

**Spiritual and Abundant
Living -
10 Tips for Transforming
Your Luck**



By Rupal Mehta Turner
Spiritual and Abundant Living Expert

Congratulations on Your Decision to Download this Report! The fact that you've arrived here at this report at this particular moment in your life is significant. You are serious in searching for a better life — a way to live differently and deeper. You are now standing on the very threshold of this new life, a modern life built on the eternal truths and infinite support of ancient wisdom.

I am thrilled to share with you in this report a way of living that incorporates some of the most fascinating practices and profound wisdom extracted from ancient spiritual traditions coming from the Vedic sciences. The Vedas are the world's oldest living texts going back more than 5,000 years. You are about to explore how the truths set forth in the Vedas shape destiny, and how you can combine the energy principles of sciences (like Feng Shui, Vaastu and Numerology) with the power of ancient spiritual practices to reshape that destiny and enjoy a life of almost unimaginable harmony, support and abundance.

This special report is your starting point. And once you finish reading it, I will be your guide.

I have spent years studying one-on-one with some of the world's most renowned authorities on spirituality. In fact, one of the masters with whom I study comes from an unbroken line of great spiritual teachers (*acaryas*) that reaches back more than 5,000 years. Because of my status as an initiated disciple with this *acarya*, my study of the ancient Vedic sciences, and my training with masters worldwide — including years of living with monks and nuns where I embraced the lifestyle of simple living and high thinking — I myself am recognized as an expert on spirituality and abundant living.

My soul's passionate calling is to share with you authentic teachings from the world's most ancient spiritual texts and inspire and guide you on a path to healing, wholeness and joy.

Leave frustration and inner poverty behind. By cultivating our personal connection with the dynamic energies of the universe and its source, we can attain a life of profound abundance. This is a joyful path you can follow regardless of your particular faith or beliefs. These ancient teachings go beyond all traditions and philosophies to reflect the universal and eternal truth. If you wish to join me in *Spiritual and Abundant Living*, I promise you a life enriched by healthful living and spiritual connection that will nourish you emotionally, intellectually and physically. So if you're ready, let's get started now with an overview of how you're living.

Wishing You Peace & Abundance,



Rupal Mehta Turner
Spiritual & Abundant Living Expert



How Are You Living?

In Asian countries, it is believed that there are three types of luck. Each of them affects one-third of your life; together they rule your fortunes. These three forms of luck are ***Heaven Luck, Man Luck, and Earth Luck.***

Heaven Luck:

This is the luck we are born with. It can be described as fate (or karma) and it is set at birth. This is luck that we accumulated from before –in previous lifetimes that comes with us into this birth. The family into which we are born, our place of birth, our innate character and our destiny are all given to us by Heaven’s will. We cannot select our parents or change our families. Our destiny marks out our potential -- and luck is the means to realizing our potential. Luck is an invisible force that can seem to make someone’s life difficult at every turn or amazingly easy. We’ve all known people who seem to have "the Midas touch" where everything they do turns into happy accidents that lead to success. This Heaven Luck -- good, bad, or so-so -- is often considered to be karma, reflecting actions we have performed in the past – either earlier in this lifetime or even before then. A glimpse of our Heaven Luck is also revealed in our astrological chart and the line up of the planets at the time of our birth. Because Heaven’s luck is connected to our destiny or fate, it is a part of our luck that may be beyond our control and that perhaps certain events or situations are meant to take place in our life.

Man Luck:

This is the luck we achieve through our hard work, education, perseverance, character, virtues and good deeds. We have tremendous influence over the quality of our Man Luck – and therefore our lives – through our thoughts, words and actions. By making good choices, continually gaining

knowledge, and maintaining a positive mental attitude, we can fill our life with the "good" energy that attracts good luck and success. Our character and knowledge not only affect the near-term success of our endeavors, but also ultimately shape our destiny. In essence, we are always creating our future and fortunes with the choices we make today. Whatever we focus on creates our destiny. If our Heaven Luck is not in our favor or we are experiencing misfortune, then we can counteract the bad luck by using the virtues within us, following powerful meditative practices, or using purificatory ceremonies that raise our consciousness to a transcendental state. While these processes can at times reverse bad heaven luck, they require vigorous discipline and frequent practice.

