

The Principle of Effortless Success

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Life is hard.

That's what we've all been told, right? I get it. It can really look and feel that way sometimes.

But what if...? *What if that wasn't true?*

What if we always have a choice between life being effortless or life being a struggle?

Effortless means that we're operating in the natural flow of life. We're flowing with the current of life, rather than working against it. When we live in this way, not only do things get done, but they seem to occur almost without effort.

Struggle means that we're working against the natural currents of life. We're pushing our agenda, without noticing if that's how things really "want" to happen. We can always tell when this is happening because life has ceased to be any fun. You may produce results from a state of struggle, but you'll feel drained afterwards. There's a cost to operating this way.

By contrast, living in a state of effortlessness leaves you energized at the end of your work, because instead of using your own energy to complete your project, you're using the natural currents of life.

What if I told you that there was a formula for effortlessness? Curious? Please read on.

The Formula for Effortless Success is simple, but it does require some understanding of the principles involved. Here's the formula:

$$\text{Energy} + \text{Alignment} + \text{Timing} = \text{Effortlessness}$$

Let's take a closer look at each of the elements of this formula.

Energy

Energy is required to create any change in the world and in your life. It fuels all action, from the smallest to the greatest. Energy is essential for every thought, decision and action. There are many forms of energy that we might utilize, but for our purposes here, we will break energy down into 5 categories:

1. **Vital Energy** - this is the energy that runs your body. It powers your immune system, helps you heal and adapts you to stress. When it's strong, we feel alive, vibrant. When it is compromised, we feel unsafe, threatened, worn out.
2. **Emotional Energy** - is the resource we need to motivate us to change. It's like the low gear on your truck as you drive up a hill. Can you imagine that feeling of torque? That's what emotional energy feels like.
3. **Mental Energy** - is the energy required to create sustained change in any area of your life. Mental Energy is associated with your stories, beliefs, models of reality and your person sense of identity (which can all be continually "upgraded"!).
4. **Soul Energy** - is about being your highest expression on this human plane. It's about knowing and giving your gifts to the world. It's associated with love, gratitude and compassion.
5. **Universal Spirit** - is no longer personal. It's the non-dual ground of being. It's associated with the experience of pure oneness.

Alignment

Alignment allows us to create structures that energy can flow through freely. Imagine an old-time Stagecoach with two teams of 3 horses. Now, imagine setting each team of horses at a 45 degree angle to the other. How will that work now? The amount of energy (or horsepower!) hasn't changed. What's changed is the *alignment*.

Just as with energy, there are many forms of alignment. Here are a few examples:

- *Integrity* is the alignment of your words and your actions. Operating with low integrity wastes tremendous energy.
- *Alignment between head and heart* is about aligning your passion with your mind and finding a way to express that passion in the world.
- *Teamwork* is alignment between people and it's critical, whether in a marriage or your colleagues at work. When people aren't aligned, they're just like the horses from the example above. Again, there's a tremendous waste of energy that could be put too far more useful purposes.

Timing

The last element of our formula is timing. Timing involves the correct application of energy and alignment in the right moment to create maximum effect. There are elements of timing that we can control and some that we can't. Aspects of timing that we can control include:

- How we manage our own time.
- Productivity, sleep.
- Honoring other people's time.

Aspects of timing that we can't control include:

- The weather.
- The economy.
- Aging.
- Certain larger cycles in our own lives.

All the above may seem very complex. In reality, the Principles of Effortlessness can be mastered just like any other skill. At a high level of mastery, we learn to "see the invisible"...aspects of energy, alignment and timing invisible to most people. Mastery of these principles will call you to grow in self-discipline and character and to expand your belief in what's possible.

The rewards are more than worth it. We've all experienced moments of effortless flow in our lives. The above principles explain why it happened then and more importantly, **how we can create that experience consistently in our lives today**. We all want to be our absolute best so that we can create fantastic lives for ourselves, our families and all the people that we care about.

This is how.

For more information or to schedule a conversation with Dr. Fred, call 512-584-9075. You can find us on the web at www.EnergyRichLiving.com