

100 Ways to Make Life Easier

By Marcia Wieder
America's Dream Coach®

BOOK
ONE

THE *Fundamentals of Ease* SERIES

In selected anecdotes in this book, names and identifying characteristics have been changed to protect the privacy of the individuals.

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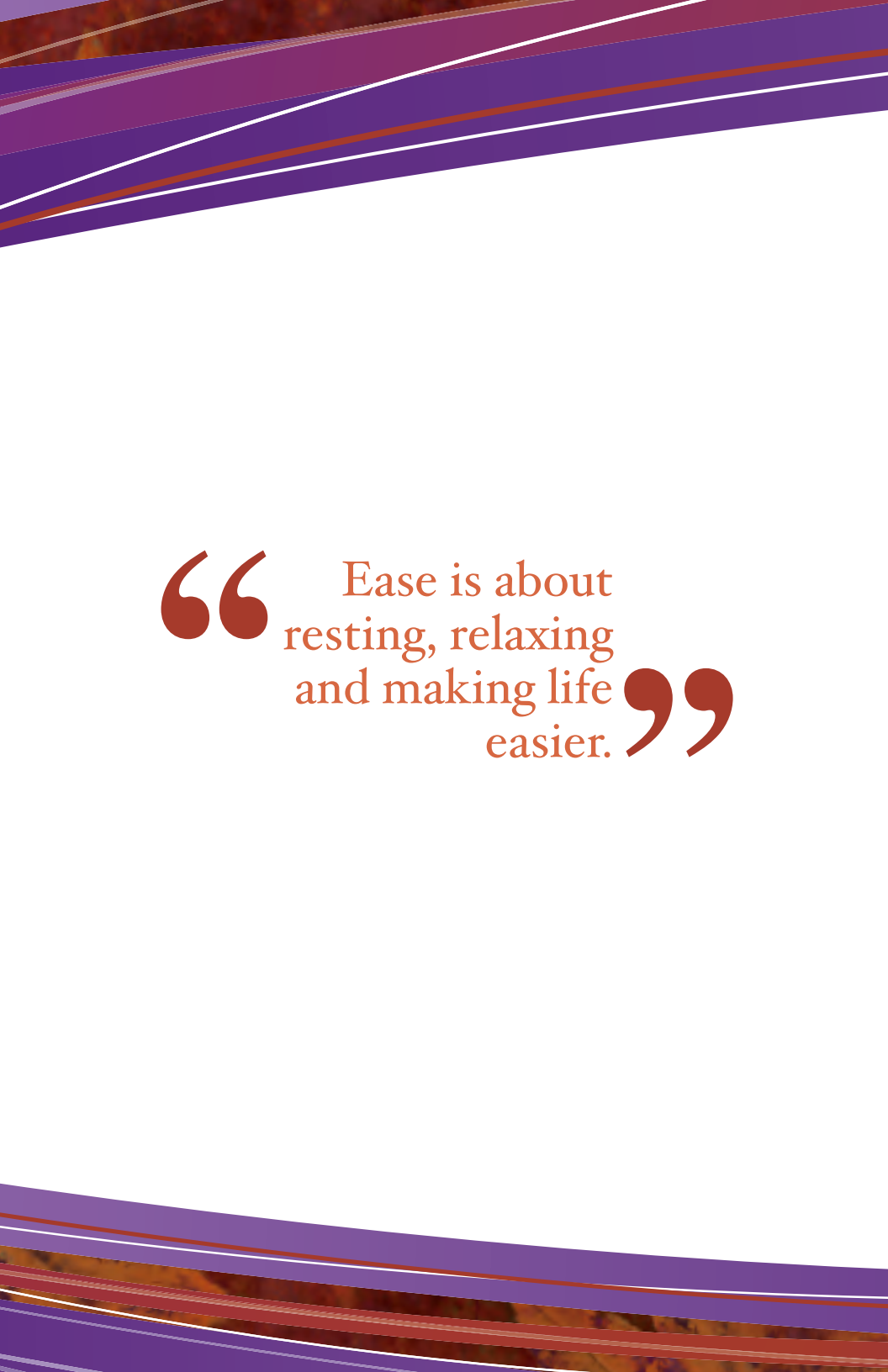
Introduction

*In my work as America's Dream Coach[®], I often talk about ease as a vital concept for living a dream-come-true life. But what do I mean by "ease," and why is it important to your life and to your dreams? In this book and its companion, *Fundamentals of Ease II: 100 More Ways to Make Life Easier*, you'll find the answers. Designed for easy reading, each presents 100 thoughts, ideas and suggestions about how to discover your passion, do more of what you love and fill your life with ease. I encourage you not to skim quickly through them, or to read them all in one sitting. Rather, treat them as you would a box of fancy chocolates: savoring each one and slowly taking in what it has to offer. As you do, you'll learn to see your life—and your dreams—in a brand-new way.*

—Marcia Wieder

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“Ease is about
resting, relaxing
and making life
easier.”

