on the path was -- or when the last day will be. Therefore, the best thing is to live every day as if it is the first and the last. Life is perpetually fresh, and so your path can be just as fresh. Otherwise, if you postpone your life waiting for a great and glorious gift to be bestowed, the gift may never come on schedule, and life will be postponed forever. Wholeness must be seized at this moment, because when eternity dawns, it dawns only in a moment like this one. The goal of the following steps is to make wholeness a daily possibility. Vision and reality want to come together. The time to make that happen is now.

To know where you belong in the world you need to know where you came from. The truth can only be found by exploring who you are. When we have explored creation to the point of going beyond light and shadow, good and evil, inner and outer, we have reached creation's source at the level of the soul. We create ourselves at the level of the soul-the junction point between infinity and the relative world. The answer is the journey and the journey never ends.

EXERCISES FOR LESSON 14

1. Think about the steps that stood out to you when you read through them. Which step from the “10 Steps to Wholeness” resonates with you the most? Which step do you think you need to focus on this week? Make a schedule with specific action steps this week on how you plan on incorporating this step more into your life.
2. What does "seek after your own mystery" meant to you? Take the time to mull over the significance of this question, and then take the time to journal about it.
3. Write down an intent and share with your loved ones on how you plan on fully living the “10 Steps to Wholeness.” Make sure to visualize in your head how much better your life will improve after having completely embraced this step.