

Inner-Ease™ Technique

The state of ease is a highly regenerative state that offsets rushed energy so we can move in a balanced rhythm. Inner ease is an active calm while being alert, focused, moving quickly when necessary and able to respond effectively rather than from rushed energy and unbalanced emotions.

Creating a Choice Point

Being in a state of ease creates an extra time window for deeper discernment and more competent and conscious choices that can help prevent and resolve many unnecessary challenges and unwanted predicaments.

Having an attitude of inner ease can help us remember we don't have to feed into daily drama or depleting emotions such as worry, fear, impatience and judgment.

Inner-Ease™ Technique

Step 1. Focus your attention in the area of the heart. Imagine your breath is flowing in and out of your heart or chest area, breathing a little slower and deeper than usual. Find an easy rhythm that's comfortable.

Step 2. With each breath, draw in the feeling of inner ease to balance your mental and emotional energy.

Step 3. Set a meaningful intent to anchor the feeling of inner ease as you engage in your projects, challenges or daily interactions.

Practicing Inner-Ease

When would practicing the Inner-Ease Technique during the day be beneficial? What might be different?

Inner-Ease Quick Steps

- Heart-focused breathing
- Draw in the feeling of inner ease
- Anchor and maintain the feeling