EASE: A SIMPLE CONCEPT

1. In this crazy world where life has become so over-scheduled, over-complicated and often over-critical, it's no surprise that many of us often feel defeated, or at least dazed and confused.

2. According to Webster's dictionary, "ease" means comfort and freedom from pain, worry, trouble and difficulty. Ease is about resting, relaxing and making life easier, even more natural.

3. EASE = Effortlessly Accessing and Shifting Energy. With little effort, you can tap into energy as a resource. By learning to effortlessly access and shift energy, you will come to fully understand EASE.

4. Our thoughts and emotions can cause us to burn energy efficiently or needlessly. Nervous energy makes our system work harder, while relaxing saves energy.

5. Think of ease as a way to use a small amount of energy to effortlessly get what you want or to change a given situation. You can do less and have more when you have ease in your life.

6. When we are out of ease, we often experience "dis-ease" and get sick. It's no surprise that being out of ease causes us to become run-down and ill. There is a direct correlation between ease and your health.

7. Learning to center offers the greatest access to ease. You are calm, not out of control, have an open mind and see what's going on. You are compassionate, able to see the other points of view, focused and available to engage with the situation.

8. In order to live a life of greater ease, one of the most important things we can learn is to meet and match our situation or our life phase with the appropriate energy. These major phases are: 1) initiation, 2) creation, 3) completion, 4) transition and 5) rest.

9. Ease has everything to do with how you use your energy to engage with life. These three techniques will empower you to take responsibility for your own life: projection, perception and point of view.

10. We have positive and negative projections. The things that you like, respect and admire in others are also true about

you. Use your positive projections to learn about these parts of yourself as well.

11. Once you understand projection, you will no longer waste energy blaming, ridiculing or judging. You will shift your energy from making them or “it” wrong to demonstrating gratitude, acceptance and compassion, because you will see that what you are upset about and reacting to is *you*.

12. How we view the world, other people and the messes we get ourselves into is important. How we choose to clean them up is essential. To practice ease, practice being responsible for your perceptions and actions.

13. Willingness to see a new point of view can completely shift the energy and resolve tension. When we take a fixed position, we may ultimately lose what matters to us. Being flexible will always give you much more range than rigidity.

14. Shifting your point of view gives you access to more options and an opportunity to grow. It helps you get to the heart of the matter and to stop wasting energy, which is what ease is all about.

THE ULTIMATE DREAM: A LIFE OF EASE

15. What determines how much ease you will have is how you deal with life. If what you seek is more joy, juice and jubilation, you have to let it in. The ideal way to experience a life of ease is to meet life open-armed, open-minded and, most important, open-hearted.

16. If you create dreams or goals that you are more committed to than your reality, which includes your worries and doubts, and if you do something to move your dreams forward daily, you will transform your life.

17. Doing less is not about doing nothing. It is about center and balance. It is about choice and freedom. And it is about getting rid of garbage: old beliefs and emotional baggage that is weighing you down.

18. Your “having more” list may actually turn into your “having less” list, as you purge and clear out the clutter.

19. The death of a habitual behavior is required to allow new life, energy and ideas in. Although it may be difficult to imagine at this point, surrendering some control actually leads to greater self-trust, confidence and ease.

20. Trust is developed by trusting. It comes as we surrender, and as we surrender, we learn to trust that we will survive. Surrender comes with practice. The great reward for deep surrender is often complete change. The world can literally be seen from a new perspective.

“Ease and doing less is about center and balance, choice and freedom.”

21. It takes letting go of what we know to access a deeper place of wisdom and to expand our capacity. Having a broader repertoire of life skills to choose from provides less frustration, more choices and ultimately greater ease.

