

## The EZosophy Vows

We admit that we have made our lives hard. No more! As *Hardaholics*, we unite and choose to end *Ego Driven Suffering (EDS)*.

**I WILL NOT MAKE LIFE HARD.** It's Easy. Remember, the Master said "My yoke is Easy; my burden light." The path is not narrow and hard. It is smooth and available to all in an instant. Mastery is gentle. Give up the need to struggle.

**I WILL SAY "NO."** This is to eliminate the tendency toward martyrdom. Do you say "yes" when you really want to say "no," and then hold anger and resentment inside? This anger boils until one day you blow up at someone who hasn't done anything except to ask you to do something. You keep giving and doing until you get fed up and explode. You feel exonerated by having the explosion because you have done so much that anyone can see that you have been used. This is all bull. If you had just said "No" the first time and second time and all the times that you didn't want to do the thing you did, then you wouldn't need to explode. When the tendency to hold anger until you explode becomes a way of life, you completely lose your peace of mind and finally your health.

**I WILL NOT FEEL SORRY FOR OTHERS.** Feeling sorry for others robs them of their dignity. It means you do not trust the presence of God in their lives to teach them and guide them. When you feel sorry for someone, you immediately put yourself one up and her one down. When you feel sorry for someone, you contribute to her sense of helplessness and everyone loses.

Compassion, on the other hand, is an acknowledgment that this traveler has come to a rough spot in her journey. You can give support through listening, without trying to fix the problem or the person (fixing is a position of control through rescue). Compassion allows you to see a whole person who is going through an unfortunate time, rather than seeing an unfortunate person who needs your pity. No one likes pity.

**I WILL NOT CRITICIZE OTHERS.** Criticism is the feeble attempt of the ego to free you from your own feelings of guilt and inadequacy. This plan never works and keeps you focused on the lives of others, rather than on yourself, where the real problem resolution resides.

When you stop criticizing others, you open the door for the transforming power of love.

**I WILL CARE FOR MY BODY.** Even though you are not your body, your body is very important. You are a spirit living in a body. Your body is neutral. It doesn't drag you around from appointment to appointment. Your body listens to your mind and acts from its command. The way you care for your body is a reflection of the way you care for your soul. The popular way to treat a body these days is fatal. Run it hard, like a machine, and if it goes out on you, pop a pill for fast relief. Then go at it again. When it has a breakdown, send it to the body shop (hospital) for an overhaul or a new part.

**I WILL CREATE A SACRED SPACE.** Everyone needs a special place or doorway to enter into the realm of spirit. Create a personal altar at home, a place to pray, meditate, and read. Find a special place in nature that you can go for renewal. Try a portable sacred space by creating a room in your mind. Collect special power pieces, such as rocks, pictures, and other things you love, to carry with you to set up as a portable altar. Creating a sacred place creates ritual in your life. Ritual is very powerful when it is self-created and helps you to feel loved and valuable. Make your sacred space easily accessible and go there frequently. This space has the ability to assist you while receiving spiritual nourishment, resolving difficulties, and reviving your physical body.

**I WILL TALK LOUDER.** This vow is for those who, when children, were constantly told to be quiet. As an adult, you have the tendency to speak in a low, quiet voice. People have to ask you to speak up. This behavior is often accompanied with an apologetic attitude about existing and the belief that your aliveness and power are too much for people to handle. You may even think that your beliefs and the expression of your beliefs will shock or hurt others in some way. You have the right to exist. You have the right to be here and you have the right to be heard. You have the right to express your beliefs and to expect that people will value your opinion. Speak up and be heard. Be forceful with your expression. You are safe when you express and others will be fine. Your strengths will bring you more support than your weaknesses.

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