

## THE BIG IDEAS

### The 7 Laws

Of superheroes.

### True Security

= Freedom from anxiety.

### Rising to the Occasion

The world needs you.

### The Universal Self

Here are its characteristics.

### Bodhisattvas

The heroic-minded ones.

### Living Your Ideals

Superhero-style.

### Impulses & Processes

Creativity is a process.

### How Can I Be of Service?

The ultimate superhero question.

### Vision Muscles

Time to work yours out.

### Will You Be a Superhero?

Give us all you got!



# The Seven Spiritual Laws of Superheroes

Harnessing Our Power to Change the World

BY DEEPAK CHOPRA W/GOTHAM CHOPRA · HARPER ONE © 2100 · 167 PAGES

“In the following pages I attempt to connect the dots between some of the ancient wisdom traditions as I have understood them throughout my life and the costumed superhero characters who fill up the modern mythologies of today. In Batman, I see qualities that resemble that of Buddha. In Superman, surely there are attributes that also define Lord Shiva. Beyond that, though, there are new frontiers I think we need to reach. We have to not only identify in these dozens of characters certain aspirational qualities that already lie dormant in us, but also nurture them with the powerful ingredients of intention, attention, and action... If we succeed, the result will be a profound road map for living to our full potential, discovering the superhero within, and rewriting the story of humanity.”

~ Deepak Chopra from *The Seven Spiritual Laws of Superheroes*

What do you get when you mashup [Deepak Chopra's \*The Seven Spiritual Laws of Success\*](#) with his son Gotham's passion for comic books and superheroes?

This book.

It's a fun, quick-reading, inspiring and practical look at the spiritual laws our favorite superheroes embody and, most importantly, how WE can apply these qualities that lie dormant in each of us.

If you enjoyed [The Seven Spiritual Laws of Success](#) as much as I did, I think you'll also love this book!

For now, let's have some fun exploring some of my favorite Big Ideas from this great little book, shall we? :)

...

We'll start by taking a quick peek at the 7 Laws:

## THE 7 LAWS

1. “The Law of Balance
2. The Law of Transformation
3. The Law of Power
4. The Law of Love
5. The Law of Creativity
6. The Law of Intention
7. The Law of Transcendence”

There you go: Balance + Transformation + Power + Love + Creativity + Intention + Transcendence.

*“When people are connected with their superhero self, in touch with their true essence, they not only have the ability to change the world, they have an obligation to.”*

~ Deepak Chopra

The book is organized around these laws. Let's check out how some of those come to life!

## TRUE SECURITY

*"There is no act of greater power than lifting others up from a moment of despair, leading them from the darkness, and empowering them with hope."*

~ Deepak Chopra

"Superheroes see attachment to the known as a false sense of security and recognize that the striving for security (our traditional understanding of power) is, ironically, the basis of all insecurity. Superheroes do what needs to be done with impeccability and the highest motivation for the greatest good and leave the results to the unknown. Their focus is on the action, not the fruits of the action."

As Deepak tells us, superheroes are willing to leave the comforts of the known in service to the higher good.

That's powerful stuff.

Reminds me of [Eric Butterworth](#)'s wisdom from [Spiritual Economics](#) (see Notes): "*The word secure comes from two small Latin words: se meaning 'without' and cure meaning 'care'—being without care, freedom from anxiety. Victor Hugo articulates this very special sense in this lovely couplet:*

*Be like the bird  
That pausing in her flight  
While on boughs too slight,  
Feels them give way  
Beneath her, and yet sings,  
Knowing she hath wings."*

Love it.

So, to re-cap: To be truly secure is to be without care—to have freedom from anxiety.

Moving on, this is such a \*great\* line: "Superheroes do what needs to be done with impeccability and the highest motivation for the greatest good and leave the results to the unknown. Their focus is on the action, not the fruits of the action."

All the great teachers and wisdom traditions echo this goodness.

We've gotta show up, take our impeccable baby steps as we do our best day-in-and-day-out and then let the results take care of themselves.

In fact, "The Law of Detachment" is the sixth spiritual law in [The Seven Spiritual Laws of Success](#). Here's how Deepak puts it in that book: "*The Law of Detachment says that in order to acquire anything in the physical universe, you have to relinquish your attachment to it. This doesn't mean that you give up the intention to create your desire. You don't give up the intention, and you don't give up the desire. You give up your attachment to the result.*"

And: "*The moment you relinquish your attachment to the result, combining one-pointed intention with detachment at the same time, you will have that which you desire.*"

How's YOUR attachment?

Are you showing up with impeccability and the highest motivation for the greatest good then letting the results take care of themselves?

Or...

