

Deepak Chopra

Please note that due to the call being LIVE on Tuesday, November 1st, only the Deepak Chopra portion of the Kick-Off Webinar has been transcribed. The full transcript will be posted within 48 hours

Welcome to the Art of Love Relationship Series with your hosts Arielle Ford and Claire Zammit, brought to you by *The Soulmate Secret & Calling in "The One"*, today's leading online courses designed to help you manifest the love of your life.

Today's Art of Love Relationship Seminar is with Deepak Chopra discussing "Awakening The Power To Create the Love You Want."

Deepak Chopra is a world-renowned authority in the field of mind-body healing, a best-selling author of over 55 books - including 14 bestsellers, and the founder of the Chopra Center for Wellbeing. Dr. Chopra is a fellow of the American College of Physicians, a member of the American Association of Clinical Endocrinologists, an adjunct professor at Kellogg School of Management, and a senior scientist with the Gallup Organization. Heralded by *Time Magazine* as the "poet-prophet of alternative medicine," he is also the host of the popular weekly Wellness Radio program on Sirius/XM Stars.

Claire: So welcome Deepak to the Art of Love Series, it's so great to have you with us.

Deepak: Thank you, thank you very much for having me.

Arielle: One of the things we wanted to talk to you about today is that so many people assume that deep and lasting love in our relationship should come as easy as breathing. However, when we look at our experience it seems that it's more challenging than that. Why do you think it's so hard for us to get the love we want in our relationships?

Deepak: I think from a purely spiritual perspective, love becomes fractured when we ourselves are fractured inside ourselves and when our ego overshadows our spirit. Our natural state is actually one of love. Like when we look at children, they are fully embodied in love. They display natural humanity which is unaffected, and they respond to gestures of love. They give you unabashed love, and it's only and their self-image over shadows their self that they lose the ability to love. So if we go back to our unconditioned mind, it is actually pure love. But our mind gets conditioned by the hypnosis of social conditioning and actually by the rules and regulations established around everything including love. So it's not natural to be not loving, it's not natural to be not the recipient and giver of love. It's unnatural. so I would say it is social indoctrination that makes for all these problems. People who know how to love or who know how to receive love don't have a social mask. They are like literally kids, they are innocent. They are comfortable with their positive as well as negative traits, because that's how we are. Everybody has positive and negative traits, but we try to be positive all the time, we try to put on our best behavior, and we lose the innocence.

Claire: So what is it that we can do to regain our ability to love and actually get the love that we are seeking in our relationships?

Deepak: Well, identify the people in your life that you are attracted to. They are your mirrors, identify the people in your life that you are disgusted by, they are your mirrors, write down all the traits. Say “me” and thank you God for making me just like that. When you accept that ambiguity of your soul, if you accept that to have negative qualities is not to be flawed but to be complete, then you are all set. I mean there is nothing more attractive than a person who radiates simple, unaffected humanity because they are comfortable with themselves, and they are comfortable with the ambiguity of their deeper self, that they have both the positive and the negative and that’s the way we are.

So I sometimes teach a visualization to people to imagine themselves in a relationship and then to look at that person in their imagination, look into their eyes and keep saying to that person just through their eyes, “I love myself exactly as I am. Thank you God for making me just like me. I’m a beautiful person, I’m a wonderful person, and I’m fine just as I am. I love myself just as I am.” The oldest idea of self improvement is kind of always so disciplined when in fact self-evolution and personal growth and human potential unfold quite naturally when you allow them to unfold. Just like children, they unfold naturally, totally naturally until we introduce discipline to them. Children learn language naturally. They learn emotional skills through mirror neurons. There’s nothing that happens in a child that is not the natural unfoldment of billions of years of evolutionary intelligence.

