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Breath of the Dragon: How to Create a Successful Life

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I had the good fortune in 1973 to study and observe acupuncture and martial arts in Kowloon and Hong Kong, China. While in Kowloon, I was the student of Tam Po Kwan, one of the most revered masters of his time. This yearlong experience was the impetus to continue my study of a variety of life's mental energetics, leading to a very successful practice.

On my return to the U.S., I continued my studies with various masters, collecting from them a host of thoughts and philosophies, which they considered the most powerful of the "laws of life." What follows is important rules that govern a successful life and practice. When I studied in China, this type of mental focus was referred to as "Breath of the Dragon."

Post these laws in a conspicuous place and read just one or two of them each morning. Don't try to study them all at one time. Make these laws an integral part of your life and know them by memory. You'll reap incredible rewards. What will become of your personal development, practice and life adventures will be forever positively altered by knowing and using these laws.

The Law of Creation: Whatever we think about and focus upon grows into reality. We create the situations we think about throughout the day. If you think you will succeed, you will. If you think you will fail, you will. If you think you are old, others will perceive you that way. The same is true for youthfulness.

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 creation of the need.

The Law of Controlling Our Own Lives: If we are not specifically controlling our own lives and creating the circumstances necessary to meet our desires, we become instruments used by others to meet their missions.

The Law of Relaxation: With physical laws, the harder we work, the more we 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 attitude, feelings, thoughts and desires we put out, regardless if they are negative or positive, 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 negatively or positively, depending upon what we have put out to the universe.

The Law of Return: Our rewards in life are in direct harmony with the value of our products, services or ideas.

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, but are based on negative beliefs.

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 prepares 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 a successful practitioner, businessperson, parent, athlete, etc., become, 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.

The Law of Clarity: The clarity of our mind and thoughts is 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.

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 other persons or situations, just that we forgive them and let go of the mental chains that entrap us.

Lao Tzu observed that "A journey of a thousand miles begins with a single step." Best wishes on your life journey; you've taken the first step!

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