

## **The Sublime Art of Effortlessness**

### **by Stewart Blackburn**

So much emphasis is placed on effort and the right way to use it that little is understood about its opposite - the great magic of effortlessness. There is such a mystique around valiant and noble effort that it seems that nothing valuable is done without it, nor could it ever. But let's take a moment to look at all the valuable things that we experience that happen quite effortlessly.

For starters, how much effort goes into breathing throughout the day? Sure, you may intentionally breathe in certain patterns for certain effects, but generally you just let your body do it all by itself. That is true doubly for the beating of your heart. But outside the work of your parasympathetic nervous system, what else is effortless?

How about your thoughts? Sometimes your thoughts appear unbidden and crowd out other more pleasant thoughts, but generally you can change your thoughts with extremely little effort. And since your feelings generally follow your thoughts, you can change how you feel with the same minimal effort. This is why it is so easy to be happy because that is a choice, made effortlessly. (Not that many people make that choice!)

Do your desires take any effort? I've never had any trouble coming up with a new desire. And if we pair our desires with imagination then we have the birth of manifestation. Imagination isn't hard, it doesn't take much effort to imagine living with what we desire. Add to that the passion of that desire (zero effort for that) then we are well on our way to living with what we desired. Where's the effort in all that

Hard work deserves a lot of credit for helping us attain the possessions and experiences we desire. It does work, at least somewhat. But if it worked all by itself, then there would be many millions more people who would be deemed successful. What is it then that makes the difference between hard-working people of middling success and those who somehow manage a good life with obviously less work? Is there another factor at play here besides hard work or chance?

When we look at hard work one of the things that stands out is the intensity of purpose that is required to sustain that effort. That intensity of purpose is focus. The suggestion here is that hard work succeeds because of the intense focus that is involved, not notions of cause-and-effect that take major effort to get what we want. If we work primarily with focus, perhaps we can be just as effective as working hard.

There is next to zero effort required to focus. And when we have sustained focus on what we desire, we rearrange the patterns of our lives. The trick here, then, is focus on how we want our lives to be and to live as if that were our new reality.

By effortlessly focusing on our new patterns of life, we go about our lives in new ways. Since the world is what we think it is, if we change our thoughts, we change our experience. Changing our thoughts takes remarkably little effort!

Sure, we may have doubts, fears, insecurities, and conflicting desires that all need to be sorted out. But any ideas of effort as a part of this process only get in the way. Trust is the multitool for this. Whatever it is that we choose to trust – be it God, our Inner Self, Luck – the act of trusting allows us to let go of the things that get in the way of effortlessly changing our lives.

The Art of Effortlessness is developed by letting go of how things will come about. It certainly seems like we are in charge of how things happen in our lives, but a simple examination of all the miraculous things in our lives will show how little responsibility we can really take for our success (or for that matter our failure.) We say that we create our own reality, but that is somewhat oversimplified. We *choose* what it is that we want, and then we allow it to come to fruition. We choose with our focus, that is, with the thoughts and feelings that go along with what we desire.

When we start mastering Effortlessness, we enjoy the creation of what we want. Let's take inspiration as an example. We ask for inspiration, and it comes to us – effortlessly. This inspiration is often the difference between success and failure. And it won't come if we are tensed up. We need to relax in order to receive it. Intuition is closely related, of course. To use our intuition we need to relax, ask the question or questions that we seek answers to, and allow those answers to arise. No amount of effort will help intuition.

This is hardly a treatise on how to master intuition and inspiration. It is rather an entreaty to look for answers and the means of creation in other places besides great effort. Relax! You can get what you're looking for effortlessly, if you will allow it!

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