

EMPOWERLIFE MINISTRIES

Working with the

# LAW OF LEAST EFFORT

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WITH

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*An integral being knows without going, sees without looking,  
and accomplishes without doing – Lao Tzu*



The spiritual Law of Least Effort is based on the notion that nature works 'with' Universal energy, and with effortless ease.

~ It is the principle of least action and no resistance ~

~ It is therefore the principle of Harmony & Love ~

When we understand this and express it in the way  
we show up in the world, we easily fulfil our desires.



*‘Ultimately you can come to the state where you do  
nothing & accomplish everything. This means that  
there is just a faint idea (in the mind) & the idea  
comes about effortlessly.....*

*What is commonly called a 'miracle' is actually an  
expression of the 'Law of Least Effort'*

*- Deepak Chopra*

*There is more to life than simply increasing its speed*  
– Mahatma Ghandi



## **What's Your Pace?**

To live within the Law of Least Effort we must become aware of our pace. Do you need to slow down?

~ Create space around what you do ~



## **Releasing Energy Wasters**

### **Affirmation for Acceptance**

Today I choose acceptance. I know this moment is as it should be, because the whole universe is as it should be. I choose not to struggle against the universe. I accept things as they are in this moment.

### **Affirmation for Responsibility**

I take full responsibility for my situation & all events I see as problems. I do not blame. I see every problem as an opportunity for transformation for the greater good.

### **Affirmation for Non-Defensiveness**

Today I relinquish the need to defend my point of view. I have no need to convince or persuade anyone. I am open to all points of view.



*Focussing on what really matters is what really matters*



## Making a Choice

ASK YOURSELF THESE QUESTIONS -

- Does this activity really need to be done at this point in time?
- Can I identify a real need that this activity will fulfil?
- Is this activity ready to be put into action, or does something else need to be done first?
- Is this activity a true stepping stone to the outcome I'm seeking, or is irrelevant or a waste of time?
- Does this activity deliver value for the effort required?
- Is this mine to do, or does this activity belong to someone else?
- Will this activity lead to something meaningful, or am I just ticking it off the list?
- If I'm taking this activity by choice, will it bring me joy or take me closer to something I really desire?

*The value of your life is defined more by  
the things you choose not to do*



**Consider creating a  
NOT TO DO LIST**



*Space allows life's plan to 'unfold'*



~ Think of 5 new ways you can create more space in your life ~

# Universal Law of Least Effort Prayer

Dear Universe,  
I am willing to let go of the thought that busy is better  
I am willing to let go of the feeling that busy is better  
I am willing to align myself with Universal Energy  
I am willing to become a Creator of Space  
I now surrender to the Law of Least Effort  
& So It Is!



For a Free Guided Meditation on the Law of Least Effort go to:

<https://www.youtube.com/watch?v=AyU2I4CvNsk>



Find out more: [www.EmpowerLifemelb.com](http://www.EmpowerLifemelb.com)

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