Are you obsessing about getting what you want and stressing about the outcomes while failing to show up?

Here's to rockin' it!!

*"For superheroes, love is not a mere sentiment or emotion. It is the ultimate truth at the heart of creation."*

~ Deepak Chopra

## RISING TO THE OCCASION

"Often in both ancient Indian and Greek mythology, great demons, plagues, or other nemeses will rise from the oceans, be spawned by volcanoes, or be conceived from the desert sands. These dark forces threaten to annihilate humanity, and their mere appearance usually stirs up great panic and chaos. This serves as the hero's call to action; when he recognizes that the planet or its people are threatened, it is a personal threat. There is no barrier between the individual Self and the universal Self, so when the latter comes under attack, the individual Self must rally its defenses and rise to the occasion."

The superhero doesn't whine and whimper during the most challenging times.

Nope.

For the hero, the most challenging times are a call to action.

How 'bout you?

How do YOU respond to challenges?

Do you want to pull the blanket over your head and call it a day when the alarm goes off in the morning?

Or, do you want to head to the closet to put on your cape and go out and rock it? :)

Here's to seeing the global challenges we're facing as a CALL TO ACTION. Not as a call to complain, criticize and throw our hands up in despair.

## CHARACTERISTICS OF THE UNIVERSAL SELF

Wondering how we feel when we're aligned with that superhero-esque energy of our universal Self?

Here's how Deepak describes it: "Certain personality characteristics become evident when we are in touch with our universal Self.

We are immune to criticism, but responsive to feedback. This means that on the emotional, psychological, and spiritual levels, we feel neither beneath nor superior to anyone else. This doesn't mean we are arrogant or cocky, but a quiet confidence and dignity radiate from us that result in a fearlessness and readiness to creatively take on any challenge. It also means we are never the victim of self-importance, knowing that all self-importance is a form of self-pity in disguise.

We relinquish the need for approval and control. This means that our actions are independent of the opinions of others and detached from expectations. We are motivated by our own powerful instincts and their evolutionary outcome, not because we have any expectations for payback.

We empower others by allowing them to be themselves. This means we react to people without preconditions and preconceptions. We accept people for who they are and do not force them to conform to our needs and expectations. In doing so, we empower others to express their full potential as well."

That's amazing.

To re-cap: When we're connected to the highest within ourselves:

- We are immune to criticism but open to feedback
- We radiate with a fearlessness and readiness to rock it
- We let go of the need for approval
- We empower others by allowing them to be themselves

I like it.

*"Compassion, courage, and creativity power superheroes and motivate all of their intentions and actions."*

~ Deepak Chopra

## BODHISATTVAS: THE HEROIC MINDED-ONES

"Buddha, or "the enlightened one," as he was known at this stage of his life to his disciples, proposed that there was a step more evolved than even enlightenment, or personal release from suffering. It was to share with others the wisdom gained and the experience of higher guidance, and in doing so elevate them to the same stage. Compassion in action. Love as the ultimate superpower encoded in total self-knowing and self-awareness.

Buddha called those who had evolved to this stage of sharing the ultimate truth bodhisattvas. It should be no surprise that the word bodhisattva translates as "heroic-minded one," or in common parlance "superhero."

The bodhisattva.

I just love the concept of moving beyond one's personal enlightenment to serve others and I never knew that the word bodhisattva translated as "heroic-minded one."

Makes sense though.

[Joseph Campbell](#), who articulated the concept of the "hero's journey" tells us that the truly heroic act isn't just following your bliss in pursuit of your personal holy grail. It's all about "bringing the boon" back bodhisattva-style.

Here's how Campbell puts it in [Pathways to Bliss](#) (see Notes): *"The whole idea is that you've got to bring out again that which you went to recover, the unrealized, unutilized potential in yourself. The whole point of this journey is the reintroduction of this potential into the world; that is to say, to you living in the world. You are to bring this treasure of understanding back and integrate it in a rational life. It goes without saying, this is very difficult. Bringing the boon back can be even more difficult than going down into your own depths in the first place."*

Powerful stuff.

Let's remember that the superhero is the one who brings the boon back!!

P.S. For a full treatise on the mojo of the bodhisattva check out [The Way of the Bodhisattva](#)—and our Notes on it!

## SUPERHEROES LIVE THEIR IDEALS

"Superheroes don't teach principles or preach dogma; they live the ideals on which they are built."

\* queue chorus of singing angels! \*

Superheroes LIVE their ideals.

As we discuss throughout these Notes, the world needs DEMONSTRATION more than it needs INSTRUCTION.

We've gotta remember that talking about these ideas is \*rudimentary\* while actually living them is the advanced stuff!

