



Notes from Nov. 2, 2017 Love Ninja Leadership Circle call

by Gina Murdock

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TOPIC: Intention and Surrender.

Please see below some great quotes related to this topic and a “How To” from Deepak Chopra. We also recommend using your “Lead with Love” Retreat Workbook as a guide and prompt. Take some notes from the sessions you attended while it’s still fresh!

I highly recommend “[The Seven Spiritual Laws of Success](#)” from Deepak for some daily wisdom to integrate into life. These universal “laws” help lay the foundation for a more meaningful and “awake” life of love and purpose.

Please join us next month, Thursday, Dec. 7th from 12-1:30pm mtn time. Topic is Dharma and purpose and we will explore how to write your story and some tools to stay on track to live a life that is true to your soul’s purpose!

Please stay engaged in between calls on our Love Ninja Leadership Circle Facebook page and feel free to reach out to hello@aspennwellbeing.org with any comments or questions.

Most importantly please stick with it and share with your friends so we can grow this circle and support each other in our growth and learning. It is open to anyone who attended Lead with Love or not.

[YOUTUBE LINK](#) for video recording from November 2nd.



HOMEWORK for November:

Set a daily intention and make sure to bring it to life every morning by creating a quiet space to listen inwardly and ask “What is my intention today?”

When you hear the answer come forward, speak it to yourself: “My intention today is...” and then let it go! Take a moment to pause throughout the day, connect with your heart (it can be helpful to put your hand on your heart), and remember your intention. Try to navigate your life in such a way that you are creating thoughts and actions that lead you to fulfilling that intention without forcing, just small actions that nudge you toward fulfilling your desires. Surrender is a process of TRUSTING the Universe/God/Spirit that WHAT IS is what is for you to learn and grow from. Don’t resist or fight with reality. Accept what is, learn what you can and show up in Love as best as you can in any situation regardless if it is pleasing or not. Spiritual mastery is not about getting what you want. It is about BEING with what is, directing the outcome via heartfelt intention and then letting go and trusting what is and working with it to the best of your ability without casting blame. Trust and accept, everyone is doing the best that they can from their level of awareness, including you. Most important, be gentle with yourself on the journey! Sometimes (often) the hardest lessons turn out to be the biggest gifts.

Remember what Jerry said, a quote from Swami Rama: *“You direct your Karma in the present moment otherwise your past Karma directs you.”*

Present moment awareness and conscious decision making creates new karma and helps you transcend past karma. If this language is new to you, don’t worry and please just take what resonates with you and leave the rest. We are pulling from ancient wisdom and doing our best to translate into modern times. Always use your own body/mind and intuition with any teaching to see if it resonates with you. Do not blindly accept. Research, read, listen, ask questions. When you find the information that hits you in that place of truth inside and you hear or feel, “THIS is for me. This makes sense. This resonates with me deeply...” then you know you are on the right path and you have found one of your teachers in life. Don’t be attached to an outcome, just be in the process of inquiry and know it is a lifelong journey and you are not alone!

Thanks for sharing your journey with us!



QUOTES and NOTES for Intention and Surrender:

“Your beliefs become your thoughts,
Your thoughts become your words,
Your words become your actions,
Your actions become your habits,
Your habits become your values,
Your values become your destiny.”

— Mahatma Gandhi

“You are what your deep, driving desire is. As your desire is, so is your will. As your will is, so is your deed. As your deed is, so is your destiny. [Brihadaranyaka IV.4.5]”

— Anonymous, The Upanishads

“There is a vitality, a life force, an energy, a quickening that is translated through you into action, and because there is only one of you in all time, this expression is unique. And if you block it, it will never exist through any other medium and will be lost.”

— Martha Graham

Wisdom from The Bhagavad Gita

You have a right to perform your prescribed duties, but you are not entitled to the fruits of your actions. Never consider yourself to be the cause of the results of your activities, nor be attached to inaction.

Do your duty, but do not concern yourself with the results. We have the right to do our duty, but the results are not dependent only upon our efforts. A number of factors come



into play in determining the results—our efforts, destiny (our past karmas), the will of God, the efforts of others, the cumulative karmas of the people involved, the place and situation (a matter of luck), etc. Now if we become anxious for results, we will experience anxiety whenever they are not according to our expectations. So Shree Krishna advises Arjun to give up concern for the results and instead focus solely on doing a good job. The fact is that when we are unconcerned about the results, we are able to focus entirely on our efforts, and the result is even better than before.

A humorous acronym for this is NATO or Not Attached to Outcome. Consider its application to a simple everyday activity such as playing golf. When people play golf, they are engrossed in the fruits—whether their score is under par, over par, etc. Now if they could merely focus on playing the shots to the best of their ability, they would find it the most enjoyable game of golf they have ever played. Additionally, with their complete focus on the shot being played, their game would be raised to a higher level.