Arielle: Deepak, I’ve heard you talk about the four A’s that are so important to a great relationships, and I don’t remember all of them. Was it appreciation, affection, attention –

Deepak: Three predominantly, appreciation, attention and affection. Attention means deep listening, and therefore you don’t listen through a condescending manner. You are totally present when you are listening. You have empathy which means you are trying to see the person’s perspective from their consciousness, and you are not in a hurry to give advice or react. You don’t interrupt, and your body language actually shows that you are deeply listening. I’m just talking to a Stanford Neuroscientist, and he mentioned to me that when you practiced this deep listening, the amygdala of the person and the hippocampus of the other person start to cool down. “Cool down” means it shows less activity. The amygdala is the place in the brain where you actually process emotions like fear and anxiety. So you are actually cooling down those primitive parts of the brain in another person just by listening to them. You’re not doing anything except attentive listening. That’s amazing because what you are doing is actually changing their brain activity and even the structure of the brain because the structure is dependent on protein being laid down and that requires gene modulation. You are influencing the on-off switches of another person’s genes in their neurons by deep listening.

So that's one thing, attention and the second is appreciation. Noticing a strength. I've been recently looking at some very interesting data from Gallop where they said that if a manager criticizes their subordinates, then disengagement climbs to 25% and people get sick. If on the other hand he doesn't criticize them but ignores them, it gets even worse - 45%. But if he noticed a single strength and appreciates that strength, disengagement was less than 1% and people get healthy. Now aside from why are discussing this in the area of love, it also economically according to our Gallop's Statistics, this costs about 280 billion dollars in lost economic wellbeing in the country. Disengaged people because they are not being listened to or they are not being appreciated. And the third is affection which means deep caring and knowing that you are there for another person.

Now all these things by the way are being studied now as neuroplasticity. That this kind of engagement in relationships rewires the brain and that actually rewires the brain in the direction where love actually becomes a healing force because it influences hormones, it influences self-repair mechanism, it influences what we call homeostasis which is self-repair and self-regulation in our biology. So it turns out that love is the most powerful healing that can happen and this happens through a phenomenon in the brain called limbic resonance, limbic regulation and it's very powerful, it's biological. When people are in love, they are resonating. Their brains are resonating, their hormones are resonating and not only that. They are healing each other, they are monitoring each other's biology, they are being regulated by and regulating each other's biology in the direction of healing.

Claire: So for many of us, it really does occur like the other person is wrong and that's why we can't actually get the love that we are seeking, but it sounds like with a lot of these practices, one person can really cause a breakthrough in their relationship. I'm wondering if you can share with us your thoughts about the power that one person really has to shift these dynamics in their life?

Deepak: Yes one person can just be – realize that they have the power to influence their relationship if they just give up being right and listen and notice something good about the other person because no matter who the other person is, there is something good about them. Again, we did some very interesting research in Gallop and we found that if you have a happy friend, then your happiness goes up by 15%. But if your happy friend has a happy friend whom you don't know, it goes up another 10%. And if your happy friend's happy friend has a happy friend that you don't know, it keeps going up. So when we first looked at this research we said "How could this be? How could the happiness of people affect your own happiness, and how does that influence what's happening in your body?" Because now we know that when people are happy they also make lots of serotonin and dopamine and opiates and oxytocin, all of which modules the immune system. So how does the happiness of a person on the street?

By the way, this happiness affects the all the way down to your enemies. So the happiness of your enemies also will make you a happier and healthier person. When you realize this, you say "What's going on?" and the answer is simple. All our minds are

entangled. When two people have conversations like I and Arielle are having a conversation, then of course it's many people. All the people in my life and all the people in Arielle's life. If Arielle husband is sick and I was worried about my job situation or whatever, then that would affect our conversation and of course the people in our life have people in their life, and they have people in their life who have people in their life so the Ubuntu saying in South Africa, "I am because you are," was absolutely true.

And not only the true, you cannot separate yourself from all minds whether you know them or not. That also includes minds when we go back to the minds of our ancestors because your mind was influenced by your parents mind and their live and who they were in relationship and those people and their parents, all the way back to the beginning of time. Our mind is not our own, it's entangled with all the minds going backward in time right now on our planet. And now because of social networks and Tele-seminars and Facebook and Twitter, the entanglement is getting even more accelerated, it's there but it's getting accelerated. When you realize that, that you are part of an entangled mind and that to shift in your own consciousness can affect the whole entanglement then you realize how much power you have. Nelson Mandela says "People are people because of people."