Couple other things come to mind here.

First, [Emerson](#)'s wisdom: *"What you do speaks so loudly that I cannot hear what you say."*

And, the [Buddha](#)'s wisdom: *"Like a lovely flower full of color but lacking in fragrance, are the words of those who do not practice what they teach."*

Here's to LIVING our truths and being a shining example of what's possible as we make a true

difference in the world!

*"Superheroes do not \*feel\* compassion when faced with adversity or someone who is suffering. They \*are\* compassion."*

~ Deepak Chopra

## IMPULSES AND PROCESSES

"Superheroes understand that creativity is not an impulse, but a process. Superheroes become masters of this process by harnessing the power of creativity through nine specific steps. Here's how you can access the Law of Creativity in your life:

1. Intended outcome.
2. Information gathering.
3. Information analysis.
4. Incubation.
5. Insight.
6. Inspiration.
7. Implementation.
8. Integration.
9. Incarnation."

As you know, it's REALLY easy to get all geeked up about an awesome idea.

And then drop the ball.

As Deepak tells us, superheroes understand that creativity is not an \*impulse\* it's a PROCESS. Huge difference. Check out the book for a detailed look at how to rock the nine specific steps of the Law of Creativity.

For now, remember that it's all about the creative process. And, let's chew on this wisdom from [Mary-Elaine Jacobsen](#)'s great book *The Gifted Adult* (see Notes): "*The difference between a creative person and a creative producer is hard work.*"

## HOW CAN I BE OF SERVICE?

"Like all superhero stories, Iron Man's is an exaggerated metaphor for a way of looking at your own life. You don't have to be a weapons manufacturer turned benevolent superhero to flex the superpower of creativity. In fact, it's a lot easier than that. Today, ask yourself one question: How can I be of service?"

That makes it easy, eh?

—> How can I be of service?

The question of superheroes. :)

## VISION MUSCLES

"Practice clarity of vision. What do you want to create? Ask yourself what you really want, why you really want it, and if manifesting it will serve a higher purpose for humanity."

Deepak's questions are \*amazing.\*

Clarifying our vision is just like working out. We've gotta show up consistently. I GUARANTEE you that if you consistently ask yourself these types of questions your life will profoundly change for the better. So, let's bust out our journals and take a moment to reflect on this goodness. :)

What do you want to create?

What do you really want? Why do you want it? And, will it serve a higher purpose for humanity?

## WILL YOU BE A SUPERHERO?

“As in the pages of comic-book stories, the consequence of not pursuing our full potential could be dire. Turning a blind eye to the full potential of who we can be—and who we really are—risks the fracturing of our collective soul. So that’s the brink on which we currently rest, the cusp of an Armageddon of the soul. It’s in these times that great heroes rise up to heal our collective wounds. Now you know the skills to be one.

Will you?”

[Eknath Easwaran](#) echoes this wisdom in *Conquest of Mind* (see Notes) where he says: “To fail to live up to this challenge, my spiritual teacher used to say, is simply being irresponsible. This is not asking for perfection but merely expecting us to do our best to grow. If we do not do this much, we are depriving life of a contribution that only we can make. Spiritual living is responsible living. I am responsible not only for myself but for all of you, just as all of you are responsible for each other and for me.”

And, here’s how [Steven Pressfield](#) puts it in his must-read *The War of Art* (see Notes): “Creative work is not a selfish act or a bid for attention on the part of the actor. It’s a gift to the world and every being in it. Don’t cheat us of your contribution. Give us what you got.”

Here’s to living up to the challenge, becoming the superheroes we’re destined to be and giving the world all we’ve got!



**Brian Johnson,**  
*Chief Philosopher*

If you liked this Note,  
you’ll probably like...

[The Seven Spiritual Laws  
of Success](#)

[The Spontaneous  
Fulfillment of Desire](#)

[Pathways to Bliss](#)

[The War of Art](#)

[Conquest of Mind](#)

## About the Author of “The Seven Spiritual Laws of Superheroes”

DEEPAK CHOPRA



Deepak Chopra is the founder of The Chopra Center for Wellbeing in Carlsbad, California, and is acknowledged as one of the master teachers of Eastern philosophy in the Western world. He has written more than fifty-five books and has been a bestselling author for decades, with over a dozen titles on the *New York Times* bestseller lists, including *Buddha* and *Jesus*.

## About the Author of This Note

BRIAN JOHNSON



Brian Johnson loves helping people optimize their lives as he studies, embodies and teaches the fundamentals of optimal living—integrating ancient wisdom + modern science + common sense + virtue + mastery + fun. Learn more and optimize your life at [brianjohnson.me](http://brianjohnson.me).