The fruits of your actions are not for your enjoyment. To perform actions is an integral part of human nature. Having come into this world, we all have various duties determined by our family situation, social position, occupation, etc. While performing these actions, we must remember that we are not the enjoyers of the results—the results are meant for the pleasure of God. The individual soul is a tiny part of God (verse 15.7), and hence our inherent nature is to serve him through all our actions.

dāsa bhūtamidaṁ tasya jagatsthāvara jangamam

śhrīmannārāyaṇa swāmī jagatānprabhurīśhwaraḥ (Padma Puran)[v40]

“God is the Master of the entire creation; all moving and non-moving beings are his servants.” Material consciousness is characterized by the following manner of thoughts, “I am the proprietor of all that I possess. It is all meant for my enjoyment. I have the right to enhance my possessions and maximize my enjoyment.” The reverse of this is Spiritual consciousness, which is characterized by thoughts such as, “God is the owner and enjoyer of this entire world. I am merely his selfless servant. I must use all that I have in the service of God.” Accordingly, Shree Krishna instructs Arjun not to think of himself as the enjoyer of the fruits of his actions.

Even while working, give up the pride of doership. Shree Krishna wants Arjun to give up kartritwābhimān, or the ego of being the doer. He instructs Arjun never to chase after preconceived motives attached to his actions nor consider himself as the cause of the results of his actions. However, when we perform actions, then why should we not consider ourselves as the doers of those actions? The reason is that our senses, mind, and intellect are inert; God energizes them with his power and puts them at our disposal. As a result, only with the help of the power we receive from him, are we able to work. For example, the tongs in the kitchen are inactive by themselves, but they get



energized by someone's hand, and then they perform even difficult tasks, such as lifting burning coal, etc. Now if we say that the tongs are the doers of actions, it will be inaccurate. If the hand did not energize them, what would they be able to do? They would merely lie inert on the table. Similarly, if God did not supply our body-mind-soul mechanism with the power to perform actions, we could have done nothing. Thus, we must give up the ego of doing, remembering that God is the only source of the power by which we perform all our actions.

All the above thoughts are very nicely summarized in the following popular Sanskrit verse:

yatkṛitām yatkarīṣhyāmi tatsarvaṁ na mayā kṛitam
tvayā kṛitām tu phalabhuk tvameva madhusūdana [v41]

"Whatever I have achieved and whatever I wish to achieve, I am not the doer of these. O Madhusudan, you are the real doer, and you alone are the enjoyer of their results." Do not be attached to inaction. Although the nature of the living being is to work, often situations arise where work seems burdensome and confusing. In such cases, instead of running away from it, we must understand and implement the proper science of work, as explained by Shree Krishna to Arjun. However, it is highly inappropriate if we consider work as laborious and burdensome, and resort to inaction. Becoming attached to inaction is never the solution and is clearly condemned by Shree Krishna.

Wisdom from Dr. Deepak Chopra on Intention and Letting Go (Surrender)

Intention is the starting point of every dream. It is the creative power that fulfills all of our needs, whether for money, relationships, spiritual awakening, or love.

Everything that happens in the universe begins with intention. When I decide to buy a birthday present, wiggle my toes, or call a friend, it all starts with intention.

The sages of India observed thousands of years ago that our destiny is ultimately shaped by our deepest intentions and desires. The classic Vedic text known as the Upanishads declares, "You are what your deepest desire is. As your desire is, so is your intention. As your intention is, so is your will. As your will is, so is your deed. As your deed is, so is your destiny."

An intention is a directed impulse of consciousness that contains the seed form of that which you aim to create. Like real seeds, intentions can't grow if you hold on to them. Only when you release your intentions into the fertile depths of your consciousness can they grow and flourish. In my book [The Seven Spiritual Laws of Success](#), the Law of Intention and Desire lays out the five steps for harnessing the power of intention to create anything you desire.

1. Slip into the Gap



Most of the time our mind is caught up in thoughts, emotions, and memories. Beyond this noisy internal dialogue is a state of pure awareness that is sometimes referred to as “the gap.” One of the most effective tools we have for entering the gap is meditation. Meditation takes you beyond the ego-mind into the silence and stillness of pure consciousness. This is the ideal state in which to plant your seeds of intention

2. Release Your Intentions and Desires

Once you’re established in a state of restful awareness, release your intentions and desires. The best time to plant your intentions is during the period after meditation, while your awareness remains centered in the quiet field of all possibilities. After you set an intention, let it go—simply stop thinking about it. Continue this process for a few minutes after your meditation period each day.

3. Remain Centered in a State of Restful Awareness

Intention is much more powerful when it comes from a place of contentment than if it arises from a sense of lack or need. Stay centered and refuse to be influenced by other people’s doubts or criticisms. Your higher self knows that everything is all right and will be all right, even without knowing the timing or the details of what will happen.

4. Detach from the Outcome

Relinquish your rigid attachment to a specific result and live in the wisdom of uncertainty. Attachment is based on fear and insecurity, while detachment is based on the unquestioning belief in the power of your true Self. Intend for everything to work out as it should, then let go and allow opportunities and openings to come your way.