Earth Luck:

This is the luck we "absorb" through our environment. Unseen energies are believed to exist in our environment. Some of these energies are either beneficial, enhancing our prosperity and health, or negative, creating obstacles and bringing about misfortune. Thus, where we live and work has a direct influence on the opportunities and luck that come our way. Through authentic or Classical Feng Shui and Vaastu (Indian Feng Shui), we can actually use the energies in our environment to help us succeed in our endeavors. By understanding how these energies interact with us, we can consciously and intelligently adjust our surroundings to bolster our good fortune and protect us from misfortune. Earth Luck is the easiest to change by manipulating environmental influences to attract good opportunities. Authentic or Classical Feng Shui and Vaastu can help you change the intensity and the degree of ups and downs you experience in life, making it easier to maintain a positive mental attitude and make good choices. In fact, used correctly, authentic Feng Shui and Vaastu can – by modifying your environment -- modify periods of bad luck so that misfortunes are minimized while good luck is magnified so it has the power to bring stunning success. Even if you are born into a situation that places you

at a disadvantage, using Feng Shui and Vaastu to enjoy good Earth Luck can change the course of your destiny -- helping you attain a life of true abundance.

Take Greater Control of Your Destiny!

You have a great deal of control over both Man Luck and Earth Luck. Earth Luck is the easiest to change by manipulating environmental influences in your home or workplace to attract good opportunities. Improving Man Luck requires personal discipline and can be harder to change. Since our own actions also play a role in what we attract in our lives, "***how we live in a home***" is just as important as the home we live in . Vaastu Shastra (Vedic or Indian Feng Shui) gives us guidelines for living a life of balance. Vaastu means "abode" and Shastra means "knowledge." Vaastu comes from the same vedic wisdom as yoga, meditation, and ayurveda.

If our heaven luck or destiny is against our favor or we're experiencing bad karma, then we need to use our man luck and the virtues within us to minimize the impact. The things we do today contribute to our destiny tomorrow. Vaastu advises us of 10 daily observances for creating good karma and leading a positive life; as you sow so shall you reap.

1. Non-violence through compassion (*Ahimsa*) This means abstaining from causing any pain or harm whatsoever to any living creature, either by thought, word, or deed. Many people may think that the meaning of Ahimsa is not to hurt any living being *physically*. But there is more to Ahimsa. The only way to stop hatred and violence is by replacing it with love. This love is not just cheap lip service, but must develop naturally from truly understanding ourselves not as material beings, but as pure spirit. To be non-violent means to feel no contempt towards any living creature. Allowing yourself to dislike someone or feel

prejudice violates Ahimsa. Disapproval, hatred, abuse, lying, speaking ill — even thinking ill — of others is violent.

If you truly practice Ahimsa, you will enjoy uncommon peace and centeredness. You will find the masks stripped away, seeing how spiritual ignorance and false pride and ego manipulate others to issue insults and harm. You will also be able to empower others to rise above their violent natures. Ahimsa is a quality of the strong. When thoughts of revenge, hatred or anger arise, first control your physical body. Give yourself a brief respite, even if it is only the time needed to take a deep breath. If you can, set up a sacred space in your home. Go there immediately — even if you just go there in your mind — and give yourself the chance to return to higher consciousness. Remember, there is no “rewind” in the tape recorder of life. The words you utter will remain. This is very, very difficult in the beginning. We live in a culture that has reinforced a belief in the reflex — and the right — of retaliating. But your soul is greater than anger. When you reflect and meditate, your mind will become calm. You will not be alone in reaping rewards. Anyone who attacks you will be changed. By “retaliating” with enlightenment, patience and self control, you transform an attacker’s heart and replace the anger with peace.

