

The EZ U Process

1. **I admit** that today, in this moment, *my life is a struggle*.
2. **I am willing to consider** that my life can be EZier. There is no situation or circumstance that cannot become EZ or at least EZier.
3. **I dedicate my mind and heart** to discovering an EZier way to perceive and create my life.
4. **I am willing to be aware** of any conscious or hidden need to suffer or struggle. Struggling and suffering keep me from the present and from feeling the joyful EZ (ease) of life. I write down any problem or situation that I am suffering about or that I consider difficult. Maybe I have a long-time habit of suffering over the lack of time, money, love, a mate, or maybe I find myself suffering over a new situation. Whatever my situation, I am willing to give up the struggle.
5. **Anything other than EZ (ease) is based on fear.** Fear is an emotional intensity based on the past and projected into the present. Fear is not bad. It is okay to fully experience any fear, so I can see that cannot hurt me. Running from fear has caused me a lot of struggle. I stop running and take time to feel and love any emotional intensity I may be feeling in the moment. When I push down my feelings, I numb out my body and shut down my heart. When I numb out my body, I also lose the ability to feel the EZ (ease), love and pleasure of life. When my body is numb, I lose touch with what it needs.
6. **I relax my body and become aware of my body's needs, then attend to them.** What do I need? Am I thirsty? (Most people in our county are physically dehydrated. A 140-lb. person needs 9 glasses of water per day) Do I need to go to the bathroom? Am I stiff? Are my shoulders tight? Am I standing or sitting in an uncomfortable position? Am I hungry, do I need food (not nervous hunger to stuff feelings, but genuine hunger)? Am I tired? I now get my physical needs met. For example, I go to the bathroom, stretch, align my spine, rub my shoulders, take a short nap, or do a few minutes of deep relaxation, etc.
7. **I meet my emotional needs.** I need to feel what I feel. I relax my body, breathe, and become aware of what I am feeling.
8. **The reason I feel out of control and want to fix the situation is because I fear loss in some form** (for example, loss of love, attention, resources). I release my need to control and fix this situation. There is a gift in this situation for me. I release the need to analyze and I stop the relentless mental search I have to do to make the situation work out the way I think it should.
9. **I surrender my situation, problem or feeling to GUS** (God/Universe/Spirit). I take a deep breath and say aloud. "All situations are helpful." "I enter the "Be Still" state of mind. I pretend as if I am thinking through my heart. I picture the stars shining brightly. I think of this as the beginning, remembering that GUS said, "Let there be light." I now turn out the light and see the dark void and think of this as before the beginning. This is how I let go. I move my mind back and forth between the light and the darkness.
10. **I write down any reaction or feeling I have as a result of letting go (or reflect silently).** I remember that peace rests in the stillness. When I keep my mind still, the problem situations I have been dealing with lose their grip on me. When I let go and let God, miracles happen. Love is in the stillness. "*Perfect love casts out fear.*" When I lay down my mind at the altar of my heart, fear is cast aside, and I am restored to the ease of my life.

© 2001 EZ Times Press Anne Sermons Gillis 713.922.0242

anne@anngillis.com

annegillis.com Consulting, keynote speaking, business consulting, phone counseling