Claire: Wow that's such an exciting thought, to not just be able to have the power to shift the dynamic, but to contribute to the slowing field of connectivity and love and relatedness in our world and what that might begin to cause him and catalyze. So I'm just wondering as we are here in the beginning of this event where we have thousands of people coming together around the world, what might be a good intention for us to set about what we can create over the next ten days?

Deepak: I think the first intention would be to take it easy, because if you don't take it easy, then that is reflected. There's nothing you need to do but be yourself. That's the secret of attraction and then the second stage of love which is further down is second awareness. You hear what other people don't hear. You connect on a level where you feel that you are neither superior nor inferior, where your only intention is not to network but to relate, to enjoy the experience of love. I call that communion, it's deeper than communication. It's a connection at a soul level, and when there's communion then there is intimacy.

Intimacy means that you are in a place of vulnerability where you are naked not only in your sexuality, we say be naked, but even in emotional exchange. When you are totally naked and vulnerable. What's that poem of Rumi's? It's says if you are not naked by now, go back to sleep. So it means to be vulnerable, to actually not be defensive, it also means not feeling superior or inferior. It means to be present and not having your ego over shadow the experience of intimacy, and there are moments of timelessness when that happened which is exactly the peak experience of sexuality that we call orgasm. But if you are like that normally, you can have that ecstatic state all the time if you want.

And then beyond intimacy of course is the unfoldment of what we call *surrender* which is again having no desire to manipulate, to label, to control, to cajole, to convince, to

beg, to seduce. And once you do that, there will be awakening of true passion which is the unfolding of the masculine and feminine archetypes in your own self. The masculine archetypes being thing like decisiveness and also the whole area where you take action initiation. But there is also the unfolding of feminine archetypes like beauty and intuition and nurturing and tenderness and caring. And if we allow that to happen, then there's passion, there's true passion. What people normally called passion is not true passion. It's just temporary infatuation and that's why it doesn't last long. True passion is the awakening of the masculine and feminine in your own self, which can ultimately lead to ecstasy and that ecstasy is the enlightenment of love where you feel physical ecstasy as in sensuality, sexuality, physical relationship, but you also experience mythical ecstasy which is the awakening of the Gods and Goddesses inside you, and ultimately sacred ecstasy which is an experience of divine love through human relationship.

Arielle: God that's beautiful. Deepak before we let you go, will you share a little bit about your new "Secret of Love" CD, what inspired you to create this and how people can get it?

Deepak: Well, the "Secret of Love" CD is based on these ideas that I mentioned. And what I did was I summarized some of these ideas, but I also took sayings from ancient spiritual traditions. As you know, in the Vedic tradition there are four parts to enlightenment. The first is meditation. The second is love, the third is intellectual understanding, and the fourth is karma, yoga. So I took everything that we know about the yoga of love and I took those sayings or *sutras* as we call them. These days you would call them affirmations, but they are not affirmations because the affirmations are mental, whereas sutras are spiritual. So there the same ideas that you put in seed consciousness when you shift in awareness through music and poetry and that's what the secret of healing CDs is. It's available everywhere. You can download it from iTunes, you can go to the Deepak Chopra website, Amazon, wherever.

Arielle: Well thank you so much for sharing all your wisdom on love and attraction and divinity with us today, and we'll be talking to you real soon.

Deepak: Okay great, thanks.

Arielle: Thank you.

Claire: Thank you so much Deepak.

Deepak: Bye, thanks.

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To find out how to manifest your own Soulmate you can visit our program information pages at SoulmateSecretCourse.com & Callingintheonecourse.com

On behalf of your hosts Arielle Ford, Claire Zammit and our event partners, we want to thank you again for participating in this series and send you much love and support on your journey to discovering the keys to deep connection, soulful passion, and lasting love in your life.