Never think of injuring another. We are all as tiny leaves on the same great tree. By injuring another, you injure yourself. By serving another, you serve yourself, and by watering the root of that great tree, all purposes are simultaneously served. Try to behold yourself in all beings. This will promote Ahimsa. There is a hidden power in Ahimsa which protects its practitioners. The invisible hand of God gives protection. Ahimsa is true sacrifice. Ahimsa is forgiveness. Ahimsa is Shakti (power). Ahimsa is true strength.

2. Honesty and truthfulness (*Satya*) Always speak the truth even though it may be unpalatable. “The truth shall set you free” is an eternal truth. That is why truthfulness is one of the four main pillars for all religions. Without honesty there can be no spiritual life. Being truthful is more than refraining from telling lies. If you’re aspiring to the spiritual path, discipline yourself not to speak falsely in any form. Even flattering someone just to obtain their favor is untruth. Scrutinize your motives carefully. Do not exaggerate just to gain personal importance, or make a sensation. Do not take pleasure in rumors. Do not be duplicitous or hypocritical. Do not accept bribes, monetary or otherwise. Try not to say *anything* unless it will spiritually benefit or uplift yourself or others. By taking a spiritual path, you seek to find your essential, eternal self, and to manifest it. In other words, because God — the ultimate source of all energies — is Absolute Truth, seeking truthfulness is the true purpose of life.

3. Non-stealing (*Astheya*) We should never encroach upon another person’s property or possessions. According to the *Sri Isopanisad* (the first and foremost of the 108 Upanishads or Vedas), “everything animate or inanimate that is within the universe is controlled and owned by God. One should therefore accept only those things necessary for himself, and which are set aside as his quota, and one should not accept other things, knowing well to whom they belong.” We should be content with whatever we get by honest means. The law of Karma is inescapable. For every action, there is an equal reaction that we will suffer or enjoy. All that we acquire in this lifetime is as temporary as our bodies. We are simply caretakers of our assets or wealth while we are here on the planet. At the time of death, we must give up our possessions. To think that anything belongs to us is *maya*, or illusion. Because of this illusion, those who are not self-realized put their “faith” in the power of a bank account. It is an illusion to think our material possessions will keep us safe. In fact, they will keep us from feeling

the truth: that our only real shelter is God (whatever we may call Him *Christ, Krishna, Allah, Yahweh, etc., or a higher being*).

4. Control of the senses (*Brahmacarya*) Keep focused on your spiritual path by recognizing that the lower urges and outside influences tempting you will not serve your long-term best interest. We are tantalized by promises of a quick fix, but they ultimately leave us feeling empty, frustrated that we have wasted our minutes, days and years. There is nothing wrong with meeting the proper needs of the senses. The challenge, however, is to avoid indulging our senses so greatly that tempt us to take dangerous detours off the path to self realization.

5. Selflessness (*Aparigraha*) According to Webster's dictionary, selflessness means having little or no concern for oneself, especially with regard to fame, position or money. It's easy then to think, "who's going to look out for me?" It's harder to realize the truth that when you give, you actually receive much more. By always thinking of, and doing good for others in a mood of gratitude, you can find that your personal needs are met almost magically.

6. Cleanliness (*Sauca*) This means we should be clean both internally and externally. Our mind, heart, intelligence, body, clothes, home, place of work, place of worship, and even our personal and business dealings – all should be clean. "Cleanliness is next to Godliness" may be a homely proverb, but it has deep wisdom for those interested in spiritual life.

All interpersonal dealings should be clean. As Swami Prabhupada says, "The political and intellectual leaders of this age are badly lacking in cleanliness. The country's political leaders claim they want to lead the people and help them, but

they actually have other motives in mind. Even at best, the nation's leaders want to engage the people in the cause of nationalism and the pursuit of illusory happiness. The very goals they want the people to strive for are stumbling blocks on the path of self realization. When there is ignorance, an impure heart, an unclean vision - where all is dirty - no one can expect to see purity. And in fact, no one really expects clean dealings even from the president, the father, or the priest." Real revolution means to cleanse one's body, heart, and mind and help others do the same.

