EMPOWERLIFE MINISTRIES

Working with the

LAWOF LEAST EFFORT

WITH REV<u>ANNE HICKEY</u>

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 lease 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

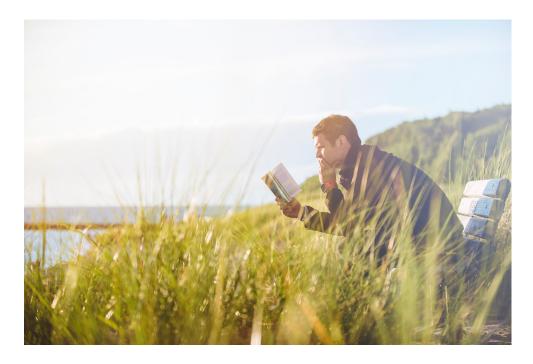
Affirmation for Acceptance
Today I choose acceptance. I know this moment is as it should
be, because the whole universe is as it should be. I choose not
to struggle against the universe. I accept things as they are in
this moment.

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'



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

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 Email us: info@EmpowerLifemelb.com

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