22. One of the most important tools to develop and utilize is the power of your will. By being clear about what you want or need and being open to what life may bring you, will and intention blend together into a magnificent moving force.

23. It is possible to use will without resistance, without judgment and without effort. It can be used to manifest what you want through a laser-like focusing process. Get highly intentional, focus on what you want, and there it is.

24. You will actually create more by honoring what matters to you most. Doing what you love will give you more energy, enthusiasm, vitality and happiness.

25. Don't write off these techniques as being overly simple or trite. It is how you use what you know and learn that allows you to develop yourself as a master. Transformation can happen in a day, even in a moment.

MAKING LIFE “EASE”-Y

26. Different situations at different times in life obviously require different responses. Practice, inquire and experiment. Ask yourself, “Where do I need to go inside myself emotionally or physically? What will give me ease right now?”

27. Schedule an EASE break. The purpose of this break is to rest, and to access and shift your energy. It is in this quiet time that some of the most profound things can happen.

28. Breathing is by far the best way to access energy and put ease in your life. It helps us dissolve stress and feel more alive and connected to ourselves, others and life. It helps remove emotional blocks and burdensome thoughts. Breathing is guaranteed to shift your energy.

“ How you choose to interact with life is what will give you ease. ”

29. Doing nothing is a skill that most of us aren't very good at or comfortable with because we never cultivated it. If you are interested in ease, the skill of waiting is worth pursuing.

30. While you are in the decision-making process regarding anything important in your life, it is not time to act. But spend too much time deciding and you may dissipate your energy or miss the opportunity.

31. Taking action links vision and passion because as your imaginative juices get sparked, your projects get charged and energized. This will intensify the creative process, further inspiring you to keep going.

32. So much is possible just through talking. You can articulate your point of view or express an idea; you can ask for feedback, or share a feeling or an experience. This is

how relationships are built, how ideas come into being and how dreams can come true.

33. Dreams connect the unconscious to the conscious. When you are asleep, your mind is free to roam. You can receive guidance and knowledge. Learning to work with your dreams gives you access to your own unbounded creativity.

34. Our feelings can be powerful messengers, but often we are either cut off from them or swept away by them. If you can be in tune with what you are feeling, you will have access to a deep and wise part of yourself.

35. As a powerful tool for shifting energy, laughter is in a category by itself, and it is highly underused.

36. Movement is one of the most direct and powerful ways to get your energy moving. It's not a mental process, so you don't have to figure anything out or need to understand how it works. You just have to bring your body and show up.

37. To talk to you about ease, shifting energy or doing less without discussing meditation is impossible. When our mind is still, empty and quiet, we can totally relax, and this also relaxes the body. After meditating, even just for twenty minutes, you will feel refreshed.

38. There are patterns and symbols that offer insight and understanding, wisdom and knowledge. Use them to deepen your awareness and understanding and to grow and try new things.

39. If you can clearly see where you are and know where you want to be, figuring out how to get there actually is easy.

THE TEST OF EASE

40. The secret to doing less and having more is awareness. Come to know who you are and how you deal with life's annoyances and inconveniences. Then try some new options.

41. Since awareness is such an essential part of creating ease in your life, it's useful to recognize where you lose ease and become stressed.

42. As you become more aware, you will gain greater skill at accessing ease. You may try new ways of responding to those

daily occurrences that can make us all a little crazy.

43. As you come to recognize your style, you become more self-aware. The more conscious we become about how we react, the more willing and able we are to try other things to achieve ease.

44. The game here is not to change who you are or to get rid of your defective parts. The goal is to broaden and expand, learn and integrate. Come to know all of yourself.

45. All those nagging behaviors that I didn't like about other people are just unintegrated and disowned parts of myself. Nothing will give us greater ease than recognizing and accepting our differences.

46. There is a wise guide that lives in each of us. It is the part of you that remains calm in chaos. It is even the part of you that can see both sides of an argument. It is your witness.

47. The witness, also known as the aware ego, is something you should seek to develop. As you observe your feelings and reactions, you will begin to notice patterns of behavior. You will have more access to *you*.

48. Doing less and having more is about options, exploring alternative behaviors and learning to see things from new perspectives. Explore where you might like to expand your range or simply try something new.

49. Use everything for your growth and development. Learn about you, learn about others, and of course, learn about life.