5. Let the Universe Handle the Details

Your focused intentions set the infinite organizing power of the universe in motion. Trust that infinite organizing power to orchestrate the complete fulfillment of your desires. Don’t listen to the voice that says that you have to be in charge, that obsessive vigilance is the only way to get anything done. The outcome that you try so hard to force may not be as good for you as the one that comes naturally. You have released your intentions into the fertile ground of pure potentiality, and they will bloom when the season is right.

The Law of Intention and Desire (From The Seven Spiritual Laws of Success, Dr. Deepak Chopra)

Inherent in every intention and desire is the mechanics for its fulfillment . . . intention and desire in the field of pure potentiality have infinite organizing power. And when we introduce an intention in the fertile ground of pure potentiality, we put this infinite organizing power to work for us.



I will put the Law of Intention and Desire into effect by making a commitment to take the following steps:

1. I will make a list of all my desires. I will carry this list with me wherever I go. I will look at this list before I go into my silence and meditation. I will look at it before I go to sleep at night. I will look at it when I wake up in the morning.
2. I will release this list of my desires and surrender it to the womb of creation, trusting that when things don't seem to go my way, there is a reason, and that the cosmic plan has designs for me much grander than even those I have conceived.
3. I will remind myself to practice present-moment awareness in all my actions. I will refuse to allow obstacles to consume and dissipate the quality of my attention in the present moment. I will accept the present as it is, and manifest the future through my deepest, most cherished intentions and desires.

Excerpt from Swami Rama "The Essence of Spiritual Life"

Karma

A person performs actions and is remunerated. The fruits of the actions motivate him to perform actions again, and then again he is rewarded. It becomes a cycle: the fruit arises out of the action, and the action out of the fruit. From time immemorial, life has proceeded in this manner. This is called the wheel of karma.

The law of karma is equally applicable to all. Our past samskaras are deeply rooted in the unconscious. These latent samskaras, or impressions, create various bubbles of thoughts that express themselves through our speech and actions.

It is possible for the aspirant to get freedom from these samskaras. Those who can burn these samskaras in the fire of non-attachment or knowledge, are free from the bondage created by them. It is like a burnt rope that has lost its binding power, though it still looks like a rope.

When latent impressions, though still in the unconscious, are burned by the fire of knowledge, they lose the power of germination, and will never grow. They are like roasted coffee beans. You can use them to brew a cup of coffee, but they have no power to grow.

No one can live without performing actions. When you perform actions, therein you reap the fruits of your actions. "As you sow, so shall you reap." Nobody can escape from this law.

When you reap the fruits of actions, those actions inspire you to perform more actions. Seemingly, there is no end. This creates a sense of helplessness. You cannot live without doing your duty, but when you do your duty, you find yourself caught in a whirlpool. You are not happy because duty makes you a slave.



The first thing you should learn is how to perform your actions, yet remain unaffected. Your duty should not give you stress and strain. It should not make you a slave. You just need to change your attitude. Decide in the morning that you will do your duty lovingly, no matter what is expected.

If you think like that, you will find that you will not be tired at the end of the day as you usually are.

You have no alternative but to learn to love your duty. Then it becomes easy. If you do not love something, and yet you do it, it creates a division in your mind, and gives you stress. Learn to create love toward your duties. It can be done.

This is called human skill, human effort. Grace dawns when you have completed your human efforts. Therefore, do your human efforts with love. Learn to love.

It is possible to live perfectly on earth if one is able to work and to love—to work for what one loves, and to love what one is working at.

Non-Attachment

If you really want to enjoy life and be happy, learn to practice and understand the philosophy of non-attachment.

Often Westerners think that the philosophy of non-attachment is impossible to practice. If you dive deep into the thinking process, you will find out that it is the only philosophy that helps.

Non-attachment is like a fire that can burn the binding power of past samskaras.

Non-attachment does not mean indifference or non-loving. Non-attachment and love are one and the same. Non-attachment gives freedom, but attachment brings bondage.

We have come from the unknown, we will return to the unknown. We should be grateful to the Lord, to Providence, for whatever we have. All the things of the world are meant for us and we have the right to use them. However, they are not ours, so we should not possess them. We have no right to establish ownership over the things we have, because they have been given to us to use, but they are not ours. We should use them as means, but we should not possess anything.

Learn to love all the things of the world, just as means but don't get attached to them.

This is the secret—the philosophy of non-attachment.

Realization of the greatness of the Divine Force and the evanescence of the objects of the world results in pure vairagya, (dispassion). In the light of dispassion, or non-attachment, the aspirant attains freedom from his desires, whims, ambitions, and anxieties.

Being free from all distractions, he can undertake his practice wholeheartedly.

Non-attachment enriches the nature of his practice. Practice combined with non-attachment helps him to continue his search until he reaches the goal.