There is a proverb in India that goes like this, "Laxmidevi, the Goddess of Fortune and Wealth will not enter into an unclean home." External cleanliness is essential for health, prosperity, and peace of mind. To internally cleanse your consciousness means to regularly and constantly meditate on the Supreme, and to studiously avoid degrading influences. Purity gives you personal power.

7. Contentment with what you have been given (*Santosh*) The mind is always hankering and lamenting for new objects of desire. The way to remain satisfied and peaceful is to practice gratitude in every aspect of your life and to constantly think of the welfare of others. Whenever you find yourself complaining, thinking your cup to be only half full, take a moment to pause and count your blessings and you will find that "your cup runneth over".

Modern culture bombards us with the message that having stuff equals happiness. The promised happiness of materialism, however, somehow never materializes. In fact, when we actually get what we think we want, we start yearning for something more, just as a fire fed with more fuel blazes even hotter. The drive to acquire "stuff" can even drive people to commit the most atrocious acts, all for fleeting satisfaction. The mind is always making thousands of plans to acquire, maintain and protect money and objects. If by chance,

something is lost, then the mind becomes utterly disturbed and equilibrium is lost. Our anxiety increases proportionately to the amount of "stuff" we have. Material objects are not bad in and of themselves. They become bad when we allow them to the truth we seek.

True peace of mind comes from an inner sense of satisfaction, and never from just surrounding ourselves with things. We may ask "how will I be satisfied if I don't get what I want?" The answer lies in knowing what is our real need. A child will become disturbed when his mother does not comply to his demand for a detrimental thing. We are this same child, and our God is this same loving father we can trust to see to our real needs. The Vedas advise us to seek our long-forgotten relationship with God as the ultimate acquisition.

8. Austerity (*Tapas*) Sometimes we have to enforce self-restraint or undergo some type of strict discipline to achieve a higher goal of happiness. In order to win a gold medal, you have to put in the practice. To look attractive, one has to forgo many good chocolates and yummy food. To make money, one has to work smart, and put in a lot of time and effort. In other words, nothing of value comes easily. There is no great victory without a great endeavor.

For spiritual advancement, you must rigorously endeavor to nurture an "I will never give up" attitude." Never accept defeat. Always believe that you will overcome. This mindset paves the way for the discipline to strip away all but the essentials in seeking our spiritual path.

The proverbial "carrot" that urges us on in our spiritual endeavor is usually two fold, one, disillusionment with our previous endeavors for happiness in the material world, and two, a glimpse of exquisite beauty and peace that promises

much much more.

9. Study of Spiritual Truths (*Swadhyaya*) What are the pressing questions vital to everyone? “What is the meaning of life? Why do we exist? Why is it, if I am in control, and want only happiness, do I constantly experience so many reverses and distress?” “Beyond basic animal survival, what is the mission of human life?” “What happens after death?” These questions mark the true beginning of life and the purpose of human intelligence, and the ancient texts emphatically urge us to use our intelligence to distinguish spirit from matter, ie. the eternal from the temporary.

Anyone who truly seeks spiritual truth has the power to perceive the eternal reality beyond our material world. It is available to all. The truth is revealed in various ways through unadulterated authentic scriptures, saintly teachers, and the indwelling Supreme Soul. The important thing here is to just begin. Just inquire, and never stop until you reach the goal. It is an often frightening but exhilarating, joyful journey that just keeps getting better.

10. Surrender to the will of the divine (*Ishwara pranidhana*) Knowing that there is a loving higher power or divine force that exists, frees you from the weight of bearing life’s burdens alone. Realize that although an event may seem like a setback now, ultimately it is for our benefit. Obstacles and severe challenges are often gifts in disguise. Think of diamonds. They are formed under great pressure that transforms a worthless piece of carbon into a most valuable gem. The secret is to receive the lesson and understand that everything is just as it should be.