THE EASE OF KNOWING YOURSELF

50. What will give you ease is to know yourself, to determine your own belief system and to live by your own convictions. Have your beliefs and opinions, be open to input and see things anew. Have the courage to disagree with something that seems invalid or to dismiss something that seems unnecessary.

51. If you are not clear about what you want, it's impossible for anyone else to know either. Vagueness sends conflicting messages and makes it hard for others to help you. Vagueness

and confusion start an entire downward-spiral process, often leading to self-doubt and a sense of futility.

52. Make decisions in a timely fashion. Only you can decide what that is. Put all the facts down on paper, listing the “pros and cons” or writing out all your concerns and fears.

53. Notice when you are reacting without checking in, and practice taking more time to evaluate your needs.

54. When we understand why we operate the way we do, we’ll have some choice about what serves us best in any given situation.

55. Be aware of behaviors or pursuits that perhaps have outgrown their usefulness or effectiveness. Habitual behaviors

“ The secret to doing less and having more is awareness. ”

are sometimes hard to spot. When a habit is starting to cost you something, especially your creativity or sense of play, it’s time to re-evaluate.

56. Self-reflection and contemplation can be nurturing, calming and clearing, but when it comes to simplifying your life, other people are not only useful, but often are essential.

57. If you are suspicious that some part or all of your life is now in a rut, consider asking a friend or family member about it. Others often see things about us that we are blind to. If you are hearing the same feedback often, say three times or more, take a good hard look at what’s being said.

58. If you believe everything you’re told, you will get confused. For every yes, there is a no. For everyone who thinks your ideas are mad or wild, there is someone who will think you are clever and brilliant.

59. There are some things in life we have control over and many that we don’t. The way in which you meet life will deter-

mine the amount of ease and grace you have in your life. Change what you can, release what is not needed, accept what you are able to accept and get into relationship with the rest of it.

60. If we take half the energy we use to moan, groan and complain and direct it into achieving our hopes and desires, our lives will look completely different.

61. With a dream you can design a strategy or a plan to make it happen; with a fantasy, you cannot. Just because it's a fantasy doesn't mean it can't or won't happen. But there is little you can do that will make it happen.

62. Setting yourself up for failure by embracing a fantasy is self-defeating. If you are seeking something, define what it is, where it can be found and who can help you.

63. Often we know what we need to do, or what the next step is, but we don't take it. Inactivity keeps you stuck, and the way to get unstuck is to do something. Taking action changes everything.

THE ROADMAP TO EASE

64. Once you are clear about your passion, purpose and dream, and armed with a strong belief, the Roadmap to Ease is where it all becomes real.

65. The key to this process will be your passion. The purpose of the roadmap is to connect you to what you love, inspire you and encourage you to live the life of your dreams.

66. When it comes to ease, one of the most common problems is that we treat our life as though it were a big pot of soup. We throw everything into one big pot and then wonder why it tastes so bland or awful.

67. In any given pot are our passions, dreams and limiting beliefs. If you want greater ease in your life, if you want to do less and have more, we need to see what's in your soup.

68. As you start to feel your dreams and desires, your limiting beliefs will show up. And as you start to act on what you truly want, reality will test you.

69. Until we know who we are and what really moves us, it

is impossible to truly know our deepest dreams and desires.

70. Often we are so wrapped up in reality that we have forgotten our dreams. Without our dreams, all we have is reality. Although reality is not a bad thing, you are living a different kind of life when you are focused only on reality than you would be if you were also pursuing your dreams.

71. Some of us are good at dreaming and being creative, but perhaps are lacking in the implementation phase. Or perhaps you need some practice or work in the dreaming or imagining aspects of life, but are quite skilled at planning to meet your goals.

“Often we are so wrapped up in reality that we have forgotten our dreams.”

72. Each step you take in creating your dream life will move you closer to that life. A great hint for success is to try to do something, at least one tip, technique or exercise, each day. These are not cumbersome and they will keep you motivated.

73. Look for success. Find one thing that you did today that made you feel positive. Notice where you did less. See where you had more. Acknowledge your successes and modify your behaviors as you go.

74. Armed with simple but effective techniques, people do magnificent and exciting things. By following the roadmap to ease, and using passion, dreams, beliefs, tasks and teams, you too will experience a shift in your world.

YOUR PERSONAL PROFILE

75. What will give you the greatest ease of all is to know yourself—your personal needs and timing, your hopes and desires, your doubts and concerns—and to honor these.

