

How to Succeed in Life: Secrets of the Masters

John Amaro, LAc, DC, Dipl. Ac.(NCCAOM), Dipl.Med.Ac.(IAMA)

On a bulletin board in my office I have the following laws posted, which I have reviewed daily for nearly 40 years. I am asked by patients and visitors a minimum of three to four times per week if they can have a copy of what is to follow. To read and study the following rules of life on a daily and weekly basis will without question have an impact on your family, social life and practice.

Post these laws in a conspicuous place and read just one or two of them each morning. Do not try to intently study and focus on all of these laws daily. Once you have reviewed each of these, take one law per day and focus on that one law for the entire day and evening. Once per week read and review all the laws. Make these laws an integral part of your life and memorize them. Doing this will be met with incredible rewards; to ignore this advice may be one of the most foolish things you will have ever done. What will become of your personal development, practice and life adventures will be forever positively altered by knowing and using these laws.

I first learned these laws by one of my early mentors, a master of the martial arts and master of acupuncture in Kowloon, China in 1972. I can say without hesitation each of these laws has made a major impact in my life, and I sincerely do not believe my practice and personal success would have come as early as it did without these philosophies.

Lao Tzu has been credited with saying, "A journey of a thousand miles begins with a single step." Best wishes on your life journey, you've taken the first step.

THE LAW OF CREATION: Whatever we think about and focus on, grows into reality. We create the situations we think about throughout the day. Think you will succeed, you will. Think you will fail, you will do that too. Focus on being sick, you end up creating the illness, focus on being healthy and vibrant, you create that as well. Think you are old, others will perceive you that way. Feel and think you are young, you will create that as well.

THE LAW OF ATTRACTION: We attract people, places, things and circumstances into our lives in direct proportion to our wants, needs and desires. People and situations come into our lives not by accident, but by our attraction and creation of the need.

THE LAW OF CONTROLLING OUR OWN LIFE: If we are not specifically controlling our own life and creating the circumstances which are necessary to meet our desires, we will become an instrument for others who do have control of their own life. We in essence will be used by others to meet their mission and destiny.

THE LAW OF RELAXATION: With physical laws, the harder we work, the more is accomplished. With mental laws, the more we relax, believe and expect to succeed with ease and confidence, the better the results.

THE LAW OF RECIPROCITY: Whatever we see in the universe sees us! Whatever attitudes, feelings, thoughts and desires we put out, regardless of if they are negative or positive, will always return to us.

THE LAW OF THE UNIVERSE (KARMA): Like the Law of Reciprocity, which deals with mental factors, the Law of Karma deals with physical manifestations. This law is what may affect our personal belongings, physical health and financial status. This law works both negatively or positively depending upon what we have put out in the universe.

THE LAW OF RETURN: Our rewards in life are in direct harmony with the value of our products, services or ideas. Very important!

THE LAW OF SUBSTITUTION: Consciously substitute all negative thoughts with positive ones immediately upon experiencing the negative thought. We can only experience one thought at any given time, therefore by substituting a positive for a negative, only positive will reach the subconscious.

THE LAW OF BELIEF: Whatever we believe with strong feelings becomes our reality. We are not limited by what we think we can do, but by what we think we can't. Self-limitations are not based upon reality; they are based on negative belief systems.

THE LAW OF PRESENT TIME CONSCIOUSNESS: It is imperative that we live in the present as opposed to "tomorrow," or in the past. Preparing for tomorrow with righteous living and positive thoughts prepare us for what we will manifest, however, it is what we do today, right now (present time consciousness) which is important to achieve the rewards of life.

THE LAW OF PERSONAL GROWTH: "To become, act and feel as if." To become a successful practitioner, businessperson, parent, sports player, etc. act and feel as if you are already successful. The human spirit will act upon what it is given.

THE LAW OF EXPECTATION: We must know what it is we want to accomplish or obtain before the universe can manifest our desires. Most people don't know what they want due to unclear thinking and foggy mental vision.

THE LAW OF CLARITY: The clarity of our mind and thoughts are in direct proportion to the physical clutter in our lives. Take a look around you.

THE LAW OF CAUSE AND EFFECT: Within universal law, our thoughts are the cause; the conditions, either good or bad, are the effects. The outcome is totally dependent on our creation of thought. See the LAW OF CREATION.

THE LAW OF PERSEVERANCE: People who succeed never stop trying. People who stop trying, never succeed.

THE LAW OF FORGIVENESS: Forgiving all others is a necessary and effective purgative for a successful life. The law doesn't demand that we like the other person or situation, just that we forgive them and let go of the mental chains which entrap us.

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