

Heal Yourself by Doing Less

By Ingrid Bacci, PhD, CST

Twenty years ago, I began a process of guiding myself into radiant health and abundant living by following the principle of effortlessness. Now I teach that process to others around the world. What does following that principle mean? It means learning, through events both large and small, to *do less* in order to *accomplish more*. It means learning how to follow your own sense of inner flow in order to heal physically, emotionally and spiritually. It means focusing your attention on developing a deep sense of ease, and letting the results of that approach bring you abundant health, prosperity and joy. It also means letting go of physical and emotional pain, guilt, an excessive sense of obligation, a hard work approach to life, fear, anger, resentment—all the physical experiences and mental attitudes that cloud our lives and that make life harder rather than easier, laden with struggle rather than joy. Learning to let go of the ways we inadvertently and unconsciously contribute to our own pain is the key to finding radiant physical and emotional health.

There is a core lesson we are all here to learn, in the process of living on planet Earth. That lesson is the lesson of personal empowerment, on both physical, mental, emotional and spiritual levels. Learning personal empowerment is about learning not only that we are responsible for our own physical, mental, emotional and spiritual states, but also that we, and we alone, have all the resources within ourselves to create our physical, mental, emotional and spiritual well-being. The pursuit of effortless living is ultimately the pursuit of personal empowerment on all levels. I am blessed to have discovered this truth through my own suffering early in life, and doubly blessed to be able to teach it.

What I have learned in my own way is nothing more than the wisdom of the ages, learned, as all wisdom is learned, through personal experience. I hope I can help you continue to empower yourself through my teaching. Feel free to contact me at ingrid@ingridbacci.com. I am here to support your healing and self-empowerment.