This brings us to the all-important concept of surrender. Surrender does not mean to give up. It means to live every moment aware that you are guided by the will of the Divine. Set your own personal ambitions aside, and let God take over. "Let go, and let God." When we do this, everything is suddenly under control, everything is working perfectly. When we allow ourselves to be guided by our physical senses, unquiet mind, and imperfect intelligence, everything predictably ends up in a colossal mess. It can be confusing to know how to act and what to do. But with God guiding us, even the most difficult and confusing subject becomes clear. Remember the expression "sweet surrender" and allow yourself to take the boat God always has waiting for you on the great shore of an endless and otherwise impassible ocean.

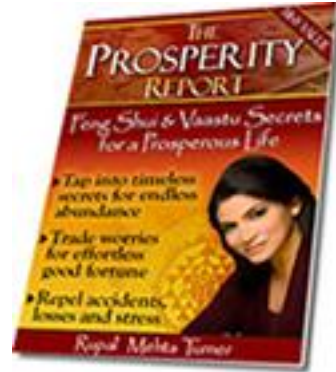
We all have such busy lives, it can be overwhelming to think of adding even one new "to do" to our schedule. But far from adding to your stress, just simply being mindful of these 10 daily observances can fill you with peace even on the most chaotic or challenging day. Using these observances to keep your life in balance is like depositing great sums into your spiritual bank account. Peace attracts more peace, contentment attracts more contentment, compassion attracts more compassion: you truly can transform every day into a sacred day – a holy day! And as you do, you create an internal energy — "man luck" — that is so powerfully positive it can defuse even bad "heaven luck" or karma. If you are sincere in your wish and strong in your resolve, nothing is impossible under the sun to accomplish. Nothing can stand in your way. Discipline your mind carefully. No one is free from pains, diseases, troubles and difficulties. Remember the boat at the edge of the ocean and rest in your divine nature. You will be happy. ☺

If what you've read has resonated with you, I encourage you to sign up for my free *Spiritual and Abundant Living Group* on Facebook. If you have an account,

[click here](#) to connect and I will be sure to send you a personal invitation. If you do not have an account, [click here](#) to sign up. It's easy and free!

If you'd like to learn more on how to use the unseen energies in your environment to help you change your life, sign up now to receive "**The Prosperity Report.**"

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Send me your questions! E-mail me at rupal@classicalfengshui.com. I will answer your questions in upcoming issues of my ezine "*The Spiritual and Abundant Living Guide.*" I would also love to hear what topics you would most like to see covered as well!

I look forward to hearing from you!

Wishing You Peace and Abundance,

Rupal Mehta Turner



About the Author

Born in India, Rupal's grasp of Eastern Philosophy, coupled with her knowledge of Classical Feng Shui and Indian Vaastu (Indian Feng Shui) has given her an uncanny ability to find effective solutions to her clients' most demanding problems.



Her expertise in quickly analyzing residential and commercial real estate enables her to identify and create the most prosperous and harmonious environments in homes, office buildings, retail outlets, restaurants and land sites.

She has studied with Grand Master Yap Cheng Hai, Lama Tuku Dundhrup and has had a mentorship by a Master so highly regarded that it has had to be kept secret!

Rupal has helped clients build and design houses, find husbands, get promoted, improve finances, unfreeze large sums of money, get out of legal hassles, improve health, sell houses and become more peaceful.

Her past clients include members of two U.S. Presidential families, a Pentagon General, Washington Socialites, Investment Bankers, Economists, High Profile Attorneys, CEO's, Doctors, Entrepreneurs, local restaurants and businesses, and many others. She has also advised other Feng Shui Consultants on their own homes.

She has conducted workshops for The World Bank, Proctor and Gamble, The Great Indoors, The Department of Health and Human Services, the Mid Atlantic Interior Design Expo, and the Washington Home and Garden Shows.

She consults worldwide and has clients throughout the USA, Australia, and India.