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ZERO EFFORT

The choice to lead your life without effort

Magical Life Changing Exercise No 1

**SECRETS FOR ACHIEVING BIG BREAKTHROUGHS
IN YOUR LIFE IN LESS THAN 30 DAYS FLAT**

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VISH WRITER

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I want to share with you a simple yet powerful exercise which stands tall by itself. It does not need any other knowledge or belief system to back it up. If you do this exercise properly as it is laid down it will help you build such massive strength in a very short time and catch you and everyone close to you by surprise. This single exercise by itself has the ability to completely transform your life and take it to the next level. It is simple, powerful and eternal.

You can do this exercise as many times as you wish during the day. You can do it at any time and at any place irrespective of your current circumstance and it will work like a charm. So I wish you the best of luck and you have my good wishes.

Here is what you have to do:

Print this page out and go to a quiet place. Read every word in the page loudly so that you can hear it. Read it slowly but read it loudly and enjoy the experience as you read it. Read it three to four times before you attempt to do it by yourself. It would be a fascinating experiencing....

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Close your eyes and imagine yourself standing before the beach. Picture the whole scene before your eyes and go through the moments as we move forward. Read it aloud. Here we go...

It is evening time and there is no one in the beach. Not a single soul... I am all alone. The waves giving me company.. The blue sky watching as the waves roll on to my feet...

I watch as these waves come dancing in groups. They seem to have a pattern. **They all appear to be in a hurry rushing towards me to fill me up.**

Big, small, they all turn up from nowhere. One wave after another they keep coming.. keep coming.... They all meet their end in the shore **but no sooner has one wave died another set of waves are ready to unleash its fury on the shore.**

The waves appear to be like my thoughts which come dancing in groups, springing up from nowhere. One thought after another they keep coming and no sooner has one thought

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disappeared ,**another set of thoughts gets ready to demand my attention.**

I stand before the beach allowing the waves to wet my feet...

The waves seem to have a knack of drawing me closer to them. When I watch the waves come dancing in groups I am tempted to move in the direction of the waves . The waves appear to be driven by a magnetic force which attracts me towards it, **which takes me into its fold.**

I stand before the beach allowing the waves to wet my feet....

When I move in the direction of the waves my feet gets wet...

When **I react to my thoughts** I get caught in the whirlpool of thoughts...

When I move away from the waves, **something magical happens.** The same waves which all looked to be so big and huge, **so noisy and furious** all die down near the shore, **all bowing down before my feet.**

When I allow my thoughts to pass by without reacting to each and every one something magical happens. The same thoughts which seemed to be in **such a rush to demand my attention**, the same thoughts which attempted to sweep me under their feet a moment back **all appear to disappear into thin air.**

I stand before the beach watching another set of waves turn up from nowhere and die down near the shore....

I gather strength every time that I watch **my thoughts coming from a distance.** It gifts me that precious moment, that split second to move away, **to let the unwanted thoughts pass by** and meet its own death.

I stand before the beach with my arms stretched towards the sky with my eyes closed in complete peace. complete peace... complete peace.

SuddenlyI see a powerful ray of light coming from a distance... It seems to be calling me to come closer towards it, to experience its magnificence, its charm , its beauty, its love, its peace....

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I no longer hear the noise of the waves breaking on the shore.

The stars seem to light my path as I start walking in the direction of the ray of light...

Every forward step that I take **I feel lighter and lighter ... lighter and lighter..** It seems to have a strength of its own.

As I keep moving in the direction of this light **a gentle force seems to be filling me up.** I find myself driven by an unknown power, a strength which appears familiar, a might which can never be lost under any circumstance, an energy which is all universal...

With every passing moment, I am able to recognize the greatness of this gentle force. It appears to carve a path for me, clearing away all the obstructions and helping me get closer to the ray of light.

I keep moving ahead in the direction of this light acknowledging the greatness of this gentle force every single moment....

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Suddenly, I open my eyes.It is pitch dark outside. **The ray of light is not to be seen.** I am stunned, afraid and full of fear. I find myself in the middle of the ocean. My hands seem to flutter , my legs giving way, **the noise of the waves coming back with all its fury....** I look like I am losing ground, when suddenly I hear a gentle voice which prompts me to close my eyes...

I close my eyes and Behold.... I see the same ray of light radiating in its true splendor inside my being, within my heart, like a prince seated in its throne , full of charisma and strength completely at peace with itself .

The ocean reigns supreme. The waves losing all its vitality as they bow down before my feet. All light is within me.. All love is within me. **All strength is already mine. I have at last discovered that thing, owning which I possess everything and desire nothing.** Glory on to The Lord for ever and ever.....

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