76. How you begin each day, and the practices you follow

throughout the day, can help or hinder you. There's tremendous power in developing daily rituals and practices. Learn what works for you and incorporate this into your day.

77. Discovering your personal daily rhythm and “prime time” is a simple awareness tool that can be really helpful in reclaiming your life and having more ease.

“When we are healthy,
wealthy and wise
often follow.”

78. In order to have ease in your life, you need to take care of yourself. Pay attention to the essential basics. When we are healthy, wealthy and wise often follow.

79. Develop your own Internal Tracking System (ITS). Learn to recognize what you need, at the moment you need it, for more immediate ease in your life. When your ITS says it's hungry, eat; when it's thirsty, drink; when it's tired, sleep or rest.

80. When I want one final comprehensive check on how I feel about something or my level of interest, I take my Passion Pulse. I rate my level of excitement, joy or enthusiasm. I know that passion and commitment go hand in hand, so I don't treat this response lightly.

81. By testing my level of passion, I am really checking out my level of intent and willingness for serious participation. Life is just too short to keep saying “yes” when what's in your heart is “no.”

82. Imagine what would make your life easier and more joyful. The key here is to keep it simple. Just adding one thing to your life, something you will commit to doing daily for one week, will begin to build awareness.

83. Even when you're extremely pressed for time, you can access ease. Whether you are stressed out over a decision, running late to an event or in “overwhelm mode,” help is

instantly available by taking a breath.

84. When an opportunity presents itself, ask yourself one very clear question: “Will this make my life easier?”

85. Explore being of service and contributing to others, which builds self-esteem and a very full life. If risk-taking is fun for you, schedule an adventure or two.

86. When life becomes overwhelming, or if a crisis is throwing you for a loop, take a Personal Pause. Rather than doing or saying something you may regret, take a little time to check in, reflect and consider your options. The very act of pausing can be life-changing.

87. Doing less and having more is all about designing your life. You can directly impact the way you live.

88. Do more of what you love, when you love to do it. Do less of what you don't like, or do it when you can get it done quickly. Ultimate ease is finding what works for you and wherever you can, bringing it into your daily life.

STEPS FOR ONGOING EASE

89. Life will test us. Life will keep us busy and too often distracted. When life shows up with all its distractions and annoyances, as well as its opportunities and rewards, you can be ready with your ease tools.

90. When something happens that throws you “off center,” follow this six-step formula: *Recognize* what's happening when it happens. *Realize* and *reflect* on what you are doing and where or how you have done this before. Get into *relationship* with the people and situation involved. *Respond* and *re-create* the scenario.

91. The idea behind this maintenance program is to easily incorporate these steps into your existing repertoire so you can easily practice ease on a daily basis, and especially during stressful times.

92. Just noticing or realizing what's happening, when it's happening, is a life-changing skill that you already possess. Soon you will find yourself automatically much more relaxed and have a much greater capacity to deal with challenging situations.

93. Realization begins with stopping. Stop and notice what you are feeling. As you realize what's happening, as it is happening, you can begin to use life's encounters as a resource for growth and to have ease in your life.

94. To realize something is not just to see it, or have a thought about it, but to feel the emotions associated with these thoughts, and, when necessary, to take appropriate action.


95. To realize something is to give yourself the potential to shift it, or at least to shift your relationship to it. For what you once could not see, hear, recognize or understand now exists in your conscious awareness, to be examined and understood.

96. It is the ongoing practice of asking and answering questions and acting on what you think, believe and know that will deepen your intuition, instincts and risk-taking abilities.

97. Practice minimizing stress around important decisions by exploring options and deepening your self-trust. Think new thoughts, try new ways and recognize what works. These are essential tools for building the kind of life you want.

98. Without inspiration, we would expire or die. Taking care of some of your needs and recognizing and realizing some of your own dreams is essential. Talking about your dreams and passions is not a frivolous conversation. It inspires you and has everything to do with ease.

99. As we reveal ourselves and see others, we can heal and grow and become more whole. True love is not a destination, not a place to get to or a goal to obtain. Love is about bringing wholeness forward.

100. Until we begin to recognize and realize that we are more than we can see or touch, until we begin to feel our feelings and relate to ourselves, we will not know true inner peace. And without inner peace, ease is impossible. 

Make a Daily Dream Visit

For immediate support on
Making Your Dreams Come True,
I invite you to...

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