

The Law of Pure Potentiality

Sanskrit Mantra: Om Bhavam Namah

I am pure potentiality – silence/nature/non-judgment

This is the first Principle and is associated with Sunday. This Principle puts forth that we all have unlimited potential and often potential that we may not realize or recognize unless we focus in on some of the actions that allow us to bring this potential to our awareness. The Principle of Pure Potentiality is probably the most fundamental of all the Principles and it could be said that all the other Principles work towards the full realization of this most important Principle.

So, how do we recognize our pure, unlimited potential?

Firstly, we suggest that the practice of silence will bring us to this awareness. So, if you think of any of the wisdom traditions, you will know that the practice of silence has always been a part of these traditions for centuries.

Silence can be achieved through meditation, all the different mindfulness techniques or simply sitting still with no distractions. The main goal is to have anywhere from 2-30 minutes of uninterrupted time in silence. I'm sure many of you are thinking right now that you don't have 30 minutes to even work out let alone sit in silence, but the more you practice this, the more time you seem to have – it's the oddest concept, but so true and there's really no way of scientifically explaining it right now.

Another way to develop your awareness of your full potential is to immerse yourself in nature. Taking a walk in a beautiful park, or going bird watching or walking along the ocean are all ways that will bring you closer to the natural environment and as such connect you more with your true essence. If you work all day in an office and don't have access to a natural habit nearby – think park, small flower garden or the like – then try and get a live plant that is easy to grow in your office. Now, if you don't have a green thumb, then don't stress yourself by adding this to the mix. At the end or the beginning of the day try and find an area where you can connect with nature if only for several seconds. If you are aware of the natural surroundings in your area then, as you are driving, riding on the train, or however you commute to work, you might notice these areas as you move past them. Just bringing your awareness to nature will help you begin connecting with this really important aspect of enlivening the law.

Lastly, it's suggested that we practice non-judgment. This means that we refrain from judging ourselves as much as we refrain from judging others. We recognize that our actions and intentions are as a result of where we are in our

life's journey and we give ourselves and others permission to make mistakes but then importantly to learn from these mistakes. However, whenever we slip up, we might say something like – this is a no judgment zone – or whatever works for you to help bring you to a place of non-judgment.

Remember leaders, we are a group that is probably judging all the time, right? It's most likely part of our DNA as we have to evaluate and analyze to determine business success. That being said, the non-judgment we are practicing here is about ourselves and other's behaviors. So, if an employee, a client or customer doesn't behave in a way we expect, we are going to attempt to remove our judgement from the equation. We take the situation at face value and move on from there. I will say, that this takes a lot of practice, but once you manage to remove judgement (in other words the emotional response to the situation at hand) things flow so much more easily and your responses to these types of situations become much more productive.

AFFIRMATIONS TO ENLIVEN THE LAW

I am pure potentiality; I am a field of all possibilities

(Your name) you embrace silence to embody your full potential.

(Your name) you commune with nature and embrace your potential and all possibilities that lie before you.

(Your name) you practice non-judgment and discover all the possibilities that open up to you.

VISUALIZATIONS TO ENLIVEN THE LAW

I am pure potentiality; I am a field of all possibilities

Visualize your ultimate dreams, desires, goals and wishes – use your senses to experience these visualizations – these will be your big dreams – your pure potential – so make sure you really feel what it's like to be living these grand dreams.

Visualize yourself experiencing silence in the beauty of nature – feel the tranquility and peacefulness of the scene – using your senses bring emotion to how you feel when you are experiencing the tranquility and peacefulness of your nature scene.

Visualize yourself practicing non-judgment – really feel what it is like when you practice non-judgment on yourself and others – again, bring in the emotion that you associate with non-judgment. You may want to visualize yourself practicing non-judgment in a situation that you've already experienced and in which you were very judgmental. Visualize how you would respond without judgement.